



COVID-19 Safety Plan

December 30, 2021

- **Northern Health Authority- Health Orders to December 24, 2021**
- **BC Ringette- Northern Health Restrictions and Other COVID-19 Updates to December 24, 2021**
- **viaSport Return to Sport Update- December 24, 2021**
- **Provincial Health Officer Provincial Wide Restrictions to December 22, 2021.**

This Prince George Ringette Association COVID-19 Safety Plan has been updated to incorporate:

- the health orders introduced by Northern Health Authority up to December 24, 2021;
- Provincial Health Orders up to December 24, 2021;
- City of Prince George updates to October 26, 2021;
- viaSport to December 23, 2021; and,
- BC Ringette's update on December 23, 2021.

All players, parents/loved ones, team staff, spectators, volunteers, and officials that are entering a facility during a Prince George Ringette booked ice/facility time must adhere to this COVID-19 Safety Plan.

This document has been updated by the current COVID Board member responsible for COVID-19 health and safety, Gina Layte Liston, and is a public document.

The plan may change, at any time, if restrictions by the Provincial Health Office, Northern Health Authority, viaSport or Ringette BC are revised.

Northern Health Authority

NH orders (December 24, 2021):

- [Northern Health Authority-December 24, 2021 Orders](#) which expires on January 31st
 - New updates from the orders (pg. 14 of order) for vaccinations
4. Commencing at 12:01 AM on December 31, 2021, an organizer must scan the QR code on a vaccine card in order to determine whether a participant is vaccinated.
 5. An organizer must not scan the QR code on a vaccine card with any tool other than a BC Vaccine Card Verifier App.
 6. Subject to section 7, an organizer must not retain proof of vaccination or proof of exemption provided by a participant, or use it for any purpose other than to confirm that a participant has been vaccinated or has an exemption, as required by this Order.
 7. Despite section 6, with the written consent of a participant, an organizer may keep a record of the fact that the participant has provided proof of vaccination or proof of exemption as required by this Part, and the organizer may rely upon this record to satisfy the requirements in this Part with respect to future participation by the participant in an event at the same place.

Provincial Health Officer

Gathering and Events Order- December 22 2021 Updates:

Sports

Sport tournaments are not allowed. Tournaments are single or multi-day events where 3 or more teams compete against each other outside of regular league play. This restriction does not include:

- *A gathering where team members compete individually against each other*
- *A gathering where the result will decide if a team will advance to play in a national or international competition*

Other sport activities that normally take place in a sport environment can continue, including:

- *Participating in an adult indoor sport or recreation program as long as it does not exceed 50% of the occupancy of the space*
- *Participating or competing in individual sports like skiing, swimming or skating*
- *Competing in regular league play for individual or team sport*

Other requirements for sport include:

- *[Masks are required indoors](#) when not participating in a sport;*
- *[Proof of vaccination is required](#) for spectators and adult participants at indoor sporting events; and,*
- *Non-employee supervisors, coaches and assistants of indoor sports and group activities for people 21 years or younger must be fully vaccinated*

Travel for sport

Travel to other provinces or countries is not recommended.

viaSport Return to Sport 2.0

Please see the items that are in the red boxes that are directly related to Prince George Ringette and its members

DUE TO EVOLVING PUBLIC HEALTH PROTOCOLS, THIS INFORMATION IS SUBJECT TO CHANGE AT ANY TIME. This chart is current as of December 23, 2021.

CURRENT PHO ORDER

All indoor and outdoor sport restrictions

- Sport tournaments are not allowed at this time
 - Tournaments are a single or multi-day gathering of three or more sport teams, who come together outside regular league play but does not include:
 - A gathering where team members compete on an individual basis against members of other teams, or
 - A gathering where the result will decide if a team will advance to play in a national or international competition.
- Interprovincial travel and international travel for sport is not advised
- All activities that would typically take place in a sport environment (other than tournaments) may continue
- High performance athletes are exempt from the Order. They can train, travel or compete in accordance with the athlete's respective PSO, NSO and Canadian Sport Institute Pacific COVID-19 safety protocols.
 - High performance athlete means a person who is identified by the Canadian Sport Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization
- Spectators: seated and standing capacity is at 50%
- Adult indoor and mixed-age sport and recreation programs (including pool-based) are at 50% of capacity/occupancy of the space
- Children and youth programs remain at 100% capacity/occupancy

Indoor sport

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials.
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not recommended on the field of play. Masks are mandatory off the field of play.

