



RINGETTE  
SASKATCHEWAN



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## **LEGAL DISCLAIMER**

The Return to Ringette Guidelines included in this document are intended to be used for the purposes outlined in this document. Ringette Saskatchewan strives to provide relevant and timely information; however, information known about COVID-19, 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 information is accepted on the condition that errors or omissions shall not be made the basis for any claim, demand, or cause for action.

This is not a legal document and the Return to Ringette Guidelines 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 Provincial Health Officers throughout Canada. In the event of ambiguity or conflict between the Return to Ringette Guidelines and the Public Health Act of a Province, regulations and orders within that Act will prevail.

Ringette Saskatchewan's Local Associations must comply with requirements of their provincial and local governments and health officials.

## DEFINITIONS

**Local Association** – membership defined in the RAS's Bylaws i.e. Regina Ringette, Saskatoon Ringette, Buffalo Plains Ringette, and Prince Albert Ringette

**Mini Leagues** – On and off-ice training with a maximum of 30 participants (coaches and athletes) indoors and outdoors. Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices, or training. League competition permitted (mini-leagues) within facilities participant guidelines – maximum of 50 participants including athletes, coaches, on-ice, and minor officials

**Physical Distancing** – to avoid close contact with others – 2 meters

**Progressions** – a gradual return to ringette that will allow for ringette activities to restart in accordance with the Provincial Health Authorities Guidelines.

**Provincial Ringette Organization** – Ringette Saskatchewan

**Return to Activity** – Get In, Train & Get Out and applies to Progressions 1 and 2.

**Return to Competition** – Progression 3 or higher.

**Rule of Two** – one of the two coaches must be a certified female coach. The Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.

**Sanctioned Event** – RAS official permission or approval as it pertains to ringette activities



## INTRODUCTION

This document contains a series of guidelines for how we restart ringette activities. It is essential that all decisions regarding the timing and protocol for a resumption of a ringette activity must adhere to Federal, Provincial and Local Public Health Authorities.

The safety of our athletes, coaches, officials, volunteers, and spectators is our number one priority. When ringette is ready to resume in our province this framework and return to ringette guidelines will assist in keeping all participants safe.

Those unable to demonstrate adherence to the guidelines may be subject to sanctioning from Ringette Saskatchewan, and their Local Association.

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

1. [Ringette Canada's Pan-Canadian National Directive](#)
2. [Saskatchewan Re-Open Plan](#)
3. [Outdoor Sports and Activities Guidelines](#)
4. [General workplace guidelines COVID-19 Workplace Information](#)

Ringette Saskatchewan is following Ringette Canada's Return to Ringette progression timelines along with all other provincial Ringette organizations. Remember though, every province will have different re-opening timelines and standards so comparison of progressions from province to province will not be an accurate resource. Ringette Saskatchewan is committed to keeping the membership informed throughout this process and throughout each progression.

We must remember that Local Ringette Associations will have different timelines, different requirements from their facility operators and different timelines for reopening which may create a need for different resources to allow users to return to Ringette.

Due to the uncertain aspects in returning to play, these guidelines are expected to change based on new or updated safety procedures outlined by Provincial and/or Federal Authorities or feedback received by Ringette Canada. If there is any conflict between language in the written Return to Ringette Guidelines and the online version, the online version will prevail.

**To determine your readiness and understand what level of progression your local association is in, the following Principles must be considered:**

- 1. Your Provincial Ringette Organization** - Ringette Associations MUST first communicate an official email with their Provincial Ringette Organization before even implementing Progression 1 of the Return to Ringette Guideline and before moving within the Progression levels. Failure to do so may result in Associations unknowingly implementing protocols that are in breach of provincial government directives. Provincial Ringette Organizations are working closely with their Government representatives on what standards are required for sport and recreation facilities within their province.
- 2. Your Provincial Ringette Organization's Plan** - Each Provincial Ringette Organization has developed its own specific provincial requirements and processes for approval specific to their province. The tenets of these plans are consistent with the National Directive Plan and follow their current provincial public health information.
- 3. Mitigation of risk** - Ringette Associations must also communicate with their Provincial Ringette Organization to ensure that there is an understanding as to what their risks are as it pertains to COVID-19 and what mitigation tools may need to be implemented. All participants will be required to complete a participant liability waiver.
- 4. Local Public Health Authorities** - Ringette Associations must identify and understand the stage of physical distancing required by local public health authorities and confirm that the Association can implement the required standards.
- 5. The Value of Ringette** – We know and understand the advantages of ringette not only for its ability to help improve physical wellness, but for its important role in improving mental and social benefits for all participants. These Return to Ringette Guidelines have been created to maximize the participation of all of our participants in ringette related activities as quickly as it is safe to do so.
- 6. Safety** - The safety of all ringette participants is the number one priority.
- 7. Facility Restrictions and Protocols** – The restrictions and protocols of the facilities that your local ringette organization uses may be unique and must be understood and adhered to at all times.
- 8. Physical Distancing** - Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. We must all adhere to physical distancing in accordance with requirements of public health authorities and facility operators.
- 9. Hygiene** - In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19.
- 10. Equipment Cleaning** - Surfaces frequently touched with hands are most likely to be contaminated. However, viruses like COVID-19 are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. We all have a role to play in ensuring equipment is properly handled as per these guidelines.
- 11. Individual Health Monitoring** - Individual health monitoring processes and tracking need to be in place. Individuals cannot return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID-19 or have travelled outside the country in the past 14 days. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending any ringette activity.
- 12. Safe Sport Environment** - In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. All plans must be designed to ensure all aspects of a safe sport environment can be implemented and followed. All Safe Sport Practices will continue to be in effect throughout all Return to Ringette Progressions.

