

Player Checklist

Use this checklist to help prepare for the rink safely

Before You Leave Home

- ☐ 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

Coach Checklist

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Before You Leave Home

- ☐ 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

Parent/Guardian Checklist

Use this checklist to help prepare for the rink safely

Before You Leave Home

- ☐ 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