Outdoor sport

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not required on or off the field of play.

ADDITIONAL GUIDANCE

Proof of Vaccination: For more detailed information about proof of vaccination, [click here](#).

Communicable Disease Response Plan: Sport Organizations are no longer required to have a COVID-19 Safety Plan; however, sport organizations should consider developing a [communicable disease prevention plan](#) as per [WorkSafe BC guidance](#) to reduce the risk of communicable disease.

Liability: The Province of B.C. extended COVID-19 liability coverage for organizations until December 31, 2022 through the [COVID-19 Related Measures Act \(CRMA\)](#). This protects people and organizations from damages resulting from transmission or exposure to the virus that causes COVID-19.

Ringette BC

Notes from the COVID-19 Update– Latest Provincial Health Officer Restrictions

December 23, 2021

- All tournaments are cancelled from December 20, 2021 to January 31, 2022
 - Sports tournaments are defined as a single or multi-day gathering of three or more sports teams who come together outside of regular league play
- Capacity Restrictions:
 - Capacity limits are reduced to 50 per cent of the seated capacity of a facility

Proof of Vaccination:

The following requirements for vaccination for indoor sport:

- **Proof of vaccination is REQUIRED:**
 - Supervisors* (12 years and older) for youth sport events and programming
 - Defined as coaches, team staff, officials, and on-ice volunteers who are 12 years of age and older;
 - Youth (12 and older) participating in sport programming and events primarily intended for adults.

Proof of Vaccination for Athletes:

There are no changes to the existing vaccination requirements for children, youth or adult athletes in sport. Children and youth participating in youth sport activities are not required to provide proof of vaccination. Athletes participating in Adult Ringette (FLEX) are required to show proof of vaccination, even if they are under the age of 19.

Records of vaccination:

Organizations are permitted to keep written records of proof of vaccination from participants, as long as they have written consent from the participant to do so. Ringette BC has created a template release form that Leagues or Club Associations may use to request permission from participants to track proof of vaccination.

Reminder, records may only be kept for the purpose of confirming that a participant has been vaccinated, and can be kept until this Order expires or is repealed.

Mandate Update

On October 12, 2021, the Provincial Health Officer updated the Mask Mandate order to apply to children aged five and up.

Travel

Ringette BC is endorsing the advice from Northern Health and the Provincial Health Officer and strongly encouraging all ringette participants to adhere to the travel advisory that discourages non-essential travel outside your local community within Northern Health.

UPDATED INFORMATION as of December 30, 2021 for the Prince George Ringette Association

- Sporting events with spectators, indoor & outdoor – have a safety plan. PGRA has updated its Safety Plan as of December 30, 2021.
- Sport event spectators are limited to 50% capacity and are required to wear masks and present their BC Vaccine Card showing they are **fully vaccinated**.
- **League Play: The updated Gathering and Events Order permits regular league play where team members compete on an individual basis against members of other teams.**

Proof of Vaccination Required

- Spectators 12 years and older will be required to present proof of double vaccination. This includes a digital version or a paper copy of the BC Vaccine Passport and 1 piece of photo ID (youth 12 – 18 not required to show photo ID).
Vaccination cards provided at immunization locations will not be accepted.

Spectators will follow all facility requirements regarding proof of vaccination for parents and guardians, siblings, and other attendees who are not participating in the ringette activities.

