



# Memo

To: Local Association Boards  
From: Ringette Saskatchewan, Executive Director  
Date: March 12<sup>th</sup>, 2020  
RE: Novel Coronavirus (CoVid19)

The health and wellbeing of Saskatchewan Ringette members are paramount to all of us. Membership are likely aware of media reports regarding the Novel Coronavirus (CoVid19).

As of March 12<sup>th</sup>, Saskatchewan's chief medical officer has confirmed the province's first presumptive case of COVID-19.

While RAS does not provide medical advice for disease prevention, Public Health Canada outlines generally accepted best practice that everyone can support:

- Practice proper cough and sneezing etiquette (into the bend in your elbow);
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Maintain safe food practices;
- Avoid close contact with people who are sick; and
- If you are sick, stay home.

Here is some additional information from a Ringette Canada Memo for Nationals that Ringette Saskatchewan is suggesting during all ringette programming in Saskatchewan:

- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. Make soap and/or hand sanitizer available in dressing rooms and hotels.
- Avoid contact with sick people, including avoiding close contact with people suffering from acute respiratory infections.



- Gloves should be worn by staff handling towels or laundry in the team environment.
- Towels should not be shared on the team bench. Players should not share clothing, bar soap or other personal items such as razors.
- Ringette Canada recommends the following protocol as it relates to the use of water bottles:
  - Good team hygiene includes ensuring all players and staff have their own water bottles to prevent the transmission of viruses and bacteria.
  - Bottles should be labelled and washed after each practice or game.
  - It is further recommended that officials avoid the practice of drinking from the goaltender's water bottle. If officials require water during a game, we suggest they have their own water bottle at the penalty bench.
  - There should not be sharing of water bottles in the penalty box, as well as no sharing of towels.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Practice cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues or clothing, wash hands).
- Advise players to try and not touch their own mouths or nose when in the ringette environment to reduce the chance of them passing an infection on to themselves.
- Monitor illness and injury in all teams. Parents are urged to keep their children away from the ringette environment if they are showing any signs of infectious disease or virus.
- Team members should be encouraged to self-report if they feel ill.
- Fist bump with ringette gloves on, instead of shaking hands.

Ringette Saskatchewan will continue to monitor the situation and will update our Members as new information becomes available.

If you desire additional information pertaining to Novel Coronavirus - COVID-19 – the following websites are good sources to use.

- Government of Saskatchewan  
<https://www.saskatchewan.ca/coronavirus>
- Public Health Agency of Canada  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>



- World Health Organization  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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