

**RETURN TO RINGETTE GUIDELINES**

**Graduated Return to Ringette Information Package for Ringette Progression 2**

**RINGETTE PROGRESSION 2 – PERIOD 1**



**NO ACTIVITIES  
PERMITTED**

**Essential Services  
Only**



**PROGRESSION 1**

**"Warm-Up"**

*On & off-ice skill training*

On-ice individual skill training sessions with small groups. No contact activities



**PROGRESSION 2**

**Period 1**

*Community Focused,  
introduce limited contact  
drills*

Small group sessions.



**PROGRESSION 3**

**Period 2**

*Regional Competition*

Competitive Games within Regions and Leagues



**PROGRESSION 4**

**Overtime**

*Events, increased travel*

Large tournaments & Provincial Championships

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

TIMELINE: [SEPTEMBER 1, 2020](#) – [SEPTEMBER 15, 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 is permitted to participate in this progression, however, PG Ringette Association has decided to delay U10 and below until Oct 1. 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. This progression does allow some minimal contact drills and allows for more group activities to begin within the community. 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.



### PROGRESSION 2

#### Period 1

*Community Focused,  
introduce limited contact  
drills*

Small group sessions.

#### RINGETTE PROGRESSION 2 ALLOWS FOR:

- Come modified contact drills and activities to be introduced at U12 and above;
- U10 and below may begin individuals skill and practice sessions in small groups;
- Physical distancing still enforced;
- “Skills and Drills”
- Focus of activity remains community-based, limited travel permitted;
- Game play is not permitted and activities should remain within the community

THE FOLLOW ACTIVITIES ARE NOT PERMITTED IN RINGETTE PROGRESSION 2

- Game play of any kind
- Skills drills or activity that require
  - Significant contact between participants
  - Sharing of equipment

All PARTICIPANTS must confirm their attendance to an event with their Coach a *minimum* of 48 hours prior. Each practice group will use TeamSnap (or similar process) so there is a clear record of who attended and an attendance record will be used at each practice.

## CURRENT PHASES



PROVINCE OF BRITISH  
COLUMBIA BC'S RESTART PLAN  
Phase 3  
June 24<sup>th</sup> onwards



VIASPORT - BC SPORT SECTOR  
GUIDELINES  
Phase 2 – “Transition Measures”  
May 19<sup>th</sup> to September

## 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. Prince George Ringette Association will follow the City of Prince George facility use requirements and adhere to all direction from Northern Health.

ALL participants will be required to complete and sign the Participant Agreement Form from Ringette BC and the Participant Waiver

## 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 (if in use), 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. Currently, the City of Prince George is not requiring masks. PGRA will require the on-site Ambassador to wear a mask as they may not be able to ensure a distance of 2m while carrying out all screening, attendance tracking and oversight activities.
- 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

- Currently, the City of Prince George is not permitting any parent spectators into the arenas.
- If/When allowed, 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;
- Athletes who require their parents' assistance during an ice time will not be permitted to participate currently due to City of PG restrictions.

## ASSOCIATION CONTACTS

If members have any questions relating to ringette activities, they should contact one of the following 3 individuals from their association.

<b>President</b>	Name: Aaron Bond	Email: President@pgringette.ca	Phone: 250-613-9122
<b>Vice President</b>	Name: Natsuko Komine	Email: info@pgringette.ca	Phone: 778-349-5304
<b>COVID Safety Officer</b>	Name: Chris Bjorn	Email: officials@pgringette.ca	Phone: 250-614-6584

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 an individual tests positive for COVID-19, they should contact their association COVID Safety Officer as soon as possible, and follow the PGRA COVID-19 Outbreak Response Plan.

Coaches **MUST** ensure attendance is taken at **EVERY** Ringette event or activity, using the [Ringette BC Return to Play: Attendance Tracking Form \(https://www.ringettebc.ca/wp-content/uploads/2020/07/Attendance-Sheet-for-Ringette-Activities.pdf\)](https://www.ringettebc.ca/wp-content/uploads/2020/07/Attendance-Sheet-for-Ringette-Activities.pdf). Coaches may complete the attendance sheet themselves or they may ensure an on-site Safety Ambassador for this purpose. Upon completion of the activity, the Coach/Ambassador will submit the completed form to the association COVID Safety Office within 48 hours, preferably within 12 hours.

