



Parent Ringette Covid -19 Safety Information Summary

Hello Ringette Parent and Athletes:

The Prince George Ringette association is close to being back on the ice. We have a detailed Covid-19 safety plan that is posted on our website.

This is just an overview summary of measures we are taking to minimize the risk of transmission of the Covid-19 virus.

Our association has adapted the template from Ringette BC, and WCB, while maintain the specific details and guidelines the City of Prince George has laid out for the user groups of their facilities.

Please keep in mind that these guidelines will continually be changing and update as the nature and effect of this pandemic unfolds.

We as a ringette family are in this together, requiring each and every one of us to be dedicated to the guidelines that have been established.

The following is a list of all those that all have responsibility during these changing times:

- Prince George Ringette association Board of Directors
- Covid-19 Officer - Representative of the board, but answers to the board and Ringette BC.
- Ambassadors Local volunteers that help with administering and ensuring local guidelines are met. (Usually parents)
- Coaching Staff and Officials
- Parents
- Athletes

Chris Bjorn has been nominated as the Covid-19 officer representing the Prince George Ringette Association.

If you have any questions or concerns, please do not hesitate to call his cel. 250-614-6584



The Covid-19 Safety summary has been broken into the following areas:

1. Pre-ice time information
2. During-ice time information
3. Post-Ice time information

1. **Pre-ice time information**

To ensure we are operating as safely as possible, there are several steps required prior to ice time.

- Only players who pre-sign up for an ice time will be permitted to enter and participate at an arena.
- The following **Pre forms** are required: (on our Website)
 - Participation agreement
 - Assumption of risk, release and waiver of liability
- The following Forms **at the ice time** are required:
 - Attendance Sheet
 - Covid-19 Screening questionnaire
- It is imperative that each athlete continually does a Covid-19 physical assessment.
- If you are in doubt during your assessment please call the Northern Health Covid-19 information line at 1-844-645-7811 for advice.
- If your child have symptoms of Covis-19 including Fever, Chills, Cough, Shortness of Breath, Runny Nose, sore throat, Loss of sense of smell or taste, headache, Fatigue, Loss of appetite, Nausea and Vomiting, or Muscle aches **Please keep them Home.**
- **The following app has a Covid-19 self assessment that can be quickly done if you experience any of the above symtoms.**



2. At-ice time information

- Arrive on time, no early entry will be permissible
- Use the access maps for each arena posted on our website.
- Maximum # of participants including players, coaches, officials, and ambassadors is 24
- Once the younger ages start one parent will be allowed to tie skates which will be included in the 24 count.
- All other parents are not permitted in the building, we will update any change to this.
- If you arrive late doors will be locked and you will need to contact your ice time Ambassador. (They will be listed on the schedules)
- Bring 1 or 2 well labeled water bottles as water dispensers will not be available at the arenas.
- Do not share any equipment or water bottles.
- Social distance when not on the ice.
- Do not pick up any equipment including rings and pylons with your hands or ringette gloves.
- Maximum # of participants on a bench is as follows:
 - Kin 1 - 4
 - Kin 2 - 4
 - Kin 3 - 3
- If you do not feel well during practice let your coach and ambassador know, you will be taken to an available isolation room for assessment and evaluation.
- All dryland training areas will not be open for use.
- Hand sanitizer dispensers are on site, but also, please bring your own as well.
- Washrooms are available for participants only
- There is ZERO tolerance for spitting anywhere including on the benches and on the ice
- Coaches have first-aid and are required to use masks and gloves if needing to administer any kind of first-aid.
- The building must be vacated immediately after ice time
- Parents must not enter the building during drop off or pick-up



3. Post-ice time information

- All equipment is to be removed and taken home by coaches to be cleaned and stored safely.
- All individual participants equipment and jerseys are to be taken home by each individual and cleaned prior to the next ice time.
- Please communicate with your coach and Ambassador if any parent or child feels ill between ice times, if this happens, please stay home.

- ❖ **We are in the process of figuring out cohort groups so that games may be played. This is TBA as soon as the details are worked out and that we fall within the guidelines set forth by the City of Prince George.**

Thanks everyone, as we look forward to getting back on the ice.

Stay Safe!