**13. Planning and Communication** - A robust Return to Ringette plan must include regular communication and education with key stakeholders including athletes, coaches, officials, parents, and others. It is mandated that all Associations appoint at least one individual as the main conduit and liaison as the COVID- 19 Safety Officer.

**14. Resources and checklists** – A series of resource documents and checklist have been provided as appendices to this document to serve as a guidance. As additional tools are created, they will be added to the [Ringette Saskatchewan Covid-19 Resource hub](#)

## PROGRESSIONS

Ringette Saskatchewan is following a gradual Return to Ringette that will allow for ringette activities to restart in accordance with the Provincial Health Authorities Guidelines. It is essential to recognize that each progression will only be implemented when local and provincial public health officials have deemed it safe to do so. Additionally, with each progression Local Associations and participants will also need to adhere to the guidelines developed by facility operators.

The 4 progressions follow general principles from Ringette Canada’s National Directive. The progressions are in place to inform best practices and alignment for ringette in Canada. They are called “progressions” to avoid potential confusion with the “phases” of recovery implemented by the provincial governments.

Ringette Saskatchewan will oversee the timing and the roll-out of the 4 Progressions so, each association must reach out to RAS to gain sanction before moving to the next progression. Furthermore, Ringette Saskatchewan hopes we always move to the right with our progressions, but we may have to regress if the Saskatchewan Government Phases change.

The following table summarizes the evolution from one progression to the next in five critical areas:

- Indoor and outdoor activities
- Participants
- Contact vs. non-contact
- Training and competition
- Travel

	PROGRESSION 1	PROGRESSION 2	PROGRESSION 3	PROGRESSION 4
<b>INDOOR / OUTDOOR ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• Training at home or outdoors</li> </ul>	<ul style="list-style-type: none"> <li>• Limited access to indoor facilities, based on restrictions imposed by local public health authorities</li> <li>• Outdoors remains the safest option, with training at home also strongly encouraged</li> </ul>	<ul style="list-style-type: none"> <li>• Greater access to indoor facilities as public health restrictions are loosened.</li> </ul>	<ul style="list-style-type: none"> <li>• All restrictions to indoor facilities lifted.</li> </ul>
<b>PARTICIPANTS</b>	<ul style="list-style-type: none"> <li>• Individual activities in small groups</li> </ul>	<ul style="list-style-type: none"> <li>• Small group activities only</li> <li>• Number of spectators based on public health guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• Group sizes may increase, and some modified game play permitted</li> <li>• Limited spectators, based on public health guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• Full games permitted</li> <li>• No restrictions on the number of spectators</li> </ul>
<b>CONTACT VS. NON-CONTACT</b>	<ul style="list-style-type: none"> <li>• No contact during off-ice activities (including high-fives, hugs, handshakes).</li> </ul>	<ul style="list-style-type: none"> <li>• No contact</li> </ul>	<ul style="list-style-type: none"> <li>• Expanded training with pair or small group contact drills and games</li> </ul>	<ul style="list-style-type: none"> <li>• No restrictions on contact, both on-ice and off-ice.</li> </ul>
<b>TRAINING AND COMPETITION*</b>	<ul style="list-style-type: none"> <li>• Off-ice training only</li> </ul>	<ul style="list-style-type: none"> <li>• Modified small-sided games may be introduced within clubs or associations</li> </ul>	<ul style="list-style-type: none"> <li>• Inter-association/club or regional game play may be considered if public health guidelines allow it</li> </ul>	<ul style="list-style-type: none"> <li>• Provincial competitions and larger scale events may return</li> <li>• Regular game play is permitted</li> <li>• National programming reintroduced across the country</li> </ul>
<b>TRAVEL</b>	<ul style="list-style-type: none"> <li>• No travel.</li> </ul>	<ul style="list-style-type: none"> <li>• Only within the community</li> </ul>	<ul style="list-style-type: none"> <li>• Based on provincial and federal health guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• Domestic travel permitted.</li> <li>• International travel as dictated by federal guidelines</li> </ul>

