

# RINGETTE ONTARIO

RETURN TO RINGETTE GUIDELINES

*“Hit The Ice”*



August 2021 - V.3.0

## Disclaimer

The Return to Ringette guidelines included in this document are intended to be used for the purposes outlined in this document. Ringette Ontario strives to provide relevant and timely information; however, information known about COVID-19, “coronavirus”, and recommended health and safety measures can rapidly change, and no guarantee can be given at this time to the accuracy of the document.

This is not a legal document and the Return to Ringette plan is to be used as a guide only. This document is not meant to provide legal advice. Do not rely on this document or treat it as legal advice.

This is not a substitute for actual legislation or orders of the PHO. In the event of ambiguity or conflict between the Return to Ringette Guidelines and the Public Health Act, regulations and orders within the Act will prevail.

Ringette Ontario and our member organizations will comply with requirements of the provincial and local governments and health officials.

The links provided in this document from third party websites have been provided for convenience only. The information found in the links may be updated from time to time. Ringette Ontario does not monitor these sites and is not responsible for updates.



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## Introduction

Sport positively impacts athletes, coaches, officials, and volunteers; sport promotes physical and mental health, provides unforgettable experiences individually and as part of a team and it provides a sense of community and family to everyone involved. The COVID-19 pandemic has had devastating effects on all our lives, leading to significant restrictions on all sectors of society, including sport. Resuming team activities and getting back on the ice will be a positive time in all our lives.

Ringette Ontario's Return to Ringette Guidelines are founded on the overriding principle of encouraging and providing a safe environment for all participants and team members and volunteers. The Return to Ringette Guidelines seek to allow the maximum amount of participation possible for all members of the organization while adhering to Provincial Health regulations.

Ringette Ontario has focused the decisions in this document on our values: Community, Collaboration, Character, Challenge and Competition. We must work as a team for us to get safely back on the ice.

The Return to Ringette Guidelines is to be used in conjunction with the following documents:

- Provincial Health Guidelines for the Province of Ontario
- Municipal and Facility Regulations for your Associations' Facilities

Local Ringette Clubs in Ontario will need to read and understand these Return to Ringette Guidelines and make additions to the guidelines if required by the Regional Health Authority that governs the area that the Local Club resides within.

The information within these guidelines do not supersede or override protocols, guidelines or restrictions set out by the Regional, Provincial and/or Federal Health Authorities. Ringette Ontario is providing our participants with guidelines to work within government issued protocols to assist with returning to ringette related activities.

Ringette Ontario understands that facilities will return and re-open at different rates and that is something that each Local Ringette Association will have to work with when they implement the guidelines for their Clubs. The facilities could require additional resources to allow users to return to Ringette.

The Return to Play process for all sports is fluid and it is likely that these guidelines may change as directions from Health Authorities may change as the ringette season progresses. As a result, it is understood that the phases we have laid out for returning to ringette may shift to align with public health authorities and the current situation in each municipality.

Adherence to the guidelines is necessary for the safety of both us and others within our communities. It is important to note that any individuals who demonstrate that they are unable to adhere to the guidelines will be subject to



sanctioning from their Local Ringette Club and Ringette Ontario.

If there is any conflict between language in the written Return to Ringette Guidelines and the online version the online version will prevail.

## Framework for Return

### KEY DATES:

The Government of Ontario announced on May 20, 2021 their new [Road Map to Re-Opening Framework](#). With the Government of Ontario opening to Stage 1 on June 11, 2021, Step 2 on June 30, 2021 and Step 3 on July 16, 2021 at 12:01AM.

### GOVERNMENT STEPS:

#### Step 1

*An initial focus on resuming outdoor activities with smaller crowds where the risk of transmission is lower and permitting limited indoor settings with restrictions. Outdoor fitness classes, outdoor sports training (no games or practices) and outdoor personal training, with 10 patrons maximum  
Closed for indoor use except for high-performance athletes (Olympic) and day camps*

#### Step 2

*Further expanding outdoor activities and resuming limited indoor services with small numbers of people and with face coverings being worn. Outdoor sports leagues open.  
Training for professional or amateur athletes and/or competitions.  
Closed for indoor use except for high-performance athletes and day or overnight camps*

#### Step 3

*Expanding access to indoor settings, with restrictions, including where there are larger numbers of people and where face coverings cannot always be worn.*

