



# RINGETTE ONTARIO

## RETURN TO RINGETTE GUIDELINES

*July 8, 2020*

## 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.



## Introduction

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 in order for us to get safely back on the ice.

This document is understood to be organic and will evolve as needed based on what is occurring in the Province. We will continue to build on these plans and provide further details and resources as we move forward and gain a better understanding on what expectations on sports will be.

The Return to Ringette Guidelines are 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
- Ringette Canada's Pan-Canadian Return to Ringette Guidelines

Local Ringette Associations 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 Association 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 in order 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 Associations. The facilities could require additional resources in order 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 in order to align with public health authorities and the current situation in each municipality.

Adherence to the guidelines is necessary for the safety of both ourselves 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 Association and Ringette Ontario.



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

### **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 in close proximity to 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 in order 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 very similar to the common cold and flu and the majority of 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's 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 very 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 in order to participate in ringette.

- Any individual feeling ill or exhibiting sickness MUST NOT attend ringette activities
- An Association 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 Association of the symptoms and the timeline of when symptoms began.

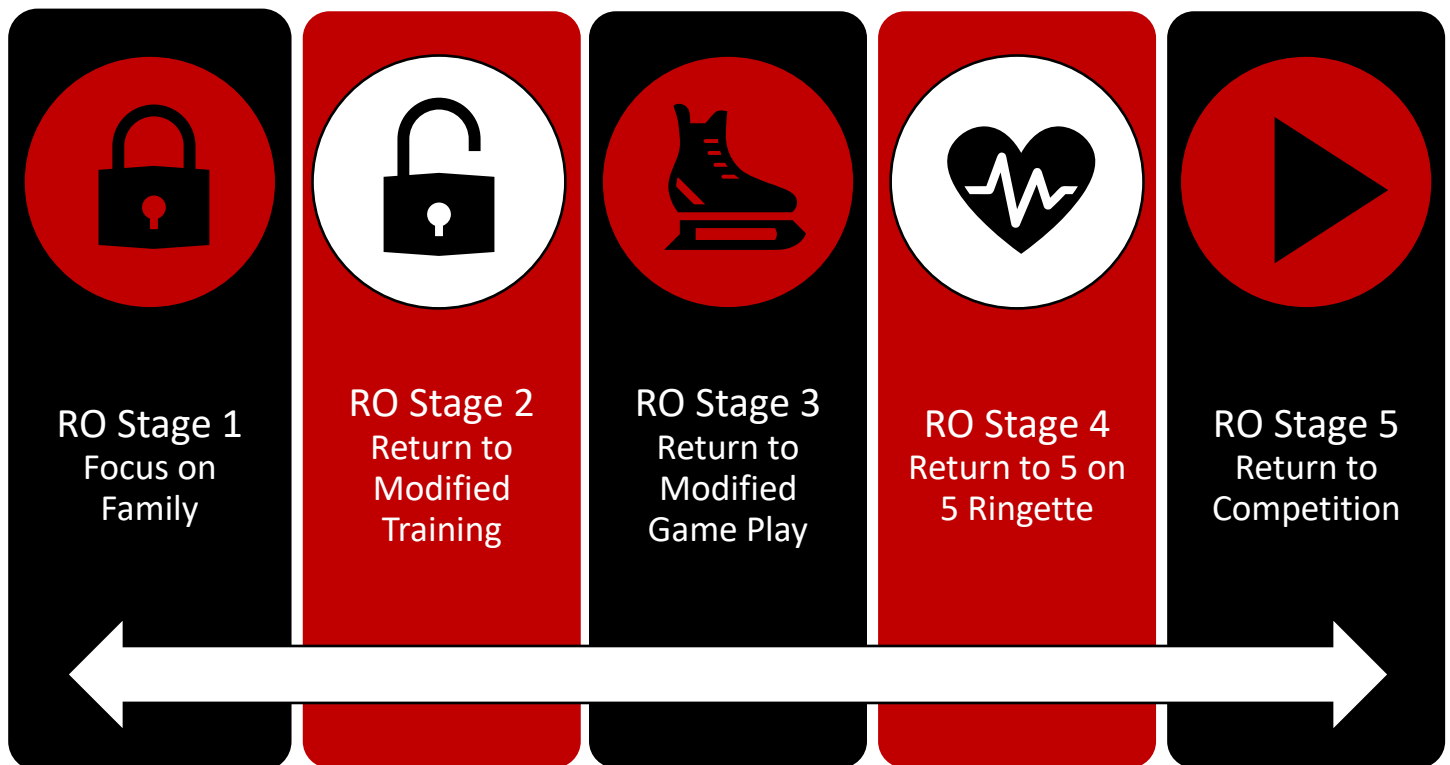


- Any local Association that has a member who is experiencing COVID-19 like symptoms must notify Ringette Ontario and notify all individuals that came into contact with that individual within the last 14 days within the Ringette community. In addition, they must notify their facility who will contact Public Health Ontario.