# PHASES OF RE-OPEN SASKATCHEWAN

Re-Open Saskatchewan consists of five phases. In order to understand how the Gradual Return to Ringette works, it is essential to understand these five phases first.

## **Phase One: May 4th, 2020**

- Re-opening previously restricted medical services
- Opening of golf courses, parks and campgrounds

## **Phase Two: May 19th, 2020**

- Re-opening retail and select personal care services

## **Phase Three – June 8th, 2020**

- Re-opening restaurants and licensed establishments, gyms and fitness centres, and childcare facilities
- Re-opening remaining personal care services
- Re-opening places of worship
- Increasing indoor public and private gatherings to 15 people and outdoor gatherings to 30 people

## **Phase Four**

### **Part I – June 22, 2020**

- Child and youth day camps
- Outdoor pools and spray parks
- Seasonal/recreational outdoor sports and activities

### **Part II – June 29, 2020**

- Libraries
- Museums
- Galleries
- Movie theatres

### **Part III**

#### **July 6th**

- Indoor sports and activities
- Indoor pools
- Indoor rinks
- Performing Arts
- Capacity limit for restaurants lifted along as you can be 2 metres
- Increasing the Size of Indoor Public and Private Gatherings to 30 People

#### **July 9th**

- Casinos
- Bingo halls

#### **July 16th**

- Rodeos
- Racetracks

## **Phase Five: TBD**

Consider lifting long-term restrictions



# RINGETTE PROGRESSIONS AS IT PERTAINS TO SASKATCHEWAN RE-OPEN PLAN

## Progression 1 (Phase 2) – May 19-June 8, 2020

- Off-ice training at home (indoors) with household members only
- Off-ice training (outdoors) with a maximum of 10 participants with 2 meters of distance
- Activities that allow athletes to practice individual ringette skills and fundamental movement skills
- No contact
- No travel

## Progression 2 (Phase 3) – June 8-July 6, 2020

- On and off-ice training permitted based on facilities access with a maximum of 15 participants (coaches and athletes) indoors and 30 participants outdoors
  - Small-area (cross or half-ice) scrimmages permitted at 3 v 3 or 4 v 4 (intra-club only, no league or inter-club competition)
  - No on-ice or minor officials
  - Physical distancing of 2 meters
- No spectators
- No contact
- No travel

## Progression 3 (Phase 4.3) – July 6-TBD

- On and off-ice training permitted based on facilities access with a maximum of 30 participants (coaches and athletes) indoors and outdoors. Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices, or training.
- League competition permitted (mini-leagues) within facilities participant guidelines – maximum of 50 participants including athletes, coaches, on-ice, and minor officials
  - Evaluations and tryouts permitted within participant guidelines and maximum 30 participants indoors including athletes, coaches, and evaluators.
  - Evaluations can include small area scrimmages 3 v 3 or 4 v 4 but no contact and physical distancing of 2 meters must be adhered to
    - Contact is allowed provided there is a 14-day no-contact break for participants between evaluations and the start of a mini-league.
    - Must also follow participant guidelines which is no more than 50 participants and max 30 people on ice surface.
- Mini leagues must be comprised of individuals within the same neighborhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).
  - Individuals are limited to participating in 1 mini-league to allow teams to return to a safe level of play, and help mitigate the risk of widespread transmission by limiting the number of participants that come in close contact with each other.
- Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game/activity, and must ensure physical distancing between non-household members.
- No travel
- Teams in different mini-leagues cannot play each other

## Progression 4 (Phase 5) – TBD

- Full league competition permitted, spectators allowed
- No contact restrictions
- Domestic travel permitted
- Provincial competitions return

# RISK MANAGEMENT

## Mitigating Risk

Each Local Association can determine how best it wants to mitigate risk. For some Associations, this may mean not offering a program or it may mean significantly changing how participants interact on the ice.

