

COACHING IN COVID

HEALTH AND SAFETY FOR COACHES AND 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
- 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
- As part of the safety check for the ice surface coaches should check the field of play area:
 - Benches
 - Penalty Box
 - Team dressing rooms
 - To ensure facility spaces have been cleaned by the facility staff prior to the start of the session.

ADDITIONAL SAFETY MEASURES AND BEST PRACTICES FOR COACHING DURING COVID-19

- 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.
- While 1-2 Team Staff support PARTICIPANTS entering the facility, another Team Staff should be preparing the ice surface to ensure safe physical distancing during on-ice activities; particularly for FUNDamentals to U12.
- Practices should be focused on “skills & drills”. They should not include game scenarios or activities that would require PARTICIPANTS to be less than 2 meters apart.
- Coaches should send practice plans to athletes and families at least 12 hours prior to session to avoid close gatherings around white boards and maximize their ice time.
- Attend education session on Return to Ringette Guidelines

RESOURCES FOR COACHES

Ringette BC knows that there is a lot of pressure on coaches to keep athletes safe even prior to COVID-19. Coaches can check out these resources and websites to help answer questions and provide examples of best practices.