



Keeping the Trico Centre community healthy is our priority

(Update as of March 13, 2020 1:00pm)

Hockey Calgary has released the following statement:

<https://www.hockeyalberta.ca/news/recent/covid-19-update-hockey-canada-statement-1140/>

Alberta Health Services has released an updated travel advisor statement:

Info for Travellers

Albertans who are currently travelling outside of the country are recommended to [self-isolate](#) on their return for 14 days, independent of the country they were visiting.

You can do this by following these [guidelines](#), which include:

- Avoid close contact with other people, especially those with chronic conditions, a compromised immune system, or seniors
- Do not attend work, school, social events or any other public gatherings
- Watch for symptoms like fever, cough or shortness of breath in yourself or family members
- Call [Health Link 811](#) at the first sign of symptoms. Call from home before going to a health care facility, unless severely ill.
- If severely ill and in need of immediate medical attention call 911 and inform them that you may have COVID-19.

If you are unsure if you should be self-isolating, or if you have questions about how to do it, follow these [guidelines](#) or call [Health Link 811](#).

Further information for travellers returning to work and school can be found on the [Alberta COVID-19 website](#).

Departing Travellers

Albertans are **NOT recommended** to travel outside of the country at this time:

- [Public Health Agency of Canada's Travel Health Advisories](#)
- [World Health Organization's Bulletins](#) for Updated Travel Advice

For the most up-to-date information please visit our website at www.tricocentre.ca/covid-19

(March 12, 2020 Update)

The Trico Centre strives to ensure the health, safety and wellbeing of our employees and patrons utilizing the facility. With this in mind, we wish to address the current concerns about the Coronavirus Covid-19 as it has now appeared in Alberta. At this time, Alberta Health Services indicates our risk of infection is low, but has guidelines in place for prevention, care, or self-isolation for those who have travelled to places of high risk or have been exposed. The most up-to-date information from provincial health can be found:

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

Are Trico Centre programs cancelled or is the facility closed?

At this time our facility remains open and our registered programs and drop-in programs are running as scheduled, as the risk level is considered low. However, we are monitoring the situation and will continue to evaluate our approach and take direction from Alberta Health Services on next steps. Should any interruptions occur we will notify you. As we have people of all ages and abilities in and out of our facility, we ask that you please do not come to the facility or attend a program if you are sick.

At Trico Centre, together we can help prevent the infection from spreading by protecting each other and staying healthy by:

- Using good hygiene practices, such as frequent handwashing. Washing your hands before and after entering program areas, after using equipment, or before sending your child to a program. Use hand sanitizer stations that are available in the facility.
- Catch your germs by covering your cough or sneeze with a tissue or your elbow, and disposing of tissues immediately.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Practice healthy habits; eat well, keep exercising and working out at Trico Centre, and get enough rest to help support your immune system.
- In the fitness centre, wipe down machines and equipment with the antibacterial sanitation wipes or towels after each use.
- Stay at home if you or your family members are sick.
- Monitor your health and contact your primary health provider or [Health Link 811](#) if you have questions or concerns about your health.
- Continuing to be diligent in Trico Centre's cleaning and disinfectant practices in all our facility areas. Trico Centre operates our facility under the health and wellness regulations of AHS and has a high standard of cleaning and disinfecting cleaning practices. In addition, the pool area is maintained at above and beyond the AHS standards with the use of the state of art filtration and UV disinfectant systems.

Trico Centre is a community hub for our many families and we will continue to ensure our facility is safe and want everyone to stay in good health.

For the most up-to-date information please visit our website at www.tricocentre.ca/covid-19

Brenda Smith, General Manager