



RINGETTE
BRITISH COLUMBIA

RETURN TO RINGETTE GUIDELINES

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DISCLAIMER

These *Return to Ringette* guidelines are intended to be used for the purposes outlined in this document. Ringette BC strives to provide relevant and timely information; however, information known about COVID-19, also known as the coronavirus, and recommended health and safety measures can rapidly change. 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* guidelines are 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.

Furthermore, this document is not a substitute for actual legislation or orders by the Provincial Government or the Provincial Health Officer (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 BC's *Return to Ringette* guidelines comply with the [Return to Sport](#) Sector Guidelines from [viaSport](#).

Ringette BC and our member organizations will comply with requirements of the federal, provincial and local governments and all health authorities (federal, provincial or regional).

The links provided in this document from third party websites have been provided *for convenience only*. Information found in the links may be updated from time to time. Ringette BC does not monitor these sites and is not responsible for updates.

DEFINITIONS:

- **“Activity”** – practice, team event, training, individual or group etc.
- **“Community”** – for the purpose of this document is the municipalities contained within your local Association boundaries.
- **“Competition”** – ringette game, modified, exhibition, a game played by the Ringette Canada rule book.
- **“Facility”** – a given location where ringette activities take place, and without limiting the generality of this term, a location shall be considered one facility regardless of the number of ice surfaces or gym space, room capacity in the location
- **“Group”** – a collective of athletes and coaches from the same age division who may participate in an activity together (i.e. two U14 teams are a group)
- **“League”** – the community of regional participation for ringette programs and competitions
- **“LSO”** – Local Sports Organization
- **“Outbreak”** – two or more confirmed COVID-19 cases
- **“Participant”** – any individual participating in ringette-related activities - this includes athletes, team staff, parents, officials, spectators, volunteers
- **“Physical Distancing”** – recommended by the Provincial Health Officer to maintain a minimum 2m (6 feet) space between people from different households.
- **“PSO”** – Provincial Sports Organization.
- **“Recreation”** – “physical activities that include those undertaken as leisure, fitness training, and sport-related activities done at the discretion of the individual; either self-led or facilitated by recreation leaders.” ([viaSport Sport Sector Guidelines](#)).
- **“Regions”** – designated regions within the province that adhere to the boundaries and regulations of the Health Authorities within BC
- **“Sanctioned event or activity”** – a Sanctioned Event or activity means that Ringette BC or one of our Member Club-Associations has approved an activity to go forward. If an event or activity is sanctioned it is covered by Ringette BC insurance.
- **“Sport”** – “any organized sport activity that involves a number of people doing a physical activity together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport organization.” ([viaSport Sport Sector Guidelines](#))
- **“Team”** – group of athletes and coaches, as per the guidelines included, formed for the purposes of competition.
- **“User Group”** – renter of a facility including a Provincial Sport Organization, League, Club Association or private company.
- **“viaSport”** – Previously, BC Sport Branch, is a branch of the BC Government responsible for evaluating, monitoring, and supporting sport development in BC.

INTRODUCTION

Ringette BC's *Return to Ringette Guidelines* are founded on the overriding principle of fostering and providing a safe environment for all participants. The *Return to Ringette Guidelines* seek to balance the maximum allowable participants with the context of the regulations put forward by the Provincial Health Officer (PHO).

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

1. [BC Guidelines from WorkSafeBC](#) and the [Provincial Health Authority](#)
2. [BC Parks and Recreation \(BCRPA\) Guidelines](#)
3. [BC Recreation Facilities' Association Resources \(BCRFA\)](#)
4. [viaSport's Return to Sport Guidelines](#) for the Sport Sector
5. Ringette Canada's [National Direction on the Return to Ringette](#)

Local Ringette Associations in BC will need to review and understand the Return to Ringette guidelines. Additions and/or changes may be necessary based on regulations and recommendations of the Provincial and/or Regional Health Authorities. The most current version of the *Return to Ringette* guidelines will be posted on the Ringette BC website. Local Ringette Associations are expected to ensure they are working with the most current version.

The information provided in these guidelines does not supersede or override protocols, guidelines, requirements or restrictions set out by the Federal, Provincial and/or Regional Health Authorities or governments.

Ringette BC understands that facilities will have differing re-opening timelines. Leagues and Club Associations will have to work with their facility providers on plan implementations, requirements and timing. Each Local Ringette Association may have different timelines and will have to work with their facility operators in implementing the guidelines for their Club Association. The facilities will reopen at different rates and could require additional resources in order to allow users to return to Ringette. Ringette BC will assist and support the Leagues and Club Associations during the return.

The *Return to Play* process for all sports is fluid. It is highly likely that these guidelines will change as directions from Health Authorities evolve. Ringette BC is following Ringette Canada's *Progressions of Ringette* and the viaSport [Return to Sport Sector Guidelines](#). Please note, the timing of the *Return to Ringette* progressions are subject to change. Ringette BC is committed to keeping the membership informed throughout this process. Those unable to demonstrate adherence to the guidelines may be subject to sanctioning from Ringette BC, the League and/or their Club Association. 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

SYMPTOMS

COVID-19 symptoms are similar to those of the common cold and flu and other respiratory illnesses. Symptoms include fever, chills, cough, shortness of breath, sneezing, painful swallowing or sore throat, headache, stuffy or runny nose, loss of sense of smell, fatigue and loss of appetite.

People infected with COVID-19 may not experience any symptoms or experience very mild symptoms. Individuals who have compromised immune systems or individuals with chronic health conditions are found to be more susceptible to contracting COVID-19.

Symptoms of COVID-19 are very broad. As such, it is critical that members with any symptoms of illness stay home.

TRANSMISSION

COVID-19 is transmitted via liquid droplets. When a person talks, coughs or sneezes, these droplets can become airborne. Close contact between people is the primary way the virus spreads. Physical distancing, along with minimal contact, frequent hand washing, avoiding touching ones faces and enhanced cleaning protocols, are the best ways to limit transmission of the virus.

For more information on symptoms or the transmission of COVID-19, including information on best practices for avoiding transmission, please visit the [BC Center for Disease Control](#).