## DIVISION GUIDELINES AND CONTACTS

### U10 AND BELOW

<b>FUNdamentals 1 &amp; 2</b>	U10 and below are permitted to take part in ringette activities in Progression however, PR Ringette Association has decided to delay the start of U10 and below until Oct 1, when we will be in Progression 3.
<b>U10</b>	

### U12 – U14

<b>U12 - U14</b> Recommended participation guidelines for U12 and U14	<b>Space</b> Full Sheet facility	<b>Group Size</b> 24 maximum per City	<b>Staff</b> ~1 coach : 6 athletes	<b>Family Group Size</b> no parents permitted
	<b>Equipment</b> Must arrive fully dressed, with full water bottle clearly labelled, no sharing equipment.			
	<b>Programming Focus</b> Individual and partner skill development. Some modified contact drills and activities can be introduced. Participants must be able to maintain a 2 meter social distance. Skill development could include power skating, passing, shooting, and basic team strategy undefended. Focus of activity remains community-based, limited travel permitted and game play is not permitted.			
	<b>Risks</b> Supervision, difficulty maintaining social distancing, attention span, following guidelines and protocols			
	<b>Association Notes</b> No parents on site (aside from Ambassador and Coaches) is a restriction set by the City of Prince George currently. Parents may assist with skate tying if necessary but must leave immediately after.			

#### U12 Division Contacts – To Be Determined

<b>Coach</b>	Name	Email	Phone
	Name	Email	Phone
<b>Manager</b>	Name	Email	Phone
	Name	Email	Phone

#### U14 Division Contacts – To Be Determined



Coach	Name	Email	Phone
	Name	Email	Phone
Manager	Name	Email	Phone
	Name	Email	Phone

<p><b>U16 - U19</b></p> <p>Recommended participation guidelines for U16 and U19</p>	<p><b>Space</b> Full Sheet</p>		<p><b>Group Size</b> max 24 per City</p>		<p><b>Staff</b> ~1 coach : 6 athletes</p>		<p><b>Family Group Size</b> no parents permitted</p>	
	<p><b>Equipment</b></p> <p>No sharing equipment, prepare to come dressed to put on only skates and helmet, full water bottle clearly labelled.</p>							
	<p><b>Programming Focus</b></p> <p>Individual and partner skill development. Some modified contact drills and activities can be introduced. Participants must be able to maintain a 2 meter social distance. Skill development could include power skating, passing, shooting, and basic team strategy undefended. Focus of activity remains community-based, limited travel permitted and game play is not permitted.</p>							
	<p><b>Risks</b></p> <p>Following guidelines and protocols</p>							
	<p><b>Considerations</b></p> <ul style="list-style-type: none"> <li>• Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times.</li> <li>• Zero tolerance for hitting and contact</li> <li>• Accept that there will be some incidental contact</li> <li>• Limit to number of players on the ice to help minimize contact</li> </ul>							
<p><b>Association Notes</b></p> <p>No parents on site (aside from Ambassador and Coaches) is a restriction set by the City of Prince George currently.</p>								
<p><b>U16 Division Contacts – To Be Determined</b></p>								
<p><b>Coach</b></p>	Name		Email			Phone		
	Name		Email			Phone		
<p><b>Manager</b></p>	Name		Email			Phone		
	Name		Email			Phone		
<p><b>U19 Division Contacts – To Be Determined</b></p>								
<p><b>Coach</b></p>	Name		Email			Phone		
	Name		Email			Phone		
<p><b>Manager</b></p>	Name		Email			Phone		

	Name	Email	Phone
--	------	-------	-------

## 18+ (OPEN)

<b>18+ (OPEN)</b> Recommended participation guidelines for 18+	<b>Space</b> Full Sheet	<b>Group Size</b> maximum 24 per City	<b>Staff</b> Not required	<b>Family/Spectators</b> none
	<b>Equipment</b> No sharing equipment, prepare to come dressed to put on only skates and helmet, full water bottle clearly labelled.			
<b>Programming Focus</b> Individual and partner skill development. Some modified contact drills and activities can be introduced. Participants must be able to maintain a 2 meter social distance. Skill development could include power skating, passing, shooting, and basic team strategy undefended. Focus of activity remains community-based, limited travel permitted and game play is not permitted.				
<b>Risks</b> Following guidelines and protocols				
<b>Considerations</b> <ul style="list-style-type: none"> <li>• Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times.</li> <li>• Zero tolerance for hitting and contact</li> <li>• Accept that there will be some incidental contact</li> <li>• Limit to number of players on the ice to help minimize contact</li> </ul>				
<b>18+ (Open) Division Contacts – To Be Determined</b>				
<b>Coach</b>	Name	Email	Phone	
	Name	Email	Phone	
<b>Manager</b>	Name	Email	Phone	
	Name	Email	Phone	