*Indoor open at 50% capacity, with spectators permitted at a maximum capacity of 50% or 1,000 people (whichever is less) and other restrictions.*



## RO STEPS:

### STEP 1

Focus on Individual Training

### STEP 2

Outdoor small group training is now permitted

### STEP 3 – Return to the Ice

- This progression allows for on ice drills, skills and scrimmages play with registered members organized by Clubs.
- This progression is ONLY permitted if facilities permit rentals and the Provincial health authorities allow for indoor activities to resume.
- If Modified game play is required by facility then Clubs can refer to Modified play document released December 2020 [Modified Game Rules](#)
- No Team formation is permitted prior to September 1<sup>st</sup>.
- Clubs to provide warm up/skill sessions for athletes prior to formal evaluations for team formation.

## KEY STEPS:



Completion of [Ringette Club Risk Assessment and Mitigation Checklist Tool](#)

Review Ringette Ontario's Updated Return to Play Guide

Clubs to contact facilities about new requirements for booking ice

Clubs to prepare internal RTP Plans

Share information with your membership

## Team Formation

- Tryouts are permitted as of September 1st, if the province is in Step 3 or beyond of reopening and facilities under the guidance of the Province of Ontario and provincial health authorities (PHU) are permitting limited contact and scrimmage play.
- Clubs are highly encouraged to allow athletes 4+ ice times prior to formal evaluations for team selection.
- The registration deadline for teams who wish to participate in Sanctioned Tournament/Region Based Championships or AA/A Championship is December 1<sup>st</sup>, 2021.
- Clubs must organize an attendance confirmation process for each tryout session organized by the Club. This list should include all participations, coaches, other on-ice helpers, and the parent/guardian that attended.

## Facilities

Each Facility in the province will have their own set of guidelines for how individuals, user groups and patrons and facility staff must conduct themselves when in the facility.

Facilities will provide signage, access points, managing flow of traffic, and cleaning protocols. Facilities may follow guidelines such as those provided by the Ontario Recreation Facilities Association (ORFA) as an industry standard material: [ORFA Re-Entering & Reopening](#)

Facilities will have guidelines available for all user groups to review and understand when in the facility.

***It is paramount that the Clubs adhere to the facility guidelines as breach of guidelines could result in loss of access for the Club and rental agreements and contracts will likely be voided.***

All ringette programming conducted by Clubs must be sanctioned by Ringette Ontario, will include only Ringette Ontario registered members and will:

- Be required to complete a tracking document of participation use and an ice surface by ice surface training attendance form.
- Be required to have a COVID-19 Contact Person. (COVID Safety Leader {CSL})
- Have all registered Clubs listed on the Ringette Ontario website and be able to present a Ringette Canada Insurance certificate endorsed and provided by Ringette Ontario.

It is recommended that Clubs have a meeting with the facility to ensure they understand all protocols and procedures for rental of the facility. An agenda template is provided under RO RTR resources.

## Local Club Requirements

All Associations will need to designate a volunteer to be the COVID SAFETY LEADER (CSL). This individual will be the liaison with Ringette Ontario, the Facility and the Association Members who will monitor and track the following information:

- Confirm all athletes/teams' names are added to App (or tracking sheet) that they will use for attendance tracking and health screening purposes for all events
- Designate contact for the Club who is notified if a participant has COVID-19.



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- Designate contact within the Club and within the leagues who will receive and communicate our updates on the COVID-19 to participants.
  - Ensure information included in this document is widely available to your members. All Club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines.
  - Prioritize use of online registration for programs to reduce gathering or handling of hard copies.
  - Communicate all hygiene measures in advance to all your players, parents, coaches, officials, and volunteers.
  - Provide your coaches and volunteers with any protective items required by the health authorities.
  - Adhere to facility restrictions or maximum capacities for facilities.

### **COVID – 19 Transmission & Symptoms**

COVID-19 is transmitted via liquid droplets. When a person coughs or sneezes, these droplets are transmitted through the air. When individuals are speaking the droplets can also be passed if the individuals are near one another.

Close contact between people is the primary way for the virus to spread. As a result, experts have determined that we must minimize contact and maintain physical distancing to limit the transmission of the virus. Physical distancing along with frequent hand washing and avoiding touching faces, nose, and eyes can help decrease the chances of transmission. When sneezing and coughing it is important to practice proper hygiene by coughing and sneezing into the elbow to minimize the spread of the droplets. Enhanced cleaning and disinfection of surfaces along with adherence to personal hygiene protocols will assist in limiting the transmission of COVID-19 through surfaces.

