








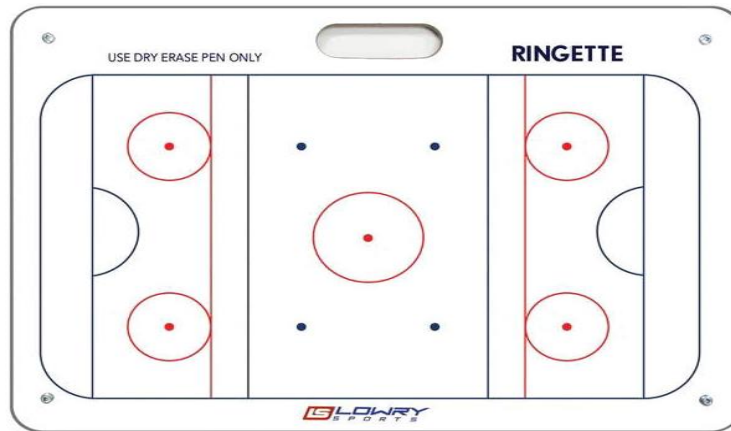




Coach's Checklist

New to Ringette? First time coaching? Start of the season? This list looks long and a bit scary but each of these items are crucial for the health and safety of the players, allows us to meet our Responsible Coaching Pledge and will help make you on your road to be a great coach! Check out the [Coach's Corner](#) on the Prince George Ringette's website

-  Complete your Criminal record check: please contact info@pgringette.ca to get the online link and code. If you don't have it already, download the BC Service app and verify your identity.
-  Register as Team Staff by going to <http://princegeorgeringette.rampregistrations.com/> under Coach/Staff. While registering you will sign the Coach's Code of Conduct and other related forms/waivers. This must be completed prior to your first time being responsible on the ice or anywhere with the athletes.
-  Create a coaching profile and obtain your NCCP # (National Coaching Certification Program) if you already do not have one from a previous season or sport. Register or check it out here
 - [The Locker](#)
-  Review the Responsible Coaching Movement and the Rule of Two.
 - [Responsible Coaching Movement](#)
 - [Rule of Two](#)
-  All Team Bench Staff must have the following courses in addition to their NCCP Coaching levels:
 - Making Ethical Decisions (MED) Module & Evaluation
 - <https://www.viasport.ca/coaching/make-ethical-decisions>
 - Respect in Sport or Safe Sport (Coaching Association of Canada)
 - Head Coaches- <https://ringette-canada.respectgroupinc.com/>
 - Concussion Awareness Training and/or Making Headway in Sport
 - <https://cattonline.com/>
 - <https://www.coach.ca/making-head-way-concussion-elearning-series-p153487>
-  Every team needs to have an Emergency Action Plan. Please go to <https://www.pgringette.ca/resources/coaches-corner/> and look at the emergency planning information, documents, and complete the form.
-  Register for a Ringette Coaching course at www.coachingringette.ca. Review your required certification.
 - **Community Sport– Initiation:** First-time coaches and Club ringette coaches. 10 hour in-class and on-ice workshop.
 - **Competition– Introduction:** Designed for coaches of U12 and higher, this two (2) day in-class and on-ice workshop.
-  A Certified Female is required at all times on the bench and with the athletes.
-  First Aid- One person who has a current First Aid ticket- Level 1 or greater is required at all times with the team.



Coaching Resources

NEW COACHES:

- True Sport Values:
https://truesportpur.ca/sites/default/files/content/docs/pdf/truesportprinciples-english_3.pdf
<https://truesportpur.ca/order-products>
- Responsible Coaching Movement: <https://coach.ca/responsible-coaching-movement>
- Respect In Sport For Activity Leaders: <https://ringette-canada.respectgroupinc.com/>
- Children's Ringette B.C: handouts, outline, drills, practice plans evaluations, support:
<https://ringettebc.ca/childrens-ringette/childrens-ringette-overview/>
- Children's Ringette Toolkit: https://www.ringettebc.ca/wp-content/uploads/2021/06/Toolkit_2021_SmallFile-2.pdf
- Games with Aims: <https://www.ringettebc.ca/wp-content/uploads/2019/06/Games-with-Aims.pdf>
- Ringette Rule Book and Shot Clock Rules:
<https://www.officiatingringette.ca/o/index.php?page=205>
- Coaching Course Steps to register Information: <https://www.ringettebc.ca/coaches/coaching-course-information-2/>
- Ringette Canada: <https://www.ringette.ca/>
- Coaching Ringette: <http://www.coachingringette.ca/c/>
- Coaching Association of Canada (NCCP) Free Coaching Courses in September
<https://coach.ca/national-coaches-week>
- Via Sport Courses, including Making Ethical Decisions: <https://www.viasport.ca/coaching>
- Gym Ringette BC: Manual, drills, activity guide: <https://www.ringettebc.ca/come-play/gym-ringette/>

First Aid Options:

- Red Cross: <https://www.redcross.ca/training-and-certification>
- Saint John Ambulance: <https://www.sja.ca/English/Pages/default.aspx>
- Life Savers: <https://www.lifesaversfirstaid.ca/>

Concussion Awareness and Reporting

- Concussion Information: <https://www.ringettebc.ca/responsible-coaching-movement/kids-concussions/>
- Canadian Guidelines on Concussion in Sport <https://parachute.ca/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/>
- Accident/Injury Report: <https://www.ringettebc.ca/wp-content/uploads/2017/06/Incident-Report-Form.pdf>

DEVELOPING COACHES:

- Ringette B.C.: Practice Plans, Skills Matrix and more resources <https://www.ringettebc.ca/coaches/coaching-resources/>
- You Tube Videos: (many to choose from B.C, Alberta, Ontario, Finland...)
https://www.youtube.com/results?search_query=ringette+drills+skills
https://www.youtube.com/results?search_query=+ringette+drills+skills+British+Columbia
- Canadian Mental Health Association: <https://cmha.bc.ca/>
- Nutrition: <https://food-guide.canada.ca/en/>
 - The National Coaching Certification Program (NCCP) **Sport Nutrition module** provides coaches with education about basic sport nutrition principles.
 - Ringette Nutrition Talk with Lauren <https://www.youtube.com/watch?v=s3UEIPBuuuM>
- National Ringette School: <https://nationalringetteschool.com/>
- Goalie Development Options:
 - Keeley Brown <https://www.ringettegoalies.com/>
- Ringette Books tips for purchase and Resources: Lisa Brown/ Laura Warner <http://www.ringettetips.com/>

TOURNAMENTS:

- Northern League Game Play Weekends:
 - Terrace- 3rd weekend of October <https://www.terraceringette.com/>
 - Prince George- 2nd weekend of November www.pgringette.ca
 - Quesnel- TBD <http://quesnelringette.ca/index/>
 - Houston- December and 3rd weekend of February <https://www.ringettebc.ca/come-play/ringette-bc-leagues-associations/houston-ringette-association/>
- Ringette BC Sanctioned tournaments: <https://www.ringettebc.ca/events/sanctioned-tournaments/>
- BC Ringette Provincial Championships:
 - <https://www.ringettebc.ca/events/provincial-championships/>
- U12 Year End Event:
 - <https://www.ringettebc.ca/events/u12-year-end-event/>
- BC Games: <https://www.bcgames.org/Sport/Sports-in-the-Games/BC-Winter-Games/Ringette>
- Canada Games: <https://www.canadagames.ca/sports/ringette>
- World Ringette Championships and other events: <https://www.ringette.ca/events/world-ringette-championships/>
- National Ringette League: <https://www.ringettebc.ca/events/national-ringette-league/>
- Canada Ringette Championships: <https://www.ringette.ca/events/canadian-ringette-championships/>
- Alberta Tournaments: <https://ringettealberta.com/tournaments-2/>
 - Travelling to Alberta, any other province or Country's tournaments: MUST NOTIFY BCRA or insurance is no longer valid