## Framework for Return

Ringette Ontario is following a graduated return to ringette. The process will allow for ringette activities to restart in accordance with the Provincial Health Authorities and Regional Health Guidelines. The progressions of returning to ringette could change throughout the season if restrictions by Provincial and Regional Health Authorities lessen or increase. Ringette Ontario is providing the progressions chart below to help Local Ringette Associations with understanding what activities are permitted in the different progressions of returning to ringette. The Ringette Ontario Stages fall within the Ringette Canada Progressions.



Under Phase 1 of the Government of Ontario Phases only Essential Services were permitted to operate. Ringette is not an essential service and if the Government returns to Phase 1 Ringette will be suspended once more.



### RO STAGE 1 – Focus on Family – No Ringette Activities Permitted

Ringette Ontario was forced to shut down the end of the 2019-2020 ringette season on March 13<sup>th</sup>, 2020. By the following week Ontario was in a lockdown to help control the outbreak of COVID-19 and flatten the curve. Athletes, coaches, parents and officials were all impacted by the abrupt end but the focus on health, safety and well-being of family and friends was of the utmost importance.

During this stage, Ringette Ontario has been and will be working very hard on producing guidelines for associations, plans for development opportunities and collaborating with provincial counterparts on how best to bring ringette back next season.

Ringette Ontario will be in Stage 1 until at least September 1<sup>st</sup>, 2020.



### RO STAGE 2 – Return to Modified Training

This progression allows ringette activities to begin but rinks do not necessarily need to be open.

**GATHERING** Restrictions have been adjusted to allow for gatherings up to 25 people indoors.

This progression is focused on individual training and practicing.

This progression emphasizes small groups and focuses on development of fundamental skills.



### RO STAGE 3 – Return to Modified Game Play

This progression can take place once local municipality has entered STAGE 3 of the Provincial reopening plan.

**GATHERING** Restrictions have been adjusted to allow for gatherings of more than 25 people indoors.

Rinks are now open for associations to book ice and allows for some contact activities to take place and the introduction of modified ringette games such as 3 vs. 3 and 4 vs. 4. It is important that coaches/instructors continue to emphasize distancing on ice and work on skill development activities.

There is limited travel in this phase and Association based activity is the focus.



### RO STAGE 4 – Return to 5 on 5 Ringette Games

This progression allows for exhibition games to be played between Associations and potential league play.

This progression is ONLY permitted once local municipality has entered STAGE 3 and Regional Health Authorities have not imposed additional restrictions that would preclude increased contact.



**GATHERING** Restrictions have been adjusted to allow for gatherings up to a minimum of 50 people.

Travel is still limited to the region; some travel between Leagues within Ontario may be permitted as per Provincial Health Regulations.

The objective is to form as many teams as possible to allow for games to happen between Associations.

#### To play a Ringette Game you MUST:

- Continue to adhere to all Provincial Health Officer restrictions including gathering restrictions and hygiene protocols.
- Continue to follow the facility guidelines.
- Teams must follow the restrictions below when attending a ringette game in any format (exhibition, modified, Full Ringette Canada rules).
- Examples of breakdown for team play, 50 people allowed:
  - Home Team: 10 athletes + 3 team staff + 10 spectators = 23 people
  - Visiting Team: 10 athletes + 3 team staff + 10 spectators = 23 people
  - Officials: 2 On-Ice Officials = 2 People
  - Minor-Officials: 2 Minor Official = 2 people
- Team staff are responsible for ensuring proper communication to ensure they do not exceed 23 people (following the allotment above) at any ringette game.
- In circumstances where a team has a one or parents as coach(es), and have additional spaces available for spectators, they still have up to a maximum of 10 spectators. They may not, however, bring additional players. It is up the team staff to communicate ahead of time with their families to determine the allotment of spectators per family for an event.

#### Game Play – General Adaptions

- Limit roster size
- Shorten games
- Decrease number of players on the ice at a time (3 v 3 or 4 v 4)
- FUNdamentals – number of players on the ice at a time
- If unable to provide enough space for minor officials to be 2 meters apart, there will be no shot clock operator



#### **RO STAGE 5 – Return to Competition**

Ringette Competitions such as tournaments, Provincial Championships, League Play and large-scale events can return in this Stage.

This progression can only occur once the Provincial Health Officer has announced the Province of Ontario has entered the final PHASE of the reopening and/or announces that the **GATHERING** Restrictions have been adjusted to allow for gatherings of more than 150 people.



In the event that tournaments can go ahead, tournaments will have to provide evidence that they have made arrangements to adhere to health guidelines and restrictions at their event in order to obtain Ringette Ontario sanctioning.