<b>FACILITY NAME: KIN 1</b>			
<b>Address</b>	2187 Ospika Blvd S, Prince George, BC V2N 6Z1		
<b>Ice times</b>	TBD		
<b>Designated Entrance</b>	Through North Lobby	<b>Designated Exit</b>	Through North Lobby
<b>Facility Protocols</b>	<ul style="list-style-type: none"> <li>• Enter the Arena through the North Lobby door (sliding doors are closed to the public).</li> <li>• If you are in Group 1, follow the signs on the left. If you are in Group 2, follow the signs on the right.</li> <li>• Seats located in the hallway beside the ice surface are for tying skates, fastening helmets, and removing skate guards.</li> <li>• You may leave your belongings at your seat for later retrieval.</li> <li>• Enter the ice from your group's designated seating area.</li> <li>• Once your session is over, exit the arena using the same North Lobby door.</li> <li>• The seating area for Kin 1 is located in the hallway beside the ice surface. Seats are spaced two metres apart.</li> </ul>		
<b>Special Information or Considerations</b>	See KIN 1 Arena Instructions and Map		

FACILITY NAME: KIN 2			
Address	2187 Ospika Blvd S, Prince George, BC V2N 6Z1		
Ice times	TBD		
Designated Entrance	KIN 2 doors	Designated Exit	KIN 2 doors
Facility Protocols	<ul style="list-style-type: none"> <li>• Enter the Arena through the Kin 2 doors.</li> <li>• Turn left and enter directly into the arena.</li> <li>• Group 1's seating area is marked green on the map. Group 2's seating area is marked red on the map.</li> <li>• Seats located in the walkway area are for tying skates, fastening helmets, and removing skate guards.</li> <li>• You may leave your belongings at your seat for later retrieval.</li> <li>• Entrance to the ice is past the Group 2 seating area.</li> <li>• Once your session is over, leave the arena through the designated Kin 2 exit.</li> <li>• Seats located in Kin 2 are spaced two metres apart and are located north of the ice surface</li> </ul>		
Special Information or Considerations	See KIN 2 Arena Instructions and Map		

FACILITY NAME: KIN 3			
Address	2187 Ospika Blvd S, Prince George, BC V2N 6Z1		
Ice times	TBD		
Designated Entrance	Atrium Sliding doors	Designated Exit	Atrium Sliding Doors
Facility Protocols	<ul style="list-style-type: none"> <li>• Enter the Arena through the Atrium sliding doors.</li> <li>• Group 1's seating area is marked green on the map. Group 2's seating area is marked red on the map.</li> <li>• Seats located in this area are for tying skates, fastening helmets, and removing skate guards.</li> <li>• You may leave your belongings at your seat for later retrieval.</li> <li>• Group 1 proceeds to the ice surface from the door on the left; Group 2 enters through the door on the right.</li> <li>• Once your session is over, exit the Arena through the Atrium sliding doors.</li>   <li>• Seats in the Kin Atrium are spaced two metres apart and provide an area where participants can prepare to proceed to the ice.</li> </ul>		
Special Information or Considerations	See KIN 3 Arena Instructions and Map		

**Appendix documents:**

KIN 1, KIN 2 and KIN 3 Arena Instructions and Maps

Participants Agreement & Assumption of Risk Waiver

PGRA Illness Protocol

PGRA Outbreak Response

Attendance Tracking Sheet & Screening Questionnaire



Kin 2 Arena



Kin 1 Arena



Kin 3 Arena

Instructions and Map Instructions and Map Instructions and Map



## PARTICIPANT AGREEMENT

Agreement for Club-Associations and Ringette BC Excellence Ringette and Team BC athletes.

Agreement will need to be signed by a parent or guardian if the participant is under the age of 18 years.

### Application of Agreement:

All athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities ("Participants")

All Participants of \_\_\_\_\_ agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.
- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I will provide a doctor's note upon my return to ringette following self-isolation and understand failure to provide a note could result in not being eligible to participate.
- I agree to continue to follow social distancing protocols as outlined in the Return to Play Guidelines of Ringette BC and Club Association.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Club-Association COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.

Date Signed: \_\_\_\_\_ Name of Participant: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

Name of Parent or Guardian if under 18 years of age: \_\_\_\_\_

Signature of Parent or Guardian if under 18 years of age: \_\_\_\_\_

### Association Administrator use only

1. Date of Receipt of Agreement form: \_\_\_\_\_

2. Received by: \_\_\_\_\_

*Our Values: Community Focus, Integrity, Partnership, Respect, Sportsmanship*

## Prince George Ringette Association - Illness Policy

Adapted from Ringette BC Illness Policy 1.19.

