



RINGETTE
BRITISH COLUMBIA

RETURN TO GYM RINGETTE GUIDELINES

Version 1.0

Ringette BC | August 26, 2020



Introduction

This document is a guide to assist Associations, Leagues, and Ringette BC with facilitating Gym Ringette sessions under COVID-19 protocols. The guidelines below should be followed in accordance with all Provincial Health Authority rules and adhere to facility restrictions and practices of the group hosting the gym ringette if applicable.

All Gym Ringette Sessions **must** adhere to the following rules:

1. Gatherings cannot exceed 50 people
2. All personal hygiene practices will be followed including handwashing and sanitizing of equipment.
3. Instructors must wear face masks at all times.
4. If an individual is experiencing any symptoms of illness they should stay home and are not eligible to participate.
5. Physical distancing should be practiced throughout the session.
6. COVID-19 Safety Plans of the facility and host organization.

Gym Ringette sessions should follow these best practices:

1. Outside is best, where possible facilitate gym ringette sessions outside.
2. Host small groups to ensure that physical distancing is possible.
3. Limit contact as much as possible.
4. Instructors should be emphasizing safety, fun and friendships.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces



Gym Ringette Guidelines

<p>1. Registration & Screening Protocols</p>	<p>Private Event:</p> <p>1.1 Associations running a private Gym Ringette event must pre-register the participants attending the event, no drop-ins.</p> <p>1.2 Associations should prepare an Attendance Tracking Form with pre-registered participants prior to the event.</p> <p>1.3 Associations need to ensure that each participant is asked the screening questions on the Attendance Tracking Form prior to entering the event. Questions should be asked with a parent/guardian present to both the child participant and the parent.</p> <ul style="list-style-type: none"> ➤ If a participant or parent says yes to any of the questions, they will not be permitted to participate in the Gym Ringette and will be sent home. <p>Non Private Event:</p> <p>1.4 Associations will prepare the Attendance Tracking Form for children to sign on site.</p> <ul style="list-style-type: none"> ➤ If a participant or parent says yes to any of the questions, they will not be permitted to participate in the Gym Ringette and will be sent home.
<p>2. Safety Plan</p>	<p>2.1 Associations must fill out a COVID- 19 Safety Plan and implement necessary procedures prior to the event to ensure that the Safety Plan is properly maintained.</p> <ul style="list-style-type: none"> ➤ Associations should ensure they have a copy on hand at their event.
<p>3. Physical Distancing</p>	<p>3.1 Throughout the event, participants must maintain a “stick length” between teammates and Instructors.</p> <ul style="list-style-type: none"> ➤ To ensure this is possible, instructors will measure cones out for participants to stand beside to stay physically distant <p>3.2 Adhere to signage and markings at the location.</p>
<p>4. Sanitization of Equipment</p>	<p>NO sharing of equipment</p> <p>Sticks:</p> <p>4.1 Ringette BC and the Associations can provide participants with sticks</p>

	<p>ONLY IF the provided equipment has been sanitized by a designated instructor/volunteer using gloves and a face covering with approved cleaning products prior to the children arriving at the event.</p> <p>4.2 Sticks should have individualized markers to assist the participants in keeping track of their stick to ensure there is no sharing.</p> <p>4.3 Sticks will be sanitized by a designated instructor/volunteer after the event, before placing them in the equipment bag.</p> <p>Rings:</p> <p>4.4 Rings will be handled by:</p> <ul style="list-style-type: none"> ➤ Instructor with gloves ➤ Volunteer with gloves ➤ Instructor/volunteer/participants moving the rings with their stick <p>4.5 Rings will be sanitized after each gym ringette session, before placing them in the equipment bag.</p>
<p>5. Instructors & Volunteers</p>	<p>5.1 All Instructors will be responsible for:</p> <ul style="list-style-type: none"> ➤ Ensuring they have reviewed and understand the Return to Gym Ringette Guidelines, Return to Ringette Guidelines, Progressions of Returning to Ringette and all relevant documents and ensuring they are up to date on any COVID-19 changes or revisions. ➤ Arriving at the Gym Ringette event early to sanitize and set up all required equipment before the children arrive at the event. ➤ Enforcing the COVID-19 health and safety protocol throughout the entire event. <p>5.2 Instructors and Volunteers will wear a non-medical face covering and gloves throughout the entire event.</p>
<p>6. Participants</p>	<p>6.1 All participants, including parents and spectators are responsible for adhering to the following guidelines to ensure their health and safety as well as the health and safety of others.</p> <p>6.2 Participants should;</p> <ul style="list-style-type: none"> ➤ 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. ➤ Adhere to gathering requirements, only one (1) parent or spectator per participant may attend the Gym Ringette if permitted. ➤ Adhere to facility and program regulations and designated restricted or viewing spaces.

	<p>6.3 Prepare to come dressed in accordance with facility regulations.</p>
<p>7. Promotional Material</p>	<p>7.1 Should the instructors hand out promotional material, they must follow these guidelines:</p> <ul style="list-style-type: none"> ➤ Ensure that promotional materials are kept in a clean separate place. ➤ Ensure that promotional materials are not handled with bare hands. ➤ Ensure that promotional materials are properly sanitized by a designated volunteer using gloves and a non-medical face covering with approved cleaning products prior to handout.
<p>8. Injury Prevention & First Aid</p>	<p>8.1 First aid kits will need to be equipped with gloves and non-medical face coverings for Instructors and Organizers to use.</p> <p>8.2 In the event that an instructor needs to attend to a participant, they must follow the facility’s and Ringette BC’s Return to Ringette first aid procedures.</p> <p>8.3 Instructor should encourage participants to attend to minor injuries such as bumps, bruises, and scrapes themselves while supervising (i.e. allow participant to apply band aids and ice packs themselves).</p> <p>8.4 When attending to a participant instructor must wear a non-medical face covering and gloves when attending to the injured participant as they will be in close proximity to the participant.</p> <p>8.5 Following any first aid response Instructors must complete an injury form for Ringette BC if first aid is administered.</p>