GENERAL HEALTH AND SAFETY GUIDELINES

- If PARTICIPANTS have experienced any symptoms associated with COVID-19 including, but not limited to, coughing, sore throat, fever, shortness of breath, they must not attend activities for 14 days from date of onset.
- If PARTICIPANTS have come in contact with someone experiencing these symptoms, they are not permitted to attend for 14 days from date of contact.
- At a ringette event such as an ice-time, dryland, meeting, etc., a designated volunteer should confirm, prior to all PARTICIPANTS entering the facility, that each PARTICIPANT has not experienced any symptoms such as coughing, sore throat, fever, shortness of breath in the past 14 days.
- All PARTICIPANTS must adhere to all health & safety regulations
- PARTICIPANTS must confirm attendance at an event a minimum of 48 hours prior to the event and if they do not do so they could be denied entry to the event.
- Frequent hand washing is recommended. Hand sanitizer must be available if hand washing access is limited by the facility operator. Facilities should be able to provide each individual

team (as well as the officials) a sink with warm water, automatic hand dryer or paper towel dispenser, soap, and hand sanitizer

- No showering at facilities
- No spitting
- No chewing tobacco, no sharing of vapes or other tobacco products
- Each PARTICIPANT must have their own water bottle. Absolutely, NO sharing of water bottles. PARTICIPANTS should clearly label their water bottle with their first and last name
- All PARTICIPANTS should prepare to come dressed to put on only skates and helmet arrive and leave fully dressed (except gloves, skates, helmet) – in accordance with facility regulations
- Ringette gear is not to be shared
- Follow and adhere to facility capacity restrictions as advised by the facility operator
- No contact or touching – no handshakes, waving and saying thank you to Officials and PARTICIPANTS is an acceptable form of sportsmanship. Officials may wear black gloves if they wish to do so.
- 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. PARTICIPANTS should avoid handling shared equipment, such as rings, with their bare hands. Sticks should be used to move equipment, such as rings or cones, whenever possible.
- All PARTICIPANTS should carry wipes, hand sanitizer OR pump soap in their equipment bags

VIASPORT - BC SPORT SECTOR GUIDELINES

The BC Government Restart plan outlines how the Province of BC will reopen. viaSport was asked by the Sport Branch of the BC Government to write general guidelines for the Sport Sector. The [Return to Sport Guidelines](#) define four phases of Activity. The BC Restart Plan and the Return to Sport Phases do not align completely for dates of roll out. To understand the Graduated Return to Ringette it is imperative to understand the Sport Sector phases.



PHASE 1 – “Strictest Controls”, Prior to May 19, 2020

The first Phase of the Sport Sector guidelines does not allow for any activities to take place. This phase allows only Essential Services to operate within the province. If the Provincial Health Officer increases restrictions of COVID-19 and the Province returns to Phase 1, ringette-related activities will be suspended.

PHASE 2 – “Transition Measures”, May 19 to September

The second phase of the Sport Sector Guidelines allows for some activities to return. This phase permits small groups focused on individual skill training and activities. Activities must follow physical distancing requirements at all times. IN addition, contact drills or activities are not permitted. It is recommended that activities begin outdoors with some limited indoor facilities usage. Gathering restrictions limit groups to a maximum of 50 people.

PHASE 3 – “Loosening Restrictions”, Date of Phase 3 is TBD

Indoor activities like ringette, hockey, speed skating and figure skating are able to activate in phase 3. During Phase 3, the focus is on staying in the community with some contact activities introduced in small groups. Physical Distancing measures have not been clearly defined under Phase 3 of the BC Restart Plan. Gathering restrictions continue to limit group size to a maximum of 50 people. Modified game play can be introduced in Phase 3 assuming all other restrictions are met and that the facilities permit increased contact drills and skills.

PHASE 4 – “New Normal”, requires a vaccine, herd immunity or widespread treatment

There is no date for when BC will enter Phase 4. This phase allows for full return to sport including large Provincial Championships, tournaments, and large groups.

- 1 Processes to open safely
- 2 Measures to keep people safe to avoid further outbreaks
- 3 A plan in the event that a case or an outbreak should occur

At all phases, there are three factors that the Provincial Health Officer has required groups to keep in mind

For more details on the four phases of Return to Sport above, see Appendix E at the

end of this document, or view the [Return to Sport Activity Chart](#) on the ViaSport website.

GRADUATED RETURN TO RINGETTE

Ringette BC 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 may change, at any time, if restrictions by Provincial and Regional Health Authorities are amended. The Ringette Progressions Chart below has been developed to assist Leagues and Club Associations on the activities permitted as ringette progresses through the *Return to Ringette* guidelines. The Ringette Progressions are not aligned directly to the BC Restart Phases and will need to be progressed through at a pace that allows for ringette's return to be safe and successful. Ringette BC will monitor the movement through the progressions and advise accordingly. However, as each individual municipality, facilities and Regional Health Authority sets their own specific guidelines, there is a possibility that Leagues and/or Club Associations may be in different Progressions.

Ringette Games in Ringette Progression 3 may include modifications for gameplay including 3 vs. 3 and 4 vs. 4 if necessary so that Ringette BC and our members are not offside with Facilities and the *Return to Sport* Guidelines.

PROGRESSIONS OF RETURNING TO RINGETTE



Each of the five ringette progressions listed on the previous page correlate to viaSport's [Return to Sport](#) Sector Guidelines and the Province of BC's [Restart Plan](#). For example, under Phase 1 of the BC Government's Phases, only Essential Services were permitted to operate. Ringette is not an essential service. Should the Government return to Phase 1, ringette-related activities will be suspended again.

Ringette BC will progress through our sport specific timeline proactively but safely to ensure consistency in application of the progressions. The characteristics that define each progression are more detailed below. Ringette BC's progressions align with viaSport's Sector Guidelines outline in the Activity Chart (see Appendix E) that PHASE 2 of Returning to Sport lasts from May 19 to September and does not provide an official date in September. As per the [Order](#) from the Provincial Safety Minister, sports organizations must align with the [Return to Sport Guidelines](#) to be protected under the [Order](#).

All Safe Sport Measures and policies are still in effect throughout the Progressions of returning to Ringette. All volunteers, coaches, administrators are expected to ensure that practices and policies for screening are required.

RINGETTE PROGRESSION 1 - WARM – UP: GET IN, TRAIN, & GET OUT BEGINS: July 7th, 2020

This progression is permitted under Phase 2 of the viaSport [Return to Sport Guidelines](#) and allows ringette activities to begin. This progression is focused on individual training and practicing in small groups for U12 and above. U10 and below will not participate in this progression. Coaches should plan activities where participants can maintain physical distancing, while practicing individual skills. This progression emphasizes small groups and focuses on development of fundamental skills. In the event that Provincial Health restrictions return ringette could return to the "WARM-UP" stage of activity. If Club Associations do not have access to ice surfaces, they are permitted to begin ringette-related activities, if allowed in their region, using fields, gyms, and other venues.

Ringette Progression 1 allows for:

- U12 and above;
- activities to take place both on and off-ice;
- indoor and outdoor physical activities;
- activities that allow athletes to practice skating skills, individual ringette skills, fundamental movement skills; and
- Physical distancing.