COVID-19 has symptoms that are like the common cold and flu and many respiratory illnesses. Symptoms of COVID-19 may include fever, chills, cough, and shortness of breath, sneezing, sore throat, headache, painful swallowing, stuffy or runny nose, loss of sense of smell, fatigue, and loss of appetite.

However, it is important to know that some people infected with COVID-19 may present as asymptomatic meaning they do not experience any symptoms at all. Individuals who have compromised immune systems or individuals with chronic health conditions are found to be more susceptible to COVID-19.

Symptoms of COVID-19 are broad, so it is important for all members to stay home and not attend Ringette related activities if they are feeling unwell.

For more information on the transmission of COVID-19 and information on the best practices for avoiding transmission please visit the Public Health Ontario website at <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>





## Health of Participants

Ringette Ontario and our local Association's number one priority is the health and safety of our participants. All participants including coaches, officials, players, spectators/parents, volunteers, team staff members and local Association executive members, must agree to provide the following information and follow these guidelines to participate in ringette.

- Any individual feeling ill or exhibiting sickness **MUST NOT** attend ringette activities
- A Club Representative such as a local Board member, coach, team staff member, etc. will have full authority to send a participant home if they come to the event ill. If a parent arrives with symptoms, they can also be sent home along with their athlete.
- Any RO registered individual who is experiencing symptoms **MUST** notify a designated member of the local Club of the symptoms and the timeline of when symptoms began.
- Any local Club that has a member who is experiencing COVID-19 like symptoms must notify Ringette Ontario and notify all individuals that encountered that individual within the last 14 days within the Ringette community. In addition, they must notify their facility who will contact Public Health Ontario.



## General Health & Safety Guidelines

- If any participants have experienced any symptoms such as coughing, sore throat, fever, shortness of breath, they must not attend activities for 14 days.
- If staff has encountered someone experiencing these symptoms, they are not permitted to attend for 14 days.
- A designated volunteer must confirm as part of the activity registration, that all participants and team staff entering the facility, have confirmed their health attestation declaration through the means designated by the Club.
- All members must adhere to all health agency & safety regulations
- All members must adhere to their facility health and safety regulations
- Adhere to facility capacity restrictions
- All players should arrive and leave as per facility regulations
- Wash hands/hand sanitizer frequently and follow facility regulations.
- No spitting
- No sharing of vapes or other tobacco products
- No sharing of water bottles. All participants **MUST** have clearly labelled, individual water bottles
- No sharing of any ringette gear
- No touching or hugging
- Elimination of handshake – Wave to opposition or “air” high fives – salute Referees & say Thank you

- Coaches, athletes, and officials should keep rings, equipment and other objects required for play in a clean, separate space at their own homes. Items should be clean and sanitized frequently.
- All participants should carry wipes, hand sanitizer OR pump soap in their equipment bags
- Coaches/Bench Staff should carry extra PPE (masks, hand sanitizer, gloves) in case someone forgets theirs
- Participants should avoid handling equipment with their bare hands.

### **Injury Prevention and First Aid**

- As participants will potentially not have the ability to warm up prior to the activities it is important that coaches include in their practice plans and activity plans warm-up and cool downs as part of the ice time. Coaches should also encourage participants to do additional cool down routines once they return home to help prevent injury.
- If a coach needs to attend to a participant, they will need to follow any facility first aid requirements and the coach attending to the injury should wear a mask and gloves as they will be in close contact with the participant.
- All team first aid kits should carry hand sanitizer, gloves and masks for coaches and trainers to use.

### **Additional Resources**

#### [Return to Ringette Resources - Ringette Ontario](#)

- Sanctioning Policy
- Ringette Ontario Modified Game Play Rules
- Remote Training Waiver
- Informed Consent & Assumption of Risk Agreement
- Release of Liability, Waiver of Claims & Indemnity Agreement
- COVID-19 Incident Report
- Risk Management & Safety Audit Form
- Return to Ringette Acknowledgement Form
- Ringette Ontario Participant Protocols
- Ringette Ontario Facility Agenda Checklist
- Ringette Ontario Ringette Bag Essentials