- All volunteers, organizers, coaches, officials, age 12 and older will be required to present proof of double vaccination. This includes a digital version or a paper copy of the BC Vaccine Passport and 1 piece of photo ID (youth 12 – 18 not required to show photo ID).
- Participants in Flex and 18+ ringette teams will be required to provide proof of double vaccination status before entering the Flex ice time on Tuesday October 19, 2021
- Players 12– 21 years of age participating in a youth sport activity do not need to show proof of vaccinations during their designated ice times.

Proof of double vaccinations (PoV) will be checked at the door for all volunteers, organizers, coaches, officials, and spectators.

Vaccine passports will be scanned at the facility or a consent form will be provided.

- **The consent form has been provided to the teams who can choose to use them (or continue scanning). PGRA can collect the PoVs and maintain these records till the order has been rescinded.**

Masks

Mask protocols for ringette are as follows:

- Masks must be worn by everyone five years of age or older in indoor public places regardless of vaccination status; except when on the field of play.
 - For athletes - Helmet off = Mask on, Helmet on = Mask off
 - The field of play includes the ice surface, players benches and penalty boxes. It does not include change rooms.

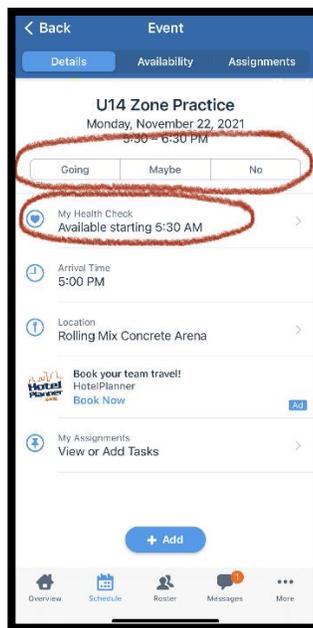
- Coaches, Team Staff and volunteers must wear a mask at all times including when on the player’s benches during games and scrimmages.
 - It is also recommended that coaches wear a mask when on the ice if they cannot maintain consistent physical distancing.
- Officials must wear a mask to and from the field of play
- Minor officials are required to wear masks at all times.
- ALL participants must follow facility protocols about the use of masks.

Health Assessments

The Prince George Ringette Association will continue to require health checks for anyone participating in ringette events to assist with mitigating risk. These health checks are critical as they also used as the attendance records for contact tracing if needed. The Ringette BC Illness Policy is still in effect and anyone who is experiencing symptoms of COVID-19 are not permitted to attend ringette as a player or spectator.



For spectators and volunteers



For players and non-players who are rostered on TeamSnap

Travel

The Northern Health Authority has updated the FAQ section on its website.

<https://www.northernhealth.ca/health-topics/covid-19-orders>

How do the orders apply to adult sports events?

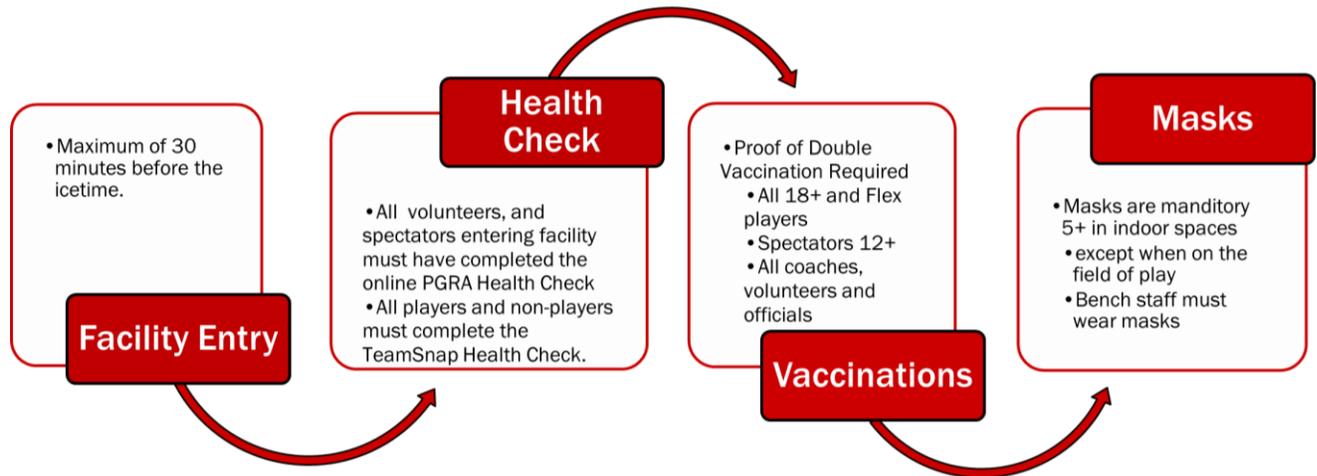
For adult sports events, regardless of location, proof of vaccination is required for all individuals participating in the sport who are 12 years of age and older. Proof of vaccine is also required for volunteers, coaches, and officials over the age of 12, and spectators over the age of 12.