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 an event, 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 before each 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 practice/activity.
- iii. If Team Members are unsure of symptoms they are to use the COVID-19 BC Center for Disease Control Self-Assessment tool (<http://covid-19.bccdc.ca/>) or use the COVID-19 BC Support App self-assessment tool.

### C. POSITIVE 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 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 practice/facility for at least 14 days to ensure the infection does not spread further.
- iii. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:
  1. Team Members must advise the PGRA COVID-19 Safety Officer or their Coach if they reasonably believe they have been exposed to COVID-19. Coaches must ensure they inform PGRA Safety Officer.
  2. The Club-Association will follow the COVID-19 Outbreak Response plan.

iv. The City of PG will be informed by the Safety Officer that a positive case was confirmed so that they may clean and disinfect any surfaces that could have potentially be infected/touched. All direction provided by Northern Health Public Health Officers will be followed regarding contact tracing and any other required actions.

#### 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 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 practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- iv. The Team Member will not be permitted to return to the practice/activity until they have received a negative COVID-19 test result or for at least 14 days or as otherwise directed by public health authorities.

#### 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 PG Ringette Association ringette activities.

#### F. ENFORCEMENT

- i. Prince George Ringette Association has designated a member of the Association Board to act as the primary contact for COVID-19 related incidents or information sharing and tracking, known as the Safety Officer. As an alternate, the following members of the Executive will serve as Safety Officers and ensure due processes are followed: President, Vice-President, Secretary, Registrar.
- ii. All Ringette BC coaches, PRGA Board members 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.

## **Prince George Ringette Association - COVID-19 OUTBREAK RESPONSE PLAN**

If a ringette participant tests positive for COVID-19, the following steps MUST be taken:

1. Registration/Tracking:

- If a PARTICIPANT tests positive for COVID-19, they MUST inform the COVID SAFETY OFFICER that they have tested positive within 12 hours of notification;
- COVID SAFETY OFFICER will then follow communications protocol (see below)

2. Actions Taken: The PGRA Safety Officer (or designate) will:

- Contact Northern Health 1-844-645-7811
- Notify Coaching Coordinator and Association President and provide the date, time and location of the last ringette event the participant attended.
- Confirm team attendance for the event and provide it to Northern Health.
- Inform the facility contact as per the Facility Response Plan.
- Implement the PGRA Illness Policy
- Send Event Attendance list to Ringette BC

3. Contact and Communications:

- Ringette BC will receive copies of the event attendance list and follow up with all families on the impacted team(s)
- Ringette BC will be required to receive return to play clearance from the individual families that may have been exposed before they are permitted to return to activity.
- Ringette BC will inform the PR Ringette Association when the individuals are eligible to resume participation
- PGRA Ice Coordinator will adjust the ice allocation schedule internally as that group will not be utilizing their schedule for 14 days. The Ice Coordinator will communicate to affected Coaches who will coordinate communications to parents with the assistance of the Safety Officer.



### Ringette BC Return to Play: Attendance Tracking Form

This form is to be used anytime there is a ringette activity taking place within your Club-Association. This includes meetings, practices, skill development clinics, camps, games, coaching clinics, referee clinics, and outreach activations. Any and all activities must have ALL attendees tracked. This is a requirement of the BC Ministry of Health and a requirement of sanctioning by Ringette BC. This form **MUST** be returned to your Club-Association Contact Person and records held for a minimum of 90 days by the Club-Association. For Outreach activations such as Come Try Ringette a separate attendee sheet should also be kept.

**This area must be completed by the Attendance Tracker for this Activity (all fields are mandatory)**

Full Name		Phone Number	
Email		Date of Activity	
Name of Location Activity		Physical Address of Facility	
Type of Activity	<input type="radio"/> Practice <input type="radio"/> Game <input type="radio"/> Skill Development Camp/Clinic <input type="radio"/> Meeting <input type="radio"/> Coaching or Referee Clinic	Total number of Attendees including spectators, coaches, etc.	
Administrative Use ONLY	Received by: _____ Position/Title: _____	Date Received: _____ Association: _____	

Please collect the following information from EVERY PARTICIPANT at this activity. This information is critical should an outbreak occur around the time of this activity. It is important that the BC Health Authority has access to this information quickly so that all persons in attendance can be contacted.

PLEASE USE ADDITIONAL SHEETS IF MORE THAN 10 PEOPLE ARE IN ATTENDANCE FOR THIS ACTIVITY.