RINGETTE PROGRESSION 2 - PERIOD 1: COMMUNITY FOCUS, FEWER FACES, BIGGER SPACES

TIMELINE: [estimated date of September 1st, 2020](#)

Ringette Progression 2 will begin no earlier than September 1st. This progression permits Associations to begin some contact drills and allows for more group activities to begin within the community. This progression aligns with Phase 3 of the Sport Sector Guidelines, which indicates that Phase 3 of *Return to Sport* will not be until September, see the viaSport [Activity Chart](#).

Ringette Progression 2 allows for:

- some modified contact drills and activities to be introduced at U12 and above;
- U10 may begin individual skill and practice sessions in small groups;
- physical distancing still enforced;
- “Skills & Drills”;
- focus of activity remains community-based; limited travel permitted; and
- Game play is not permitted and activities should remain within the community.

RINGETTE PROGRESSION 3 - PERIOD 2: REGIONAL RINGETTE RETURNS

DATE: TBD

This Progression allows for modified ringette games to be played between Club Associations. This Progression is **ONLY** permitted under **PHASE 3** of the viaSport *Return to Sport Guidelines* (see Appendix E) and must have facility permission. The ability to travel will be determined by Regional Health Authorities. The objective is to form as many teams as possible to allow for modified gameplay to occur within individual Club Associations, or between neighboring Club Associations to allow for modified games.

Ringette Progression 3 allows for:

- evaluations and Team formation;
- introduction of modified ringette games with minimum contact – inter-Club and regional;
- Inter-club play of modified ringette games may be permitted;
- Regional/League play may be permitted;
- Travel between regions is permitted;
- Excellence in-person screening; and
- Inter-league Competition and Tournaments remain prohibited.

If the Province returns to Phase 1 or Phase 2 of the BC Restart Plan, ringette-related events will be changed or restricted as per the BC Government Restart Plan guidelines.

TO PLAY A RINGETTE GAME IN PROGRESSION 3, YOU MUST:

1. Adhere to all Provincial Health Officer guidelines and restrictions including size of gatherings, physical distancing requirements and proper hygiene;
2. Adhere to the limits below when attending a ringette game in any format (exhibition or modified)
 - a) **Maximum Group Size:** 50 people TOTAL
 - Home Team: 10 players + 3 Team Staff + 10 spectators = 23 people
 - Visiting Team: 10 players + 3 Team Staff + 10 spectators = 23 people
 - Officials: Two On-Ice Officials = 2 People
 - b) Team Staff are responsible for ensuring proper team communication to ensure they do not exceed their allotted **23 people**.
 - c) Where a team has one or more parents as Team Staff, they are still limited to a maximum of **10 spectators**. It is up to the team staff to communicate with their families to determine the allotment of spectators per family for an event.
3. Follow the facility guidelines

GAME PLAY – GENERAL ADAPTIONS

- Limited roster size;
- Shorter games;
- Decreased number of players on the ice at a time (3 v 3 or 4 v 4);
- Provide sufficient space for minor officials to be physically distant. If not possible, there will be no shot clock operator;
- Goalie Ring and 5-count Rule modifications
 - FUNDamentals – On-ice Coach will toss ring into play
 - U10 and U12 - all instances where a goalie ring would have occurred, will be a defensive free pass
 - U14 and above - Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass

Associations have the options of hosting ringette games that follow game options of 3 v 3, 4 v 4, 5 v 5. Associations should be forming smaller sized teams to allow for capacity rules to be followed. Shorter periods will allow for smaller teams to be feasible.

To increase the number of players on the ice is only permitted if:

- Facility approves it
- Capacity rules/restrictions within the facility are able to be followed
- Ability for players to maintain distance off-ice

RINGETTE PROGRESSION 4 - OVERTIME: COMPETITION RETURNS

TIMELINE: TBD

Ringette Competitions such as tournaments, Provincial Championships and large scale events can return. Progression 4 will only occur when the Provincial Health Officer has announced the Province of BC has entered **PHASE 4** of the reopening. **RINGETTE PROGRESSION 4** of Return to Ringette is **PHASE 4** of the Province of BC. Maximum gathering limits will adhere to the Provincial Health Officer Guidelines and facility guidelines.

Ringette Progression 4 allows for:

- Full Ringette Canada rules
- International Travel;
- Provincial Championships, Inter-Provincial Competitions and large-scale events;
- Contact activities; and
- Larger numbers of permitted spectators and/or gatherings.

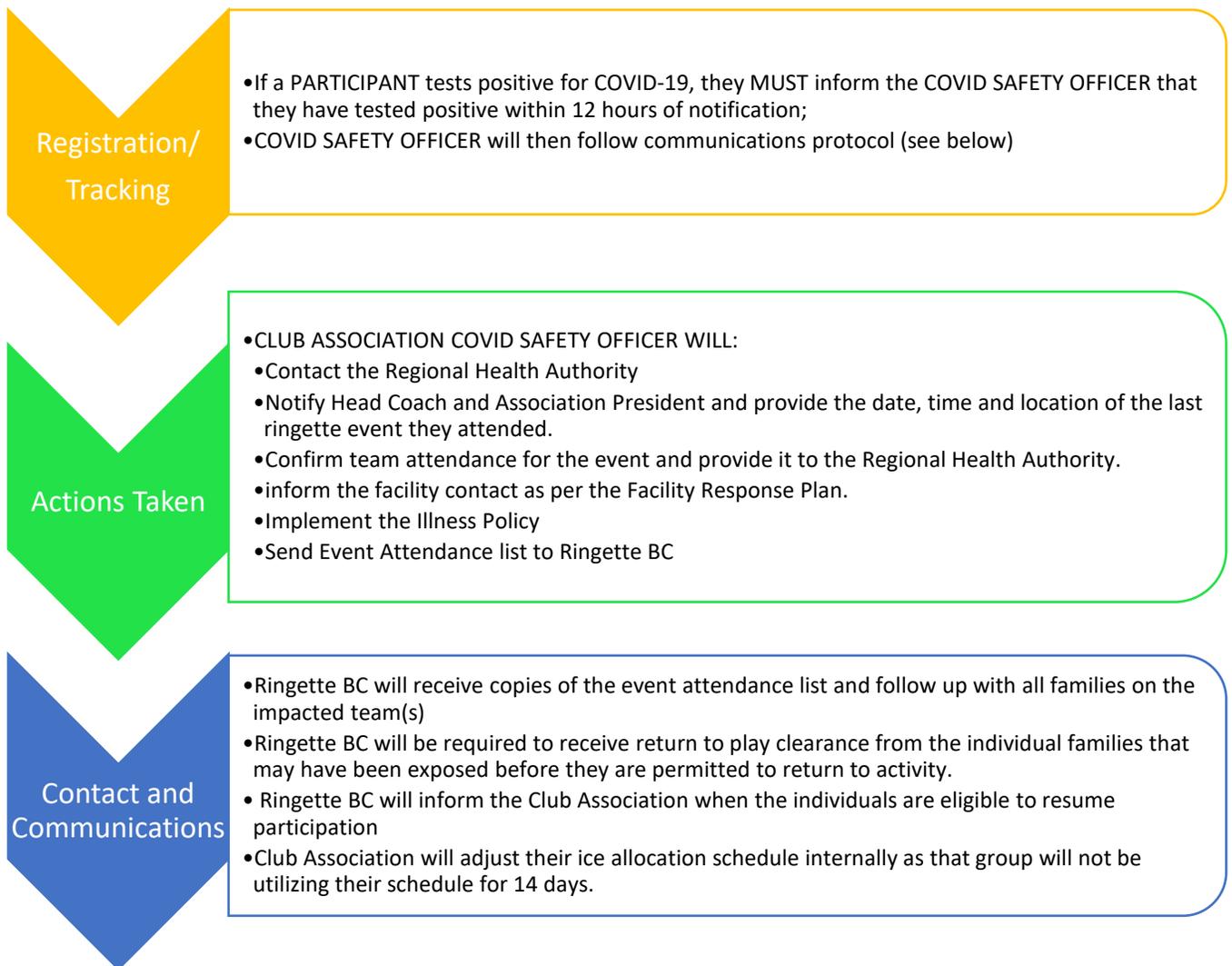
Competition can only return under the following conditions:

1. The Provincial Health Officer (PHO) has announced that the Province has moved into Phase 4 of BC's Restart Plan;
2. Your Regional Health Authority has not imposed additional restrictions that would preclude increased contact;
3. The Sport Sector has advanced to Phase 4 of viaSport's [Return to Sport Guidelines](#); and
4. Your local facility operators have approved activities to include contact.

COVID-19 – OUTBREAK RESPONSE

All Club Associations should have an internal Club Association Response Plan to provide to their members in the event that there is an outbreak at a facility that ringette utilizes. All Associations must have a designated COVID SAFETY OFFICER who will be responsible for following up if a ringette PARTICIPANT tests positive for COVID.

If a Ringette PARTICIPANT tests positive for COVID-19 during a Ringette event, the following steps MUST be taken:



RETURNING TO RINGETTE

INJURY PREVENTION AND FIRST AID

As participants will likely have limited abilities to warm up prior to the activities, it is important that Coaches include on-ice warm up and cool down activities in their practice plans. Players should also be encouraged to do additional cool down stretched once they return home to help prevent injury.

In the event that a Team Staff needs to attend to a participant, they must follow the facility first aid requirements. In addition, they will need to do the following:

- 1) The Team Staff attending to the injured player should wear a mask and gloves as they will be in close proximity to the participant.
- 2) All team first aid kits must contain gloves and masks for coaches and trainers to use.
- 3) Complete and injury form for Ringette BC if first aid is administered.

REGISTRATION

- Players in U19 and below will adhere to the [Ringette BC Registration Process Policy](#), and register in the Club Association for the geographical area in which they reside
 - PARTICIPANTS who have been grandfathered through the Ringette BC release policy to register with a Club Association outside the geographical area in which they reside, should register with the Association that they are grandfathered too ¹
- 18+ PARTICIPANTS can continue to register for Club Associations outside their geographical boundaries ¹
- Club Associations should receive a confirmed attendance list within 48 hours of any ringette session (includes both on and off ice activities). List must include all PARTICIPANTS and the parent/guardian that attended.
- Club Associations should offer payment plans to make the 2020-2021 season more accessible to families
- All PARTICIPANTS must confirm their attendance to an event with their Coach a *minimum* of 48 hours prior. It is recommended to use TeamSnap (or similar) so there is a clear record of who attended.
- All PARTICIPANTS (team staff, athletes, parents, officials, spectators, volunteers) must sign a waiver to participate as part of the registration process
- All attendees at Come Try Ringette and other outreach events must sign a waiver as part of the online registration process
 - If recruitment events, such as Bring a Friend Day, are held Club Associations must require all parents to sign a waiver (on behalf of the minor participant) and be educated on the regulations

¹ Associations should clarify with facilities whether PARTICIPANTS from outside of their respective municipalities will be permitted to enter and utilize the facility

EDUCATION

Ringette BC will be host providing training and education sessions along with resources to assist Leagues and Club Associations and participants on the *Return to Ringette* guidelines. Training sessions will be hosted at the League and Club-Association level to assist local administrators with understanding the Guidelines as well as creating their COVID-19 Safety Plans.

- Coaches - all coaches will be required to attend training on *Return to Ringette* guidelines;
- Club Association Administrators - must attend training on safety guidelines for ringette;

Ringette BC will provide handouts on safety to each Club Association; and

- Parent and player resources will be posted online and sent to Club Associations for distribution
- Officials – all officials will be required to attend training on *Return to Ringette* guidelines prior to officiating any games

Specific educations and resources will be provided for Come Try Ringette and Gym Ringette sessions. Resources to support coaches in the FUNdamentals divisions.

GENERAL HEALTH GUIDELINES

Ringette BC and our League and Club Associations' number one priority is the health and well-being of our participants. All PARTICIPANTS must follow these guidelines and provide the following information to participate in ringette:

- Health concerns must be disclosed on registration forms;
- Any PARTICIPANT feeling ill or exhibiting symptoms of COVID MUST NOT attend ringette activities;
- A Club Association Representative such as a local Board member or Team Staff will have full authority to send a PARTICIPANT home if they attend an event with any symptoms. Should a parent arrives with symptoms, they can also be sent home. Their PARTICIPANT will be sent home as well.
- Any PARTICIPANT who is experiencing symptoms MUST notify a designated member of the local Club Association of their symptoms and the related timeline (see *Response to an Outbreak page 10* for details)
- Within 24 hours of being advised, any Club Association that has a member who is experiencing COVID-19 like symptoms must notify Ringette BC and all individuals that came into contact with that individual within the last 14 days at ringette events.