Can recreational (adult and youth) sports teams travel between communities covered by the orders?

Travel for youth sport, and adult sport, is not restricted by the orders; See above for vaccination requirements in adult sport.

It is important that while the language about sport travel was clarified, the provincial health office continues to advise that non-essential travel outside of our local community is strongly discouraged. The Board would like to ensure that all PGRA families feel supported in their decisions about travel, whatever that looks like.

City of Prince George Arena Access



▪ **Maximum Spectator Occupancy**

- Kin 1- 250
- Kin 2- 75
- Kin 3- 25
- RMCA- 500
- Elksentre- 75

➤ Access into Rolling Mix Concrete Arena is through the side entrance.

➤ For access points into the Kin Arenas, please see graphic below:



APPENDIX A

BC RINGETTE RETURN TO SPORT- JULY 1, 2021

BC RESTART 2.0 PLAN - FURTHER LOOSENING OF RESTRICTIONS ESTIMATED START DATE: JULY 1, 2021		
	INDOOR SPORT	OUTDOOR SPORT
Health Checks & Safety Plans	<ul style="list-style-type: none"> Health Checks – Recommended Communicable Disease Plans 	<ul style="list-style-type: none"> Health Checks – Recommended Communicable Disease Plans
Contact	<ul style="list-style-type: none"> Contact permitted on the field of play 	<ul style="list-style-type: none"> Contact permitted on the field of play
Travel	<ul style="list-style-type: none"> Within Canada 	<ul style="list-style-type: none"> Within Canada
Group Size	<ul style="list-style-type: none"> Group size: <ul style="list-style-type: none"> 50 people or 50% of Capacity for the venue (whichever is greater) No cohorts 	<ul style="list-style-type: none"> Group size: <ul style="list-style-type: none"> 5000 or 50% of capacity for the venue (whichever is greater) No cohorts
Permitted Activities	<ul style="list-style-type: none"> Scrimmages, practices, games, contact training Events and Tournaments In person meetings 	<ul style="list-style-type: none"> Scrimmages, practices, games, contact training Events and Tournaments In person meetings
Age Groups	<ul style="list-style-type: none"> All Ages 	<ul style="list-style-type: none"> All Ages
General Notes	<ul style="list-style-type: none"> Mask are NOT required on the Field of Play Mask are recommended off the field of play⁴ Spectators are permitted – see group size 	<ul style="list-style-type: none"> Mask are NOT required on the Field of Play Mask are not required outdoors Further increase to the number of Spectators – see group size
Come Try Ringette specific guidelines	<ul style="list-style-type: none"> Must adhere to all indoor sport specific guidelines and facility rules Pre-registration to maintain group sizes Equipment should be shared only when needed. Follow group size rules 	<ul style="list-style-type: none"> Must adhere to all outdoor sport guidelines if held outdoors.
Gym Ringette specific Guidelines:	<ul style="list-style-type: none"> Must adhere to all indoor sport specific guidelines and applicable facility rules 	<ul style="list-style-type: none"> adheres to all outdoor sport specific guidelines

BC Restart- Step 3

General overview of current restrictions under Step 3 (current step of BC Restart Plan):
Please note that Northern Health has specific regional restrictions that are stricter than the general COVID-19.