Local Associations must consider these four risk management strategies:

1. Avoid the risk (e.g., do not engage in an activity / discontinue program)
2. Reduce the risk (e.g., manage the risk by modifying the program / changing behaviour)
3. Transfer the risk (e.g., insurance (transfer to insurer) / waivers (transfer to participant))
4. Retain the risk (e.g., absorb the loss)

## Insurance - Transfer the Risk

Only Ringette Saskatchewan sanctioned ringette activities are covered by Ringette Saskatchewan insurance.

### *Release of Liability, Waiver of Claims and Indemnity Agreement*

All participants must sign this document before participating in any ringette activity.

The link to this document can be found on our website here <http://www.ringettesask.com/covid-19-resource-hub/>. This must be signed BEFORE participation with your Local Association

### *Declaration of Compliance – Covid-19*

*All participants must all sign this document before participating in any ringette activity. The purpose of the Declaration of Compliance document is to ensure all participants understand the safeguards of Covid-19. The individuals who are not able to agree to the terms outlined in the document will not be able to participate in ringette activities.*

## Awareness and Education

All Association administrators and coaches will be required to attend training on Return to Ringette guidelines.

## Covid-19 Safety Officer

It is mandated that each Local Association appoints a Covid-19 Safety Officer who will be responsible for overseeing and monitoring Ringette Saskatchewan's plans as well as specific facility regulations and protocols. This evolving information and open communication will need to happen in a timely manner. This individual will be responsible for ensuring that all updated and relevant information is passed on to everyone within their jurisdiction. Understanding what controls and guidelines are in place will be vital information that must be passed along to administrators, officials, team staff, volunteers, parents and players in advance of any Return to Ringette activity to ensure expectations are well understood and upheld.

### Responsibilities can include:

- Monitoring and being knowledgeable about the latest available guidance on the COVID-19 outbreak and being aware of national and local daily situation reports (official web resources available from their provincial centre for disease control, Health Canada, Provincial Health, Local Public Health Authorities)

- Monitoring all relevant updates from Ringette Saskatchewan and Ringette Canada.
- Communicating with local facilities on guidelines, protocols, and updates.
- Ensuring teams are following the prevention guidelines set by Ringette Saskatchewan, the facilities, and their Local Association.
- Ensuring any COVID-19 cases are reported as required by the public health authority, Ringette Saskatchewan, Local Association, and facility.
- Communicating with Ringette Saskatchewan on a regular basis to assist in facilitating updates and to disclose any relevant consequences for non-compliance of any COVID-19 related rules and protocols.

A checklist of important considerations for the Safety Officer is provided in Appendices 2. While many of these considerations will be the responsibility of all, having a dedicated lead will be particularly important and will reduce role and responsibility confusion.

## PERSONAL HEALTH AND HYGIENE

***All ringette related activities must comply by these safety requirements***

- Anyone displaying ANY illness symptoms WILL NOT be allowed to participate.
- Upon leaving for ringette every individual must take the [Self-Assessment test](#)
- Anyone who has been in contact with anyone who is sick or not feeling well should also consider not participating.
- Any member or participant who travels internationally should adhere to quarantine requirements and Health Authority regulations related to travel.
- Adhering to all health agency & safety regulations
- Activity logs listing all participants that attended and/or participated in a ringette related activity must be completed for every activity and be kept on file for 6 weeks. Ringette Saskatchewan will release a tracking mechanism before season begins.
- All First Aid policies require reviewing and safeguards put in place for any required treatment including provision of PPE, social distancing, and personal safety for responders.
- Face masks to be worn by coaches, trainers and volunteers if physical distancing can be adhered to
- Wash hands/hand sanitizer frequently
- Surfaces and spaces should be sanitized regularly
- No spitting
- No chewing tobacco, no sharing of vapes or other tobacco products
- Individual water bottles (no sharing)
- No sharing gear
- 6-foot rule - in Return to Activity
- No sharing personal items like phones, wallets, etc.
- Follow group gathering guidelines
- No handshake - wave to opposition
- Salute referees and say thanks
- All teams must carry wipes, hand sanitizer and pump soap in their team equipment bags

- Participant equipment and uniforms should be cleaned after ringette activity –individual responsibility
- In the event the 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

## RINGETTE COVID-19 RETURN TO ACTIVITY

This table outlines the Return to Activity (Practice) Guidelines for all Ringette Participants, Coaches, volunteers, and parents/spectators. It follows the principle: Get In, Train & Get Out and applies to Progressions 1 and 2.