SPECIFIC GUIDELINES

TEAM STAFF

- Must maintain Rule of Two - one Team Staff must be female
- Maintain physical distancing of 2 meters while on the bench, on the ice, and when conversing with PARTICIPANTS
- Wash hands frequently, particularly before and after activity/ team event
- Team Staff should adhere to facility requirements related to wearing non-medical face coverings.
- Team Staff should avoid handling any equipment with their bare hands.
- Team staff should disclose if they have any health concerns
- Team staff are encouraged to host team meetings via electronic means such as Zoom, Google meets, etc to limit in-person contact and to maximize time at the facility for training and practice. If in-person meetings are required, they should be held outdoors in open spaces or in larger indoors spaces to allow for proper physical distancing.
- See additional information in *Coaching in COVID-19* resource

PARENTS AND SPECTATORS

- Maintain physical distancing requirements of 2 metres (6 feet);
- Must adhere to facility regulations and designated restricted or viewing spaces;
- Must adhere to all provincial health authority guidelines including washing hands, maintaining physical distance when in facility, and, if required, wearing a non-medical face covering;
- Due to the restrictions on gatherings over 50 people, only one (1) parent or spectator per family may attend each event game or practice at a time
 - Exceptions may apply due to the age and ability of the athlete(s)
 - Parents should not near the players benches or dressing rooms unless they are a designated dressing room parent for that event
- For younger athletes that may require their parents' assistance during an ice time, Team Staff should direct the child off the ice at a side entrance to their parent (where possible);

OFFICIALS

- Once modified and regular game play is permitted and to limit exposure, Officials are restricted to officiating a maximum of two (2) games in the same zone in a single day to a maximum of six (6) games in a single competition week. Scheduling should be restricted to their local zone.
- MUST wash hands before and after games
- MUST maintain proper physical distancing when interacting with PARTICIPANTS

- No sharing of whistles
- Officials should arrive at the facility dressed; other than helmets and skates
- If the facility permits access and a changeroom is required, Officials must be given access to a standard change room so that they have access to handwashing stations and a space to allow for physical distancing.

OPTIONS FOR SCHEDULED GAMES (WHEN PERMITTED):

- If there is capacity, it is **STRONGLY** recommended that Leagues centralize their Officials scheduling to maintain consistent records and adhere to scheduling restrictions above; OR
- Local Referee in Chief (RIC) to complete scheduling and send to the League RIC each week. If there are any changes from the submitted schedule, an updated copy must be provided to the League RIC once the changes are confirmed. Also to help limit spread referees should be scheduled primarily within their zone. If a Local RIC is short officials, they must inform the League RIC who will coordinate scheduling within the Zone.

COMPETITION GUIDELINES (WHEN PERMITTED):

- If an Official is no longer available to referee a game, they **MUST** notify the League or Local RIC in a timely manner. The local RIC must find coverage and notify the League RIC of the update.
- The Home Team **MUST** receive the names of the scheduled officials for the game a minimum of 48 hours prior to game time.
- An Official experiencing symptoms **MUST** inform their Club Association RIC immediately and is not eligible to officiate games for 14 days.

MINOR OFFICIALS

- Facilities should sanitize the minor officials box and equipment prior to each use
- Minor officials recommended to wear non-medical face coverings if unable to physically distance
- To meet physical distancing requirements, the Timekeeper will sit in the minor official box, the Scorekeeper will remain outside of the minor official box. Shot clock operator will remain outside of the minor official box
- If physical 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.

CLUB ASSOCIATION REQUIREMENTS

All Club Associations in BC will be required to have the following documents completed and approved by their Club Association Executives in order to return to play within British Columbia:

1. Adopt the Ringette BC *Return to Ringette Guidelines*;
2. Develop and adopt a COVID-19 Safety Plan for the facilities that are utilized by the Club Association.
 - a. This Safety Plan is a requirement that must be approved by the Club Association Executive and distributed to all coaches and administrators to have on hand.
 - b. A copy of the Club Association Safety Plans must be sent to Ringette BC
 - c. All Team Staff will need to be able to produce the COVID-19 Safety Plan in the event a member of the public asks or if WCB or a representative from the Regional Health Authority requests to see it.
3. All Club Association administrators and Team Staff should understand the Outbreak Response procedures as outlined in the Ringette BC *Return to Ringette Guidelines*.
4. Designated Roles within each Club Association.
 - a. Each Club Association will need to create a response plan and have designated volunteers who monitor and track the following information:
 - i. COVID Safety Officer
 1. Job Description:
 - a. Understanding and enacting the COVID-19 Response to an Outbreak plan.
 - b. Ensure all Members have received the COVID-19 Safety Plan or know where to find it.
 - c. Communicating with the Association on any updates, changes, and revisions related to COVID-19.
 - d. Following up on any complaints or information related to failure by a member to adhere to Guidelines and procedures.
 - e. Designated contact for the Club Association who is notified in the event that a participant has COVID-19;
 - f. Designated contact within the Club Association and within the League who will receive and communicate updates on COVID-19 to participants.
 - ii. Attendance tracking and health screening at events;

SPORT PROGRAMMING

<p>Physical distancing</p>	<ul style="list-style-type: none"> • On-ice maintain at minimum a “stick length” between teammates and Team Staff. • Off-ice maintain 2m (6ft) physical distance • Adhere to signage and markings in the venue
<p>Equipment</p>	<ul style="list-style-type: none"> • No sharing of equipment • Players must bring their own equipment, water bottles, clothing etc. • If a player forgets a piece of required equipment, they will not be able to participate that day
<p>Alternative strategies for engaging participants</p>	<p>Modified Ringette games, coach-facilitated virtual meetings and Gym ringette are alternative strategies if less ice is available.</p> <p>Virtual Excellence Ringette Upon learning that the typical ringette season would be affected by COVID-19, Ringette BC made the decision to expand the availability of our upcoming Excellence Ringette Program. Excellence Ringette will commence in July 2020, and will be available to all participants (U16, U19 and 18+) who complete the application process</p> <ul style="list-style-type: none"> • For a cost of \$60, athletes will have access to an athlete database, daily training plan, and monthly virtual training sessions • Sessions will be run by Excellence Coaches and Sport Professionals • Topics include, but are not limited to; sport psychology and Mental Training, nutrition, fitness, chalk talk, game film and strategy • Upon being able to return to larger scale, in-person activities, athletes will have the opportunity to complete an on-ice and off-ice assessment to be screened into the in-person Excellence Ringette Program. <ul style="list-style-type: none"> ○ Athletes who meet the threshold for the assessments and are screened in will have access to in-person camps and training. ○ Athletes who do not meet the threshold will remain a part of the virtual program, and will continue to have access to the virtual training sessions until March 2021.

FACILITIES

Each individual facility throughout the province will have their own set of guidelines for how individuals, user groups, patrons and facility staff must conduct themselves when in the facility.

Facilities will be responsible for signage, access points, managing flow of traffic and cleaning protocols; including hand washing stations.

Facilities will provide guidelines to all user groups for review and to adhere to when in the facility. Breach of guidelines could result in loss of access for the Club Association and rental agreements and contracts will be voided.

