

2021 RETURN TO RINGETTE



RINGETTE ALBERTA GUIDELINES

September 27, 2021

TABLE OF CONTENTS

| | |
|--|----------|
| GENERAL REQUIREMENTS & RECOMMENDATIONS – ALL PARTICIPANTS | 3 |
| SPECIFIC GUIDELINES: ACTIVE START, U10 & U12 DIVISIONS | 5 |
| BEST PRACTICES | 7 |
| CHECKLIST..... | 7 |

DISCLAIMER

The guidelines below are only to be used for the purposes outlined. Ringette Alberta is committed to providing relevant and timely information; however, the COVID-19 landscape is shifting quickly, and tomorrow's reality will be different than today's. 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 should be used as a guide only.

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 Provincial Direction for Return to Ringette and the Public Health Act of a Province, regulations and orders within that Act will prevail.

All Ringette Alberta Members and Participants as defined by Ringette Alberta Bylaws - will comply with requirements of provincial and local governments and health officials.

INTRODUCTION

The purpose of this document is to provide an Alberta-specific outline of safety protocols and requirements to assist our Members and Participants to return to ringette.

This document is current as of its publication date. It meets the health and safety requirements of the Government of Alberta at that time. When required, this document will be updated and published to the [Ringette Alberta website](#).

The information in this document is not a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and Ringette Alberta recommends that the [Government of Alberta COVID-19 site](#) be accessed for the most up to date information.

THE PURPOSE OF
THIS DOCUMENT IS
TO PROVIDE AN
ALBERTA-SPECIFIC
OUTLINE OF SAFETY
PROTOCOLS AND
REQUIREMENTS TO
ASSIST OUR
MEMBERS AND
PARTICIPANTS TO
RETURN TO
RINGETTE



REQUIREMENTS & RECOMMENDATIONS

ALL PARTICIPANTS

Contact Tracing

REQUIRED

Attendance logs of all athletes and team staff must be kept for all games, training sessions, team activities, etc., for a minimum of four weeks with reasonable security measures in place to protect the personal information collected.

RECOMMENDED

Use an app to track attendance, such as TeamSnap, RAMP, etc.



Screening

REQUIRED

Review the Alberta Health Daily Checklist prior to each session.

**NOTE: No formal collection of the checklist is required.*

Individuals exhibiting COVID-19 symptoms may not participate in any ringette-related activity until the symptoms resolve.

If a participant becomes symptomatic while participating in an activity, team staff will have a plan for a safe, swift departure from the facility.

Positive Test & Isolation

REQUIRED

Participants who test positive for COVID-19 are not permitted to attend games, training sessions, or team activities for 10 days following the onset of symptoms.

Facilities

REQUIRED

All participants, including parents and spectators, must adhere to all facility-imposed requirements.

REQUIREMENTS & RECOMMENDATIONS

ALL PARTICIPANTS

Masks

REQUIRED

Everyone is required to adhere to the Province of Alberta Mask Requirement. Where there may be any ambiguity in the mask requirements, Ringette Alberta expects everyone to choose the safer option.

Everyone must wear a mask while entering and inside the facilities, this includes spectators, minor officials, referees, coaches, and athletes. Athletes and referees do not have to wear a mask while on the ice or participating in physical activity.

For coaches masks must be worn in the dressing rooms and on the bench during competition. On the ice, it is not required you wear a mask; however, it should be worn whenever possible and if not, 2 meters physical distance should be kept.

Players and team staff interactions with the referees and minor officials should be limited and kept at a 2-metre distance whenever possible.

If possible, separation should be maintained between minor officials and athletes. The athlete should let themselves out of the box and the door closed by the minor official behind them.



Out of Province

REQUIRED

In the event team transportation (bus/vans) is used, masks are mandatory inside the vehicle(s).

RECOMMENDED

Travel outside the Province is NOT recommended. Team transportation (bus/vans) is not recommended.

Meals & Hygiene

RECOMMENDED

Team meals and sharing of food is discouraged. If arranging food for tournaments/travel, individual meals/packages should be prepared ahead of time to avoid sharing of utensils/touching of others' food.