General Overview

- Indoor Gatherings:
 - 50 people or 50% capacity of the facility whichever is greater
- Continue to stay home if sick
- Sport– Specific Overview:
 - Indoor Sport:
 - All ages can participate;
 - Contact is permitted;

- Permitted activities include: games, scrimmages, training and practices with contact, etc.; and,
- Spectators are permitted must follow capacity requirements and proof of vaccination.

Under Step 3, Come Try Ringette and other community outreach and recruitment events have returned. PGRA has successfully held two Come Try Ringette events on August 29 and September 12, 2021.

AUGUST 14, 2020 PG RINGETTE ASSOCIATION SAFETY PLAN

STEP 1: Assess the Risks at your facility or facilities:

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- We have identified where people gather.
 - Entry and exit locations; skate/helmet garbing areas.
 - Traditionally, the Board met in the meeting room at Treasure Cove Casino.
- We have identified situations and processes where individuals are close to one another or members of the public.
 - Entering and exiting through doorways; during on-ice activities
- We have identified the equipment that may be shared by individuals.
 - Goalie pads
 - Ringette/Hockey Nets
 - Rings
 - Other skills equipment such as pylons
- We have identified surfaces that people touch often.
 - Door handles
 - Gate handles
 - Top of the boards

STEP 2: Implement Protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission. Look to the following for information, input and guidance:

- viaSport Sector Guidelines and Ringette BC guidelines.
- City of Prince George CN Centre and Community Arena Safety Plan.

First level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- We have established maximum program numbers for our program that meets facility requirements
- We have agreed to adhere to the posted occupancy limits for facilities and areas within each facility as applicable (such as meeting rooms, change rooms, washrooms)
- We have implemented measures to keep participants and others at least **3** metres apart, wherever possible.

Measures in Place:

List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document below:

- PGRA will adhere to the maximum attendance limits outlined by the City of PG Community Arena Safety Plan and Ringette BC Return to Ringette Guidelines Appendix A & B.
 - Currently, maximum 32 people in facility including coaches, players and ambassador; no parent spectators
- Individuals will maintain a distance of at least 3m between them at all times, including in gathering areas, during skate lacing-up and on the ice.
- Individuals will wear non-medical masks at all times in the facility EXCEPT on the ice (or with helmet on walking to or from ice surface).
- Players will lace up in designated area only (as designated by City of PG).
- Ringette BC will ensure City of PG has posted signage per Community Arena Safety Plan in facilities regarding occupancy limits and access areas
- Washroom use will be restricted to one player at a time
- Participants will not be permitted to access areas of the arena designated by the City as off-limits
- Meetings will be held over Zoom or in a manner that allows for physical distancing.

Second level protection (engineering): Barriers and partitions

This section may only apply to facility owners and operators

- Does not apply – facility owners and operators will provide the direction.

Measures in place

Describe how barriers or partitions will be used in your environment (if appropriate). If this information is in another document, identify that document here.

Third level protection (administrative): Rules and guidelines

- We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- We have clearly communicated these rules and guidelines through a combination of training and signage.
 - Coaches will receive instruction and be required to sign document confirming agreement to distancing protocols.
 - Safety Ambassadors will be assigned to any practice time to track attendance and monitor for safety adherence.

- No unsanctioned team events will be permitted.
- We have prepared communications to all parents and participants outlining use of facilities and on-ice rules of distancing. (see Association Member Information Package)
- We will be communicating safety plans for parents, participants, coaches, and ambassadors outlining safety requirements.

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.