Facility Type	Indoor: Rink and Gymnasiums Other training options: field courts, outside areas
Regulations	Ringette participants will adhere to all municipal and facility regulations
Restricted Access	Pre-registration: Must confirm attendance minimum of 48 hours before the event Arrival and Departure: Adhere to facility regulations for arrival and departure as well as participant drop off and pick up locations Access: follow signage and directions for the designated areas for Team Staff, athletes and spectators and restricted areas. Follow Facility designated entrances and exits
Use of Space	Restricted or designated spaces could include: <ul style="list-style-type: none"> ● Player-only spaces ● Spectator-only sections ● Limited use of dressing rooms <ul style="list-style-type: none"> ○ Recommended if change rooms are available for U14 and above - dependent on facility guidelines ○ Recommended that FUNdamentals to U12 come fully dressed (other than helmets, gloves and skates) If there is opportunity for pre-event warm up and cool down, participants should: <ul style="list-style-type: none"> ● Warm up/cool down in a safe space outside ● Maintain physical distance between teammates and Team Staff During on-ice events: <ul style="list-style-type: none"> ● When on the benches, ALL participants must maintain physical distancing requirements. ● Water breaks should be staggered for athletes to minimize crowding around the bench. Water CANNOT be spat - onto the ice or onto the bench. Athletes should avoid spraying water into their mouths.

APPENDIX A

RETURN TO RINGETTE PROGRESSIONS 1 AND 2

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

DISCLAIMER

The Appendix A and B for Participants outlines the recommended participation guidelines for all ringette divisions. These are guidelines and should be adapted as per facility guidelines and regulations. If Physical Distancing cannot be maintained or the facility regulations require that groups adapt their participation size to be smaller than those outlined below, the Association **MUST** adhere to the regulations of the facility. If associations feel the participants in certain age categories are unable to properly maintain physical distancing in their current group size, they should adjust their programming to make the groups smaller.

STAFFING

<p style="text-align: center;">Staffing</p> <p style="text-align: center;">(includes coaches, volunteers, local Association members)</p>	<ul style="list-style-type: none"> ● All team staff must adhere to Facility regulations regarding personal protective equipment. ● Rule of Two <u>must</u> be maintained. One coach must be female. ● Recommended Ratio of player to coach 1:6 ● All staff should wash their hands upon entering and before exiting the venue. ● Should maintain physical from participants, parents and other staff. ● If showing any symptoms coaches and staff are <u>not</u> to attend any activities ● If Staff have experienced any symptoms such as coughing, sore throat, fever, shortness of breath must not attend activities for 14 days. If staff have come in contact with someone experiencing these symptoms, they are not permitted to attend any ringette for 14 days.
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U10 AND BELOW

RINGETTE PROGRESSION 2 ONLY – U10 and Below **are not** permitted to take part in ringette activities in Ringette Progression 1 (Warm-Up)

<p>U10 and Below Recommended participation guidelines</p>	<p>Space</p> <p>Full Sheet</p>	<p>Group Size</p> <p>20 maximum</p>	<p>Staff</p> <p>1 coach: 6 athletes</p>
	<p>Group type: Try to keep the same cohort of participants and instructors together</p> <p>Family 1 family member per player</p> <p>Parent or Manager near the bench to support athletes off-ice, and communicate with parents that are outside or in the designated viewing area (if needed for washroom break, equipment malfunction etc.)</p> <p>Equipment No sharing equipment, prepare to come dressed to put on only skates and helmet.</p> <p>Duration 1.25 hours of ice, 45 minute sessions</p> <p>Programming Focus Individual and partner skill development. Participants must be able to maintain a 2 metre physical distance at all times. Skill development could include skating, passing, or shooting.</p> <p>Risks Supervision, difficulty maintaining physical distancing, attention span, cleanliness, following guidelines and protocols</p>		

U12 – U14

U12 - U14 Recommended participation guidelines	Space	Group Size	Staff	Family Group Size
	Full Sheet	20 maximum	1 coach : 6 athletes	1 parent per player
	Equipment			
	No sharing equipment, prepare to come dressed to put on only skates and helmet			
Programming Focus				
Individual and partner skill development. Participants must be able to maintain a 2 meter physical distance at all times. Skill development could include power skating, passing, shooting, and basic team strategy undefended.				
Risks				
Supervision, difficulty maintaining physical distancing, attention span, following guidelines and protocols				

U16-U19

U16 - U19 Recommended participation guidelines	Space	Group Size	Staff	Family Group Size
	Full Sheet	15-20 participants	1 coach : 6 athletes	1 parent per player
	Equipment			
	No sharing equipment, prepare to come dressed to put on only skates and helmet			
Programming Focus				
Individual and partner skill development. Participants must be able to maintain a 2 metre physical distance at all times. Skill development could include power skating, passing, shooting, basic team strategy maintaining a 2 metre physical distance, introduction to advanced team strategy undefended				
Risks				
Following guidelines and protocols				
Considerations				
<ul style="list-style-type: none"> • Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times. • Zero tolerance for hitting and contact • Limit to number of players on the ice and at a game to help minimize contact 				

18+ (OPEN) & MASTERS

<p>18+ (OPEN) & Masters Recommended participation guidelines</p>	<p>Space Full Sheet</p>	<p>Group Size 15 – 20 maximum</p>	<p>Staff Not required</p>	<p>Family/Spectators none</p>
	<p>Equipment No sharing equipment, prepare to come dressed to put on only skates and helmet</p> <p>Programming Focus Individual and partner skill development. Participants must be able to maintain a 2 metre physical distance at all times. Skill development could include power skating, passing, shooting, basic team strategy maintaining a 2 metre physical distance, introduction to advanced team strategy undefended</p> <p>Risks Following guidelines and protocols</p> <p>Considerations</p> <ul style="list-style-type: none"> • Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times. • Zero tolerance for hitting and contact • Limit to number of players on the ice to help minimize contact 			

APPENDIX B

RETURN TO RINGETTE – RINGETTE PROGRESSION 3

Ringette Progression 3 – is only permitted when viaSport announces that the Sector has moved to Phase 3 as per the Activity Chart (Appendix E)

DISCLAIMER

The Appendix A and B for Participants outlines the recommended participation guidelines for all ringette divisions. These are guidelines and should be adapted as per facility guidelines and regulations. If Physical Distancing cannot be maintained or the facility regulations require that groups adapt their participation size to be smaller than those outlined below, the Association MUST adhere to the regulations of the facility. If associations feel the participants in certain age categories are unable to properly maintain physical distancing in their current group size, they should adjust their programming to make the groups smaller.