<b>GENERAL ACTIVITY REQUIREMENTS</b>		
<b>All ringette related activities must comply by these basic safety requirements</b>		
<b>CATEGORY</b>	<b>DESCRIPTION</b>	<b>LINK TO RESOURCE IF AVAILABLE</b>
<b>FACILITY TYPE</b>	Primarily Indoor: Rink, School Gyms and Community Gymnasiums Other training options: field courts, outside.	<a href="#">Canadian Recreation Facilities Network</a>
<b>OVERSIGHT</b>	All Return to Ringette Activities must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to.	
<b>PHYSICAL DISTANCING &amp; GATHERING RESTRICTIONS</b>	All activities must comply with current Physical Distancing restrictions issued by Provincial and/or Local Health Authorities. All activities must comply with current gathering restrictions issued by Provincial and/or Local Health Authorities.	
<b>MUNICIPAL REGULATIONS</b>	Ringette participants will adhere to all municipal and facility regulations.	
<b>STAFFING (INCLUDES COACHES, VOLUNTEERS, LOCAL ASSOCIATION MEMBERS)</b>	All team staff must adhere to facility regulations regarding personal protective equipment. <ul style="list-style-type: none"> <li>• “Rule of Two” must be maintained. One coach must be female.</li> <li>• If showing any symptoms coaches and staff are not to attend any activities.</li> <li>• If staff have experienced any symptoms such as coughing, sore throat, fever, shortness of breath, they must not attend activities for 14 days. If staff have come in contact with someone experiencing these symptoms, they are not permitted to attend activities for 14 days.</li> </ul>	
<b>USE OF EQUIPMENT IN ACTIVITY</b>	<ul style="list-style-type: none"> <li>• Activities must not include the sharing of common equipment (except for ring)</li> <li>• If the ring is shared for activities, the following must be implemented: <ul style="list-style-type: none"> <li>○ Players cannot touch the ring with their hands or playing gloves</li> <li>○ Goalies can touch the ring, but must keep their gloves on</li> </ul> </li> <li>• Clean and disinfect equipment prior to and after every activity.</li> </ul>	

<b>GENERAL SAFETY/HEALTH PRINCIPLES</b>	<ul style="list-style-type: none"> <li>• Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants</li> <li>• If team staff, participants, parents etc. have experienced any symptoms such as coughing, sore throat, fever, shortness of breath they must not attend activities for 14 days. If staff have come in contact with someone experiencing these symptoms they are not permitted to attend activities for 14 days</li> <li>• All members must adhere to all health agency &amp; safety regulations.</li> <li>• Wash hands/hand sanitizer frequently and follow facility regulations.</li> <li>• Surfaces and spaces should be sanitized regularly by the facility.</li> <li>• No showering at facilities.</li> <li>• No spitting.</li> <li>• No sharing of water bottles - all participants and staff MUST have individual and labeled water bottles.</li> <li>• Maintain physical distance during training - in between drills, during explanation, during recovery.</li> <li>• Follow group gathering guidelines of your province.</li> <li>• No touching: elimination of handshake - wave to friends and teammates, no hugging</li> </ul>	
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<b>PARTICIPANT HEALTH AND SAFETY REQUIREMENTS</b> All ringette related activities must comply by these basic safety requirements		
<b>CATEGORY</b>	<b>DESCRIPTION</b>	<b>LINK TO RESOURCE IF AVAILABLE</b>
<b>HEALTH OF PARTICIPANTS</b>	<ul style="list-style-type: none"> <li>• Any individual feeling ill or exhibiting sickness MUST NOT attend ringette activities</li> <li>• Team Staff member along with the Covid -19 Safety Officer 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 and the participant will be sent home as well.</li> </ul>	
<b>COACHES</b>	<ul style="list-style-type: none"> <li>• Must maintain "Rule of Two" - One coach must be female</li> <li>• Should maintain social distancing while on the bench, on the ice, and conversing with parents and athletes</li> <li>• If physical distancing cannot be maintained or is unpredictable, a mask should be worn at all times by those not participating in the activity (i.e. coaches, volunteers, etc.).</li> <li>• Coaches should follow the progressions of returning to ringette when designing their practices and training activities.</li> </ul>	
<b>SPECTATORS AND PARENTS</b>	<ul style="list-style-type: none"> <li>• Must adhere to facility regulations and any designated restricted spaces.</li> <li>• Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game and must ensure physical distancing between non-household members.</li> <li>• Recommended minimal spectators attend events as we want to discourage gatherings.</li> <li>• Spectators must maintain distancing of at least two metres from other members of the public.</li> <li>• Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces</li> </ul>	
<b>CONTACT TRACING</b>	<ul style="list-style-type: none"> <li>• Activity logs listing all participants that attended and/or participated in a ringette related activity must be completed for every activity and be kept on file for 6 weeks.</li> </ul>	



## RINGETTE COVID-19 RETURN TO COMPETITION

This table outlines the Return to Competition Guidelines for all Ringette participants, coaches, volunteers, and parents/spectators. The Return to Competition is not applicable until Progression 3 or higher.