## 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 Associations adhere to the facility guidelines as breach of guidelines could result in loss of access for the Club-Association and rental agreements and contracts will likely be voided.*

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

- Registered Associations will be listed on the Ringette Ontario website and be able to present a Ringette Canada Insurance certificate endorsed and provided by Ringette Ontario;
- 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.

## Ontario Ice Sports Harmonized Ice Sports Facility Procedures

All Associations are required to have a meeting with the facility based on the following agenda:

- Parking Lot Entrance
- Entrance Doors
- Entrance Process
- Entrance Time
- Changing of equipment location process
- Dropping off Minor Participants
- Parents/Attendance – number of attendees permitted to support and watch
- Conduct of Parents/Spectators in the stands (i.e. food & beverage maintaining facility cleanliness)
- Items allowed in the facility (bags, food and beverage)
- Dressing room Access
- Rental ice time durations
- Warming up within the facility
- How to report incidents of injury or COVID-19 to facility personnel





**Questions to Ask Your Facility:**

<b>Question</b>	<b>Province Phase 1</b>	<b>Province Phase 2</b>	<b>Province Phase 3</b>
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 care and control expectations. i.e. coaching to participant ratios. Are there any changes in traditional ice use times?			
What is the parent/guardian attendance guidelines?			
What is the elevator use guideline?			
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?			
Is there a facility respect guideline? No spitting, use of waste containers – pack it and out.			
What are the First Aid and emergency evacuation guidelines?			
What is the accident/incident reporting guidelines?			
What are the penalties for non-compliance to facility of club rules?			

## Local Association Requirements

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

- Attendance tracking and health screening at events
- Designated contact for the Association who is notified in the event that a participant has COVID-19.
- Designated contact within the Association and within the League who will receive and communicate our updates on the COVID-19 to participants.

### LOCAL ASSOCIATION REQUIREMENT CHECKLIST:

Ringette Ontario will be providing templates, waivers, sample documents and online resources in order to help each Association prepare for the coming season. We have provided the following checklist for Associations to help prepare for the coming season:

#### REVIEW & FOLLOW

	Provincial Public Health Authority Guidelines
	Municipal/Local Health Authority Guidelines
	Your Facility Health & Safety Guidelines
	Ringette Ontario Health & Safety Guidelines
	Ringette Canada Health & Safety Guidelines

#### PREPARE:

	Post a link on their website to the Ringette Ontario COVID-19 Resource webpage
	Provide Ringette Ontario with the Risk Management & Safety Audit Form completed for all facilities with which you have a rental agreement
	Designate a Volunteer to be the RTR Coordinator for the Association and provide Ringette Ontario, your Members and the Facility with their contact information
	Ask your Facility if they have a tracking form that they wish you to use
	Implement procedures for tracking team attendance for activity (RAMP, TeamSnap, Google Forms) and health attestation forms
	Meet with Facility and share Ringette Ontario and Ringette Canada RTA
	Registration to include Waivers regarding Assumption of Risk
	Coach and Volunteer training on RO/RC RTA and Facility Protocols
	Identify RTR Designate on each Association Team

#### PLAN:

	Arrival at Facility for activities according to facility guidelines
	Hygiene Requirements & Expectations
	Guidelines around dressing rooms and showers
	Guidelines around parents/spectators
	Departure from Facility organized according to facility guidelines
	Compulsory virtual meeting with members as part of the registration which includes overview of return to ringette plans, facility expectations, health and safety steps, expectations on behaviour, required registrations, forms, attendance, etc.



**ACTIVITY:**

	All participants have confirmed attendance via RAMP Team App, TeamSnap or other online team planning software
	Each participant and accompanying parent have confirmed that they have not experienced any symptoms or illness in the last 14 days
	Each Participant has confirmed that they have not travelled outside of Canada within the last 14 days nor has any member of their household.
	All participants and coaches have washed their hands prior to entering the ice area
	All participants have all their own designated equipment
	Completed pre-activity briefing of the safety rules and on-ice participation rules
	All coaches in attendance have completed any mandatory education as determined by Ringette Ontario and/or the Association
	All participants, parents and coaches have signed all COC's and the participant waiver

**Registration:**

- Players must register in their home association, but registration can be moved at a later date if required.
- Associations must organize an attendance confirmation process for each session. This list should include all participations, coaches, other on-ice helpers, and the parent/guardian that attended.
- All participants must confirm a minimum of 48 hours prior with their Coach if they will be attending an event. Use of a team scheduling software such as TeamSnap is recommended.
- It is recommended that administrators change any settings in their team scheduling software program so no changes to attendance may be made less than 48 hours prior to the start time of each event.



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## 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 have come in contact with someone experiencing these symptoms, they are not permitted to attend for 14 days.
- A designated volunteer (Association Compliance Officer or Team Safety Officer) should 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 Association.
- 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 chewing tobacco, no sharing of vapes or other tobacco products
- No sharing of water bottles. All participants MUST have 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.
- In the event that 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.