GROUP SIZE LIMITATIONS

When participating in a Ringette Game in all formats (i.e. exhibition, modified, full ringette Canada rules) teams must follow this formula for the size of their group:

HOME TEAM (# Players per team + Coaches + Spectators)
+ **VISITING TEAM** (# Players per team + Coaches + Spectators)
+ **2 ON ICE OFFICIALS** + **2 MINOR OFFICIALS**
= **NO MORE THAN 50 people**

U10 AND BELOW

<p>U10 and Below Recommended competition guidelines for U10</p>	<p>Space: Full Sheet Team Size: MAX 10/TEAM</p> <p>Duration: 1 hour of ice, two 18 minute running time periods</p> <p>TEAM STAFF: 2 coaches per team on bench, 1 coach per team on the ice</p> <p>OFFICIALS There will be no on-ice officials at U10 until Progression 4</p> <p>Parent/Manager near the bench to support athletes off-ice, and communicate with parents that are outside or in the designated viewing area (if needed for washroom break, equipment malfunction etc.)</p> <p>Game Adaptations</p> <ul style="list-style-type: none"> • All instances where a goalie ring would have occurred will be a defensive free pass. • 4 v 4 with a goalie (5 players per team on the ice) <p>Family 1 family member per player</p> <p><i>Follow spectator guidelines (see above). Spectators are not to enter athlete restricted areas. In the event parent attention is required, a coach will support the athlete in meeting their parent in the spectator area.</i></p> <p>Equipment</p> <ul style="list-style-type: none"> • Players: Should arrive fully dressed, no sharing equipment (other than goalie stick, see note above) • Coaches: should bring out as few rings as possible • Officials: Come mostly dressed <p>Health and Safety Considerations Coaches must ensure athletes maintain 2 meter physical distancing (utilize bingo dabber spots on ice)</p> <p>Goaltenders Two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>Risks Supervision, difficulty maintaining physical distancing, attention span, cleanliness, following guidelines and protocols</p>
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U12-U14

<p>U12 - U14 Recommended competition guidelines</p>	<p>Space: Full Sheet Team Size: MAX 10 PLAYERS/TEAM</p> <p>Duration: 1 hour of ice, two stop time 15 minute periods</p> <p>Staff: MAX 3 PER TEAM (MIN 2 PER TEAM) 2 coaches per team on bench, 1 coach off to side of bench</p> <p>Parent/Manager near the bench to support athletes off-ice, and communicate with parents that are outside or in the designated viewing area (if needed for washroom break, equipment malfunction etc.)</p> <p>GAME ADAPTIONS</p> <ul style="list-style-type: none"> • 3 v 3 plus a goalie, 4 v 4 plus a goalie, Progression 3 – some 5 v5 plus goalie <i>may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval</i> • If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator <p>U12 - all instances where a goalie ring would have occurred will be a defensive free pass</p> <p>U14 - goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass</p> <p>Goaltenders</p> <ul style="list-style-type: none"> • If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players. <p>Two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>Family/Spectators Limit as much as possible. Spectators are not to enter athlete restricted areas. In the event parent attention is required, a coach will support the athlete in meeting their parent in the spectator area.</p> <p>Parents acting as minor officials can be deducted from the total number of spectators attending.</p> <p>Equipment No sharing equipment (other than goalie stick, see note above). If no change rooms arrive fully dressed. Coaches should bring out as few rings as possible.</p> <p>Risks</p> <ul style="list-style-type: none"> • Contact, Maintaining physical distancing, following guidelines and protocols • Zero tolerance for hitting • Accept that there will be some incidental contact • Limit to number of players on the ice and at a game to help minimize contact • Players should not attend if they are feeling sick • Officials should enforce move it or lose it rule to avoid large scrums
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U16-U19

<p>U16 - U19 Recommended competition guidelines</p>	<p>Space: Full Sheet Team Size: MAX 12 PLAYERS/TEAM</p> <p>Duration: 1 hour of ice, two stop time 18 minute periods</p> <p>Staff: MAX 3 PER TEAM (MIN 2 PER TEAM) 2 coaches per team on bench, 1 coach off to side of bench</p> <p>Game Adaptations</p> <ul style="list-style-type: none"> • Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass • 3 v 3 with a goalie, 4 v 4 with a goalie, Progression 3 – some 5 v5 plus goalie <i>may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval</i> • If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator <p>Goaltenders If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>Family 1 parent/spectator per player max</p> <p>Spectators are not to enter athlete restricted areas. In the event parent attention is required, a coach will support the athlete in meeting their parent in the spectator area.</p> <p>Parents acting as minor officials can be deducted from the total number of spectators attending.</p> <p>Equipment</p> <ul style="list-style-type: none"> • Must arrive fully dressed, no sharing equipment (other than goalie stick, see note above) • Coaches should bring out as few rings as possible <p>Health and Safety Considerations Players must practice hygiene practices, do not take off facemasks, avoid touching faces, practice physical distancing when possible</p> <p>Risks</p> <ul style="list-style-type: none"> • Contact, Maintaining physical distancing, following guidelines and protocols • Zero tolerance for hitting • Accept that there will be some incidental contact • Limit to number of players on the ice and at a game to help minimize contact • Players should not attend if they are feeling sick • Officials should enforce move it or lose it rule to avoid large scrums
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18+ (OPEN)

<p>18+ (Open) Recommended competition guidelines for 18+ (Open)</p>	<p>Space: Full Sheet Team Size: MAX 12-15 PLAYERS/TEAM</p> <p>Duration: 1 hour of ice, two stop time 18 minute periods</p> <p>Staff: not required If staff are participating that must be included in the total participant count.</p> <p>Game Adaptations</p> <ul style="list-style-type: none"> • Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass • 3 v 3 with a goalie, 4 v 4 with a goalie, Progression 3 – some 5 v5 plus goalie <i>may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval</i> • If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator <p>Goaltenders If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>SPECTATORS: none required Limit as much as possible. Allowance for those acting as Minor officials. Spectators are not to enter athlete restricted areas.</p> <p>Equipment Teams should bring out as few rings as possible. No sharing of equipment.</p> <p>Health and Safety Considerations Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times.</p> <p>Risks</p> <ul style="list-style-type: none"> • Contact, Maintaining physical distancing, following guidelines and protocols • Zero tolerance for hitting • Accept that there will be some incidental contact • Limit to number of players on the ice and at a game to help minimize contact • Players should not attend if they are feeling sick • Officials should enforce move it or lose it rule to avoid large scrums
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MASTERS

<p>Masters Recommended competition guidelines for Masters</p>	<p>Space: Full Sheet Team Size: MAX 15 PLAYERS/TEAM</p> <p>Duration: 1 hour of ice, two stop time 18 minute periods</p> <p>Staff: 1 coach on the bench per team max</p> <p>Game Adaptations</p> <ul style="list-style-type: none"> • Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass • 3 v 3 with a goalie, 4 v 4 with a goalie, Progression 3 – some 5 v5 plus goalie <i>may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval</i> • If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator <p>SPECTATORS: none required Limit as much as possible. Spectators are not to enter athlete restricted areas.</p> <p>Equipment No sharing equipment Teams should bring out as few rings as possible</p> <p>Goaltenders If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>Risks</p> <ul style="list-style-type: none"> • Maintaining physical distancing, following guidelines and protocols • Considerations • Zero tolerance for hitting and contact • Accept that there will be some incidental contact • Limit to number of players on the ice and at a game to help minimize contact
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APPENDIX C

SCREENING PROTOCOLS AND QUESTIONS

All Local Associations will need to ensure that as participants arrive for ringette activities at the facility that they are asked the following screening questions. These questions should be asked with a parent/guardian present and it should not be the coach that asks the questions. Questions should be asked before athletes enter the facility.