Washing of hands/sanitizer highly recommended before and after food preparation and eating.



SPECIFIC GUIDELINES: ACTIVE START, U10 & U12 DIVISIONS

Rationalization: From the [Alberta Guidance for Activities with Children 11 and Under](#).

“Children aged 11 and under are at the lowest risk of severe outcomes from COVID-19 infection, ...however, they are not eligible for the COVID-19 vaccine at this time. As a result, this age group does not have any vaccine protection against infection and disease transmission.

Given this, organizers and operators who work with this age group should take a risk-balanced approach and are strongly encouraged to use a combination of strategies to protect them from COVID-19.”

General Guidance for Activities

Recommendation: Risk of COVID-19 spread increases in crowded settings, indoor locations, and enclosed spaces with poor ventilation. These risks may be reduced by:

- Limiting the number of children that are present in a particular setting at one time.
- Assigning children to fixed groups that do not change for the duration of the event or activity.

Recommendation: People doing intense physical activities are more likely to breathe heavily and produce respiratory particles. To mitigate this increased risk, some special considerations for operators who offer these activities to children could include:

- Reducing the size of groups that participate in these activities
- Assigning the same staff/volunteer to a single group of children for the duration of the activity.
- Limiting the number of sport activities in which each child participates.

League

Recommendation: To mitigate risk, Ringette Alberta recommends leagues for U12 and below form small pools within their divisions:

- Pools should be as small as possible, while still maintaining competitive integrity/balance.
- Pools can be changed/redistributed throughout the season, with the recommended 7-day break between competitions while changing.



SPECIFIC GUIDELINES: ACTIVE START, U10 & U12 DIVISIONS

Tournaments

Requirements: Interprovincial travel for tournaments are prohibited

Teams are not permitted to travel outside the province for tournaments

Tournaments are NOT permitted to accept teams from other provinces.

- Pools should be as small as possible, while still maintaining competitive integrity/balance.
- Pools can be changed/redistributed throughout the season, with the recommended 7-day break between competitions while changing.

Recommendations: Where possible, teams should compete in tournaments in their region and amongst teams within their League Pools.

Enhanced cleaning protocol should be established for facility (if not already in place).

BEST PRACTICES

Players, coaches & spectators:

- Post-game handshakes should be limited to a socially distanced cheer **or gloves-on "fist bump"**.
- Avoid loitering/socializing before or after activities, physical distancing of 2 metres to be maintained during entry & exit of facility.
- Limit interacting with coaches/players/spectators not in your group/team while at the arena.
- Spectators should limit their time in the facility to what is necessary.
- Spectators should distance in the seating area, masks recommended.
- Masks should be worn in the common areas of facilities

Equipment:

- All athletes should have their own marked water bottle and should never share water bottles.
- Any shared equipment should be cleaned and sanitized before and after each training session/activity.
- Recommended that one individual be assigned the responsibility for management of equipment.
- Goalkeeper equipment should not be shared during the game.

REQUIRED CHECKLIST:

- ☐ All members must be registered through Ringette Alberta (2021-22 Season) and sign the Informed Consent & Assumption of Risk Agreement and Waiver of Claims & Indemnity Agreement prior to participating in any ringette activity. (These waivers are completed in RAMP when athletes register for their association/season).
- ☐ Teams will assign a coach or safety officer who will be responsible for tracking attendance at each team activity. The attendance list for all team activities/gatherings must be held for 4 weeks and available to Local Association/League/Ringette Alberta/Ringette Canada when requested.
- ☐ All participants must review and complete a self-assessed Daily Health Check prior to arrival at the facility, and anyone feeling unwell **MUST** stay home until symptoms subside.
- ☐ Positive COVID-19 tests are asked to report to the team to notify the close contact list. Close contacts are not required to isolate but should be made aware and symptoms should be monitored.

For full details, check the Government of Alberta website: <https://www.alberta.ca/covid-19-public-health-actions.aspx>



**RINGETTE
ALBERTA**