If physical distancing is possible, certain organized sports, physical activities and recreation activities may proceed as normal (programming, training, practice and competition). **Tournaments and interprovincial competition are not permitted.**

<b>GENERAL ACTIVITY REQUIREMENTS</b> All ringette related activities must comply by these basic safety requirements		
CATEGORY	DESCRIPTION	LINK TO RESOURCE IF AVAILABLE
<b>FACILITY TYPE</b>	Primarily Indoor: Rink and Gymnasiums Other training options: field courts, outside	
<b>MUNICIPAL REGULATIONS</b>	Ringette participants will adhere to all municipal regulations.	
<b>GAME PLAY</b>	<ul style="list-style-type: none"> <li>• Ringette is a sport that is unable to adhere to physical distancing so as recommended by the Provincial Government we will be doing groupings (mini-leagues)</li> <li>• Mini-leagues can be comprised of multiple teams, but no more than 50 individuals.</li> <li>• Mini-leagues allow sports teams to return to a safe level of play, and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.</li> <li>• Individuals cannot participate in more than 1 mini-league</li> <li>• Mini-leagues must be comprised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).</li> <li>• Mini-leagues should remain together until restrictions are further relaxed.</li> <li>• Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.</li> <li>• Teams in different mini-leagues cannot play each other.</li> <li>• The 50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times.</li> <li>• No single group on the ice shall exceed the gathering limits in the public health order.</li> <li>• Teams need to be separated while on the sidelines and players cannot exceed gathering limits during games, practices or training.</li> <li>• Contact must be minimized whenever possible.</li> <li>• Tournaments and interprovincial travel are not permitted.</li> <li>• If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).</li> </ul>	
<b>CLEANING PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• Responsibility of the facility to maintain cleaning protocols</li> <li>• It is recommended that all participants and staff must wash hands upon entering</li> <li>• Coaches will have on hand:                             <ul style="list-style-type: none"> <li>- Hand sanitizer OR</li> <li>- Wipes</li> <li>- Tissues</li> </ul> </li> <li>• Team Staff must bring their own coach equipment boards, cones, etc.</li> </ul>	

<p><b>GENERAL SAFETY/ HEALTH POLICIES</b></p>	<p>At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).</p> <ul style="list-style-type: none"> <li>• If team staff, participants, parents etc. have experienced any symptoms such as coughing, sore throat, fever, shortness of breath they must not attend ringette activities for 14 days. If staff have come in contact with someone experiencing these symptoms, they are not permitted to attend any ringette activity for 14 days.</li> <li>• All members must adhere to all health agency &amp; safety regulations</li> <li>• Wash hands/hand sanitizer frequently and follow facility regulations.</li> <li>• Surfaces and spaces should be sanitized regularly by the facility.</li> <li>• No touching ring with hands or playing gloves</li> <li>• No showering at facilities</li> <li>• No spitting</li> <li>• No chewing tobacco, no sharing of vapes or other tobacco products</li> <li>• No sharing of water bottles all participants MUST have individual water bottles that are properly labelled.</li> <li>• No sharing of gear</li> <li>• If Associations are distributing jerseys for their members, the jerseys should be kept by the individual athlete for the duration of the season and it is recommended that the jersey be cleaned in between ringette activities.</li> <li>• Maintain physical distance during training - in between drills, during explanation, during recovery</li> <li>• If an athlete chooses to wear a mouthguard they must ensure it is clean and they cannot share or take it out of their mouth at any time during the session, it should only be removed at the end of the session and placed directly back into its designated container.</li> <li>• Follow group gathering guidelines</li> <li>• No touching: elimination of handshake - wave to teammates, friends and opposition, no hugging</li> <li>• Salute officials and say thanks</li> <li>• 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.</li> <li>• All teams must carry wipes, hand sanitizer and pump soap in their team equipment bags</li> <li>• Athletes and parents and assistants should avoid handling equipment with their bare hand.</li> </ul>	
<p><b>USE OF SPACE</b></p>	<ul style="list-style-type: none"> <li>• All Ringette members should adhere to Facility restrictions related to spaces. Spaces could include: <ul style="list-style-type: none"> <li>- Player only spaces</li> <li>- No Showering</li> <li>- Spectator only sections</li> </ul> </li> <li>• Limit use of dressing rooms</li> <li>• If there is ability for pre-event warm up and cool down participants should try to: <ul style="list-style-type: none"> <li>- Warm up/cool down outside in the parking lot</li> <li>- Must maintain social distance between teammates and coaches</li> </ul> </li> <li>• During on-ice events: <ul style="list-style-type: none"> <li>- When on the benches participants and coaches must maintain social distance. Water breaks must be spaced out for athletes no "team water breaks" - athletes CANNOT spit water out onto the ice or onto the bench.</li> </ul> </li> </ul>	

