



We must all adhere to diligent preventative measures including strict social distancing, use of masks (required AT ALL TIMES), frequent hand washing. We must avoid unnecessary interactions and non-essential activities. No one should travel to Calgary who is experiencing signs or symptoms of COVID-19, has been in close contact with someone who is positive for COVID-19 or if they've recently tested positive for COVID-19 and have not completed mandatory isolation protocols.

This is a **"GET IN – SKATE – GET OUT"** event. We understand the spirited and supportive environment that is a typical synchro event (no one cheers better!). We know that much of the excitement of competitions is staying to support and watch the other teams. However, ***now is not the time for large gatherings***. We ask that teams organize their bussing schedules so that teams are in the building for their event time only. Finally, we ask everyone for their patience and understanding of the protocols for this event.

Masks

It is recommended that medical or N95/KN95 masks to be worn, if possible. Masks must be worn at all times in the facility, except for when skaters are on the ice. To be clear, masks must be worn during off-ice warm-up, in the dressing rooms, hallways, everywhere.

Covid protocols

- teams will be directed as to when they remove their masks just prior to before stepping onto the ice.
- masks must be immediately put on when the skaters step off the ice and before they go to the kiss and cry.
- physical distancing will be strongly enforced between teams. Coaches and team managers should not be carrying skaters' items.
- no contact in the way of high fives, hugs or other

Hair/Make-Up

Skaters are to come to the arena as ready for competition as possible. This means, hair and make-up must be done prior to arriving at the arena.

Spectators/Watching the Event

Due to provincial regulations, the capacity of the arena will be restricted to 50%.

Spectators are allowed; however, we strongly request that this be kept to a minimum. A maximum of 2 spectators per skater is recommended. Spectators may come and watch their skater's category only, and then are asked to leave the facility.

Teams are permitted to watch the teams in their category only. Teams must exit the building at the conclusion of their category, and for clarity, cannot watch other categories.

The NEXXICE Senior team will be skating at our event. Please enjoy their skates via the live stream, as we cannot have a large gathering inside the arena. We understand the excitement of seeing a team of this calibre live in our Section, but we must maintain our diligence.

Entrance to Seven Chiefs Sportsplex/Bus Parking

It is preferred for you to enter through the East door. You will be screened by Seven Chiefs staff and then you may proceed to the registration table to check in your team.

Entering through the east door is best for any busses to drop off passengers. Buses then may park on either the east or west side of the building.

Accreditation Tags

Accreditation tags will not be provided for skaters this year. Accreditation tags will be provided for coaches, team managers, and chaperones. There will be an envelope available per team at the registration desk with these tags.

Camera

The camera will be placed in the right corner near the Zamboni area.

Food/Drink

Due to provincial regulations, food and drink is not permitted in the facility. The concession will be closed. Masks may only be removed while actively drinking water.

Withdraw Form

Please use the online withdraw form if your team needs to withdraw from the event.

Music

Back up CD's will not be handed in at registration. Teams are to bring 2 CD copies of their music to rink side when they are competing and practicing. If your music has changed since you uploaded it with your registration, please inform the registration desk and provide 2 CD copies.

Schedules/Start Orders/Report Cards

All information regarding the event will be posted on the AB/NWT/NUN website on the Mountain Regional Synchro page. It is the responsibility of each team to print off anything they wish and bring to the arena, as copies will not be provided onsite. The start orders and schedule will be posted in the dressing room hallway and warm-up area.

On Ice Protocols – Interruption Rule

Teams should review the interruptions rule(s) in the rulebook. If Teams have a problem **during** their skate, there will be a sign up where the referee is located.

Medical Exemption Process

Due to the pandemic, we request that teams that require a medical exemption do not locate the Tech Rep to notify them of a medical issue. For any medical issues, please call AB Staff Member, Kelly Stanislawski at 780-243-0465. Kelly will connect directly with the Tech Rep regarding any medical issue.

Please note that if a skater has any symptoms related to covid, a medical note will not be requested, and the team will not be penalized.

Officials Viewing Practices

The officials will have access to watch the practices on Friday through a private feed. The practices will not be live streamed to the public.

Protests/Clarifications Process

A reminder that the team's report cards will be provided on the AB website only on the Mountain Regional event page. If you have any questions regarding your report card, please submit your request through the protest/clarification form on the website. Your request will then be directed to the Referee and/or Technical Controller.

Medals

There will be no medal presentations on-site. Medals will be packaged into gift bags per team, labelled and placed on a table in the foyer near the registration table. A representative of the team can pick up their medals. Medals are NOT to be presented to skaters inside the building. Any medals not picked up onsite will be mailed. The BC teams will also receive their medals in the mail. I will reach out to the teams to confirm their mailing addresses.

Live Stream

The event will be live streamed, and the link will be provided on the AB/NWT/NUN website on the day of the event. The event will be archived and available to view on daily motion after the event. The link to archived videos is available on the AB website on the main page.

Video Orders

You may purchase a copy of the team's skate by ordering online. The form is available on the AB website.

Photography

Onsight Photo will be at the event. A link will be provided to all teams to view the photos online and purchase online.