- All players and volunteers will be required to clean hands on entering and the Ambassador will be supplied with hand sanitizer
- Coaches and Volunteers will carry extra hand sanitizer and cleaning wipes (Lysol or equivalent products)
- No equipment will be shared between players, including no sharing of water bottles
- Players will bring labelled and filled water bottles to practice. Water stations will not be available at arena.
- Goalie pads will be assigned to one player for the season if possible. If not possible, then a 24 hour quarantining process will be followed. If quarantining is not possible, then cleaning wipes will be used on contact surfaces.
- Entry and exit points will be designated one-way by the City of PG per Community Arenas Safety Plan.
- No spitting will be allowed.
- Players will be required to come to practice fully dressed. No changing on site will be permitted; no change room access will be granted per City of PG Community Arenas Safety Plan.
- No participants will be permitted in facility to touch – no handshakes or other forms of contact.
- If medical attention is required, responder will done mask and gloves.

Fourth level protection: Using masks (optional measure in addition to other control measures)

- We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.
- We have trained individuals on the proper use of masks (if applicable).

Measures in place

- Who will use masks?
- What work tasks will require the use of masks?

- How have workers been informed of the correct use of masks?

If this information is in another document, identify that document here.

- Coaches will be required to wear a mask and gloves if needing to provide medical attention. The Ambassador will wear a non-medical mask in order to receive people into the facility and complete screening assessments as they may not be able to maintain distance of 2 m.
- All individuals will wear a mask inside facility except on the ice surface.

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces.
- Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are located in the washrooms and hand sanitizer will be preferred.
- We have communicated good hygiene practices to participants, coaches, volunteers, etc. We have implemented cleaning protocols for all common areas and surfaces, or are following the arena facilities cleaning procedure, allowing adequate time in between ice times for facility staff to clean surfaces per City of Prince George plan.
- We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc). If this information is in another document, identify that document here.

- Coaches, athlete and officials are to keep rings, equipment and other objects required for play in a clean, separate space at their own homes. Items should be cleaned and sanitized frequently. Sticks should be used to move equipment, such as rings or cones.
- Cleaning within the facility of facility surfaces will be completed by City of PG staff, per Community Arenas Safety Plan
- Cleaning and personal hygiene protocols will be included in the communications provided to parents and participants

Step 3: Develop policies

Develop the necessary policies to manage your sport. Our policies ensure that workers, participants and others showing symptoms of COVID-19 are prohibited from participating in sport activities:

- Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, loss of sense of smell or taste, nausea, vomiting or diarrhea.

- All members will be provided with Prince George Ringette Association Illness Policy (adapted from Ringette BC Illness Policy) and will be required to acknowledge receipt and commitment to adhere as part of the Participants Agreement
- Anyone directed by Public Health to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- Our policy addresses individuals who may start to feel while participating.
- PGRA will adopt and follow the Ringette BC Illness Policy.
- **It includes the following:** Sick individuals should report to first aid (or designated individual), even with mild symptoms.
- Sick participants should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the participant to go straight home. [Consult the [BC COVID-19 Self-Assessment Tool](#), or call 1-844-645-7811 (NH COVID Line) or 811 for further guidance related to testing and self-isolation.]
- If the participant is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill participant has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- We have a communication plan to ensure everyone is trained in policies and procedures. All participants have received the policies for staying home when sick.
- The City of Prince George has posted signage at the sport location, including occupancy limits and effective hygiene practices.
- We have ensured that the City of PG has posted occupancy limits.
- The Ambassador will ensure adherence to hygiene practices.
- Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.
- Individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming/business.

- We have an orientation plan for new staff, coaches, volunteers, and participants.
- We have an orientation plan for staff, coaches, volunteers taking on new roles or responsibilities.

- We have a plan around changes to our business/programming.

Organization Information:

Club – Association Name: Prince George Ringette Association.

COVID – 19 Safety Plan was updated on: December 5, 2020

Be advised that personal information must not be included in the COVID-19 Safety Plan

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, fingerprints, or blood type. It includes information about a person's health care, educational, financial, and criminal or employment history. Visit <https://www.oipc.bc.ca/about/legislation/> for more information.