# PARTICIPANT HEALTH AND SAFETY REQUIREMENTS

All ringette related activities must comply by these basic safety requirements

CATEGORY	DESCRIPTION	LINK TO RESOURCE IF AVAILABLE
<b>HEALTH OF PARTICIPANTS</b>	<ul style="list-style-type: none"> <li>• Must adhere to all General Health and safety policy as noted above</li> <li>• All parents must disclose on registration forms if their child has any health concerns</li> <li>• Coaches and team staff must disclose if they have any health concerns</li> <li>• Any individual feeling ill or exhibiting sickness <b>MUST NOT</b> attend ringette. Team Staff member or Association Designate will have full authority to send a participant home if they come to the event ill</li> <li>• Upon leaving for ringette every individual must take the <a href="#">Self-Assessment test</a></li> <li>• If they have experienced any COVID-19 like symptoms in the last 14 days, they can be denied entry</li> <li>• Any member or participant who travels internationally should adhere to quarantine requirements and Health Authority regulations related to travel.</li> </ul>	
<b>COACHES</b>	<ul style="list-style-type: none"> <li>• “Rule of Two” must be maintained. One coach must be female during competition and training sessions.</li> <li>• Must maintain physical distancing while on the bench and conversing with parents and athletes</li> <li>• If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.)</li> <li>• Coaches should send practice plans to athletes and families at least 12 hours prior to avoid close gatherings around white boards and maximize the likely reduced ice time. In addition, if parents are not able to enter the facility, they will know what their children are working on that day.</li> <li>• While 1-2 coaches support athletes entering the facility and coming on the ice</li> <li>• Coaches will sanitize rings, facility spaces (benches, nets, gate handles) at the end of each session depending on the facility cleaning protocols</li> </ul>	
<b>SPECTATORS</b>	<ul style="list-style-type: none"> <li>• Spectators, including parents, who are not part of a previously listed category, and others who can ensure physical distancing are not included in the 50-person total.</li> <li>• Must wash hands upon entering facility</li> <li>• Limited number to maintain facility gathering protocols</li> <li>• Will maintain physical distance in facility as per protocol</li> <li>• Parents cannot be in or around the players benches or dressing Rooms                             <ul style="list-style-type: none"> <li>- Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game/ activity, and must ensure physical distancing between non-household members.</li> </ul> </li> <li>• For younger athletes that may require their parent’s attention during an ice time, coaches should direct the child off the ice at a side entrance to meet with their parent where possible</li> </ul>	
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• <b>MUST</b> wash hands before and after games</li> <li>• Athletes and coaches must maintain social distancing when asking questions and speaking to the officials</li> <li>• Officials cannot share whistles</li> <li>• Officials should arrive at the facility dressed other than helmets and skates</li> <li>• If require a change room must be given access to a standard change room so that they have access to handwashing stations and a space to allow the officials to physically distance</li> </ul>	

<b>MINOR OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Facilities should sanitize the minor official's box and equipment prior to each use</li> <li>• Shot clock operator will stay outside of the minor official box</li> <li>• If social distancing measures are unable to be maintained in the minor official box (i.e. shot clock controller attached to score clock, without cable long enough), the shot clock will not be used for the game</li> </ul>	
<b>EDUCATION</b>	<p><b>Education</b></p> <ul style="list-style-type: none"> <li>• Coach - all coaches will be required to attend training on ringette guidelines</li> <li>• Association administrators - must attend training on safety guidelines for ringette</li> </ul>	
<b>RULE ENFORCEMENT</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for ensuring the athletes are adhering to guidelines during ice sessions</li> <li>• Parents and Spectators will be responsible for managing themselves off ice and adhering to facility guidelines.</li> <li>• Officials will be responsible for ensuring that they are distancing and managing participants during games.</li> <li>• Participants that do not abide by the guidelines could be subject to a suspension by their Association or RAS</li> <li>• Associations will be disciplined by Ringette Saskatchewan if they are not following guidelines. Repeated offence can affect your Associations good standing</li> <li>• Ringette Saskatchewan will require Local Associations to sign on to the approved guidelines in order to receive sanctioning to operate.</li> </ul>	