SCREENING QUESTIONS:

1. Are you exhibiting any symptoms of COVID-19 such as, fever, dry cough, chest or respiratory pain?
2. Has any member of your household exhibited any symptoms of COVID-19 within the last 14 days?
3. Have you or any over member of your household arrived from outside of Canada in the past 14 days?

The questions noted above should be asked at every ringette related activity. If a participant says yes to any of the above questions, **they will not be permitted to participate** in the activity that day and will be sent home. All answers and attendees are tracked on the Attendance Tracking sheet.

APPENDIX D:

RETURN TO PLAY STAGES MAP FOR THE BC GOVERNMENT, VIASPORT AND RINGETTE BC:

Province of British Columbia BC's Restart Plan			
Phase 1	Phase 2	Phase 3	Phase 4
Up to May 19, 2020	May 19th – current	June 24 th to September	TBD
Essential Services Only	Stay within your community, large spaces, few faces Limited travel between communities and regions. Gatherings limited to 50 people or less.	If Transmissions rates of COVID-19 remain low, Lesser restrictions on travel throughout BC No international Travel Gatherings of no more than 50 people.	Conditional phase. Must have achieved one of the following: <ul style="list-style-type: none"> • Wide vaccination • herd or “community” immunity achieved • broad treatment. • Return of international travel. • Gatherings over 50 people.



viaSport British Columbia Return to Sport Plan			
Phase 1	Phase 2	Phase 3	Phase 4
Up to May 19, 2020	May 19th – September 2020	TBD	TBD
BC Restart Plan Phase Alignment			
Phase 1	Phase 2 & 3	Phase 3 & 4	Phase 4 & beyond
<p>Strictest Controls</p> <p>Maintain 2m physical distance, no non-essential travel, Individual activities, outdoors or within the home. Contact and competition should not occur</p>	<p>Transition Measures</p> <p>Maintain 2 m physical distance, no non-essential travel.</p> <p>Small groups focus on training and fundamental movement skills.</p> <p>Competition should not occur.</p> <p>Contact activities should not occur.</p> <p>Modified games <i>maybe</i> introduced</p>	<p>Progressively Loosen Restrictions</p> <p>Refer to Provincial Health Officer and local health authorities.</p> <p>Introduction of small groups.</p> <p>Contact activities can occur.</p> <p>Interclub or regional game play may be considered.</p>	<p>New Normal</p> <p>Refer to Provincial Health Officer and Regional Health Authorities</p> <p>Large scale events and Provincial Championships <i>may</i> return.</p> <p>No restrictions on activity type.</p>

Ringette BC				
Return to Ringette Guidelines				
No Activities	Ringette Progression 1	Ringette Progression 2	Ringette Progression 3	Ringette Progression 4
March 13 th , 2020 – Date of Approval	Date of Approval July 7 th – September 2020 (at minimum)	TBD	TBD	TBD
BC Restart Plan Phase Alignment				
Phase 1 & Phase 2	Phase 2	Phase 2 & Phase 3	Phase 3	Phase 4 & beyond
ViaSport Return to Sport Phase Alignment				
Phase 1 & Phase 2	Phase 2	Phase 2 & Phase 3	Phase 3	Phase 4 & beyond
NO ACTIVITIES	Skills& Drills Practice only Stay in community	Community Focus Some contact drills are introduced	Regional and League Play Inter-club games under modified rules. <i>Potentially</i> inter-league games	Cross Country Local and provincial competitions resume. No limits on travel

APPENDIX E:
SPORT ACTIVITY CHART – VIASPORT RETURN TO SPORT SECTOR GUIDELINES

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

APPENDIX F:

1.19 ILLNESS POLICY

In this Policy "Team Member" includes a volunteer, coach, participant, official, parent, Club – Association Executive Member, parent or spectator.

A. COVID-19 SYMPTOMS

- i. Inform an individual in a position of authority, such as, a coach, team manager, program coordinator, immediately if, you feel any symptoms of COVID-19
- ii. Symptoms: such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- iii. If a Team Member is feeling sick with COVID-19 symptoms:
 1. They should remain at home and contact Health Link BC at 8-1-1.
 2. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- iv. No Team Member may participate in a practice/activity if they are symptomatic.

B. ASSESSMENT:

- i. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- ii. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- iii. If Team Members are unsure please have them use the COVID-19 [BC Center for Disease Control Self-Assessment tool](#) or through the COVID-19 BC Support App self-assessment tool.

C. POSTIVITIVE CONFIRMED CASE OF COVID-19

- i. **If a Team Member tests positive for COVID-19** the Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- ii. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- iii. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

D. SUSPECTED CASE OF COVID-19

- i. If a Team Member has been tested and is waiting for the results of a COVID-19 Test as with the confirmed case, the Team Member must be removed from the workplace/practice/facility.

- ii. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- iii. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- iv. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- v. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:
 1. Team Members must advise their Association COVID-19 Safety Officer or other Association contact or their coach if they reasonably believe they have been exposed to COVID-19.
 2. The Club-Association will follow the COVID-19 Response plan.
 3. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

E. QUARANTINE AND SELF-ISOLATE

- i. Any Team Member who has travelled outside of Canada or the Province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- ii. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- iii. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- iv. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.
- v. Any Team Member who was quarantining or self-isolating will be required to bring a doctor's note prior to being permitted to returning to Club-Association ringette activities.

F. ENFORCEMENT

- i. Each Club-Association will designate a member of the Club-Association Executive to act as the primary contact for COVID-19 related incidents or information sharing and tracking.
- ii. All Ringette BC coaches and Team staff as per the Return to Ringette Guidelines will be permitted to tell a Team Member that they must leave ringette activities if they are displaying any symptoms of COVID-19.

APPENDIX G:

RESOURCES

- [viaSport Sport Sector Return to Sport Guidelines](#)
- [BC Parks and Recreation Association Guidelines for Reopening](#)
- [BC Center for Disease Control Self-Assessment Tool](#)
- [Ringette Canada National Directive on the Return to Ringette](#)
- [Ringette BC COVID-19 Web Page](#)
- [Go Forward Strategy Checklist:](#)
- [BC Government Press Release](#)
- [Restart BC Plan Webpage](#)
- [BC Restart Plan PDF](#)
- [Rule of two in virtual training environments](#)
- [Order from the Provincial Government regarding Sports Organizations and Insurance](#)
- [COVID – 19 viaSport Frequently Asked Questions](#)