



**RINGETTE  
SASKATCHEWAN**

## Player Checklist

Use this checklist to help prepare for the rink safely

### Before You Leave Home

- Complete Self-Assessment Test
- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 symptoms (fever, cough, shortness of breath, sore throat or runny nose)
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash water bottles with soap and warm water
- Bring thoroughly washed equipment
- Use the washroom

### Arrival at Rink/Facility

- Enter through established entrances
- Respect social distancing guidelines
- Wash hands at provided handwashing stations
- DO NOT share water bottles
- Follow traffic flow signs to your location

### After Activity is Complete

- NO LOITERING
- Exit through established exits
- Wash hands at provided handwashing stations
- Follow traffic flow signs out of your location
- Respect social distancing guidelines
- Thoroughly wash water bottles with soap and warm water
- Thoroughly wash equipment
- Players should not shower at the facility
- Do not shake hands at the end of a game, wave instead



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## Coach Checklist

Use this checklist to help prepare for the rink safely

### Before You Leave Home

- Complete Self-Assessment Test
- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 symptoms (fever, cough, shortness of breath, sore throat or runny nose)
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash water bottles with soap and warm water
- Bring thoroughly washed equipment
- Be familiar with facility guidelines and requirements
- Send practice plans out to the team electronically 12 hours in advance to avoid close gathering around white boards and to make the most of limited ice time
- Bring own coaching equipment such as white boards or whistles and sanitize it after every session. Avoid sharing this equipment

### Arrival at Rink/Facility

- Respect social distancing
- Wash hands at provided handwashing stations
- DO NOT share water bottles
- Sanitize all shared equipment between sessions (rings, pylons, etc.)
- Considering wearing PPE (mask, gloves) at all times, must wear PPE if dealing with an injured player
- Must wear PPE at all times if a member of a different mini-league
- Consider bringing personal hand sanitizer
- Avoid congregating players and/or parents in common areas of the facility, such as the lobby

### After Activity is Complete

- Sanitize all shared equipment
- Wash hands at provided handwashing stations
- Practice and remind players and parents to follow physical distancing guidelines when leaving
- Thoroughly wash water bottle with soap and warm water
- Thoroughly wash equipment
- Avoid congregating players and/or parents in common areas of the facility, such as the lobby
- Encourage participants to minimize their time in or around the facility. Have participants put on their shoes/skate guards immediately after the session so they can leave quickly





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## Parent/Guardian Checklist

Use this checklist to help prepare for the rink safely

### Before You Leave Home

- Complete Self-Assessment Test
- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 symptoms (fever, cough, shortness of breath, sore throat or runny nose)
- Thoroughly wash your hands with soap and warm water
- Thoroughly wash water bottles with soap and warm water
- Use the washroom
- Register your attendance for contact tracing
- Be familiar with facility guidelines and requirements
- Stress hand washing before leaving for ringette, before going into the facility, after the ringette] activity, and after leaving the facility
- Make sure your child has their own, clean water bottle, labelled clearly with their name and stress the importance of not sharing water bottles

### Arrival at Rink/Facility

- Drop player off at facility entrance
- Respect social distancing guidelines
- Consider wearing PPE – mask, gloves
- Consider bringing personal hand sanitizer

### After Activity is Complete

- No loitering
- Respect social distancing guidelines
- Pick player up at facility exit
- Leave facility parking lot



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