# APPENDIX 1: ASSOCIATION CHECK LIST

## Review & Follow

- Provincial public health authority guidelines
- Municipal/local health authority guidelines
- Your Facility health & Safety Guidelines
- Ringette Canada National Directive
- Ringette Saskatchewan Return to Ringette Guidelines

## Plan

- Assign someone in your organization the Safety Officer
- Waivers, Declaration of Compliance – Covid-19 Contact Tracing forms
- Meet with your facility & share Ringette Guidelines
- Team staff clarifies responsibilities specific to practices
- Arrival at facility organized according to meet the facility guidelines
- Hygiene requirements
- Physical distancing in the facility
- Guidelines around dressing rooms & showers
- Physical distancing during on-ice sessions
- Requirements for parents/guardians at the facility
- Departure from facility organized according to meet the facility guidelines
- Procedure if player is sick

## Meet with Member Teams

- Compulsory virtual meeting with members as part of registration
- Overview on return to ringette plans and expectations
- Overview of health and safety steps put in place
- Discussion on insurance, required registration, codes of conduct & ethics, etc.
- Their role in creating a safe and healthy environment
- Expected behavior of all participants on site

## At the Facility

- Practice physical distancing
- Practice responsible hygiene
- Follow public health authority guidelines
- Follow facility guidelines and protocols
- Have FUN!

## Pre-Ringette Activity - The following items are confirmed:

- All participants have confirmed attendance via online platform or to the designated team contact.
- All participants, parents and coaches have signed the participant liability waiver and declaration of compliance.
- Each Participant has confirmed that they have not travelled outside of Canada within the last 14 days nor has any member of their household
- Each Participant entering the facility has taken the [Self-Assessment test](#)
- All participants and coaches have washed their hands prior to entering the ice area.
- All participants have all their own designated equipment.
- All coaches in attendance have completed mandatory education.



## APPENDIX 2: COVID-19 SAFETY OFFICER RESPONSABILITIES AND CHECKLIST

### Responsibilities include:

- Monitoring and being knowledgeable about the latest available guidance on the COVID-19 outbreak and being aware of national and local daily situation reports (official web resources available from their provincial centre for disease control, Health Canada, Provincial Health, Local Public Health Authorities)
- Monitoring all relevant updates from Ringette Saskatchewan and Ringette Canada.
- Communicating with local facilities on guidelines, protocols, and updates.
- Ensuring teams are following the prevention guidelines set by Ringette Saskatchewan, the facilities, and their Local Association.
- Ensuring any COVID-19 cases are reported as required by the public health authority, Ringette Saskatchewan, Local Association, and facility.
- Communicating with Ringette Saskatchewan on a regular basis to assist in facilitating updates and to disclose any relevant consequences for non-compliance of any COVID-19 related rules and protocols.

## SAFETY OFFICER CHECKLIST

### Review & Follow

- Provincial public health authority guidelines
- Municipal/local health authority guidelines
- Provincial Ringette Association Member Guidelines
- Your Facility health & Safety Guidelines
- Ringette Canada National Directive
- Ringette Saskatchewan Return to Ringette Guidelines & signed for compliance
- Meet with facility to receive facility guidelines – reach out to RAS for assistance if needed
- Understanding and enacting the COVID-19 Response to an Outbreak plan.
- Ensure all Members have received the Ringette Saskatchewan Return to Ringette Guidelines COVID-19 Safety Plan or know where to find it.
- Communicating with the Association on any updates, changes, and revisions related to COVID-19.
- Following up on any complaints or information related to failure by a member to adhere to Guidelines and procedures.
- Designated contact for the Association who is notified in the event that a participant has COVID-19;
- Designated contact within Association who will receive and communicate Ringette Saskatchewan's updates as it relates to COVID-19

## APPENDIX 3: QUESTIONS TO ASK YOUR FACILITY:

- What is the parking lot use guidelines?
- Is drop off and pick-up at or near the same location or at another area.  
What is the entry and exit guidelines?
- What is the participant/guest participation tracking guidelines?
- Are there any guidelines for cheering? Example: clapping only
- What are the participant level calculations?
- Are there any changes in traditional ice use times?
- What is the parent/guardian attendance guidelines?
- What are the user group guidelines for cleaning or disinfection use?  
What are the guidelines for equipment use/storage?
- What are the guidelines for user group on site storage of equipment?  
What are the warm-up activity guidelines?
- What is the guideline for outside food and drink?
- What are the First Aid and emergency evacuation guidelines?
- What is the accident/incident reporting guidelines?
- What are the penalties for noncompliance to facility rules?

## **APPENDIX 4: CONTACT TRACING ACTIVITY LOG**

*Contact Tracing Activity Log is still in development.*