



RINGETTE
BRITISH COLUMBIA

RETURN TO COME TRY RINGETTE
GUIDELINES

DISCLAIMER

These *Return to Come Try Ringette* Guidelines are intended to be used for the purposes outlined in this document. Ringette BC strives to provide relevant and timely information; however, information known about COVID-19, also known as the coronavirus, and recommended health and safety measures can rapidly change. No guarantee can be given at this time to the accuracy of the document.

This is not a legal document and the *Return to Come Try Ringette* guidelines are to be used as a guide only. This document is not meant to provide legal advice. Do not rely on this document or treat it as legal advice.

Furthermore, this document is not a substitute for actual legislation or orders by the Provincial Government or the Provincial Health Officer (PHO). In the event of ambiguity or conflict between the *Return to Come Try Ringette* Guidelines and the *Public Health Act*, regulations and orders within the *Act* will prevail. Ringette BC's *Return to Come Try Ringette* guidelines comply with the [Return to Sport](#) Sector guidelines from [viaSport](#), as well as, the [Return to Ringette Guidelines](#) from Ringette BC and the [National Directive Guidelines](#) from Ringette Canada.

Ringette BC and our member organizations will comply with requirements of the federal, provincial and local governments and all health authorities (federal, provincial or regional).

The links provided in this document from third party websites have been provided *for convenience only*. Information found in the links may be updated from time to time. Ringette BC does not monitor these sites and is not responsible for updates.

DEFINITIONS:

- **“Community”** – for the purpose of this document is the municipalities contained within your local Association boundaries.
- **“COVID Safety Monitor”** – the designated volunteer at a Come Try Ringette event responsible for monitoring all COVID-19 procedures and protocols and ensuring that these are maintained and enforced – this includes attendance, screening questions, physical distancing (on and off the ice and in high traffic areas), as well as proper sanitation and hygiene. Reports to the COVID Safety Officer.
- **“COVID Safety Officer”** – the designated Association volunteer who is the designated contact within the Club Association and within the League who will receive and communicate on COVID-19 information – job description outlined in [Return to Ringette Guidelines](#).
- **“Facility”** – a given location where ringette activities take place, and without limiting the generality of this term, a location shall be considered one facility regardless of the number of ice surfaces or gym space, room capacity in the location
- **“(off-ice) Organizers”** – the volunteers at a Come Try Ringette event that is responsible for the organization of the event off of the ice.
- **“(on-ice) Instructors”** – the volunteers at a Come Try Ringette event that are responsible for the on-ice activity.
- **“Outbreak”** – two or more confirmed COVID-19 cases
- **“Physical Distancing”** – recommended by the Provincial Health Officer to maintain a minimum 2m (6 feet) space between people from different households.
- **“Regions”** – designated regions within the province that adhere to the boundaries and regulations of the Health Authorities within BC
- **“Sanctioned event or activity”** – a Sanctioned Event or activity means that Ringette BC or one of our Member Club-Associations has approved an activity to go forward. If an event or activity is sanctioned it is covered by Ringette BC insurance.
- **“User Group”** – renter of a facility including a Provincial Sport Organization, League, Club Association or private company.
- **“viaSport”** – Previously, BC Sport Branch, is a branch of the BC Government responsible for evaluating, monitoring, and supporting sport development in BC.

INTRODUCTION

Ringette BC is excited to once again commence recruitment. Our number one priority must remain the health and safety of our members. As the current state of emergency progresses, to ensure that the health and safety of everyone is maintained, Ringette BC and our member organizations will comply with requirements of the federal, provincial and local governments and all health authorities (federal, provincial or regional).

This document acts as a guide for local associations to follow in order to comply with health requirements and maintain the health and safety of all participants while facilitating Come Try Ringette events. Local Ringette Associations in BC will need to review and understand the *Return to Come Try Ringette* guidelines.

The *Return to Play* process for all sports is fluid. It is highly likely that these guidelines will change as directions from Health Authorities evolve. Ringette BC is following Ringette Canada's *Progressions of Ringette* and the viaSport [Return to Sport](#) Sector Guidelines. Please note, the timing of the *Return to Ringette* Progressions are subject to change. Ringette BC is committed to keeping the membership informed throughout this process.

The [Return to Come Try Ringette Guidelines](#) are to be used in conjunction with the following documents:

1. [BC Guidelines from WorkSafeBC](#) and the [Provincial Health Authority](#)
2. [BC Parks and Recreation \(BCRPA\) Guidelines](#)
3. [BC Recreation Facilities' Association Resources \(BCRFA\)](#)
4. viaSport's [Return to Sport Guideline](#) for the Sport Sector
5. [Ringette BC Return to Ringette Guidelines](#)
6. [Ringette Canada's National Direction on the Return to Ringette](#)

COVID – 19

SYMPTOMS

COVID-19 symptoms are similar to those of the common cold and flu and other respiratory illnesses. Symptoms include fever, chills, cough, shortness of breath, sneezing, painful swallowing or sore throat, headache, stuffy or runny nose, loss of sense of smell, fatigue and loss of appetite.

People infected with COVID-19 may not experience any symptoms or experience very mild symptoms. Individuals who have compromised immune systems or individuals with chronic health conditions are found to be more susceptible to contracting COVID-19.

Symptoms of COVID-19 are very broad. As such, it is critical that members with any symptoms of illness stay home.

TRANSMISSION

COVID-19 is transmitted via liquid droplets. When a person talks, coughs or sneezes, these droplets can become airborne. Close contact between people is the primary way the virus spreads. Physical distancing, along with minimal contact, frequent hand washing, avoiding touching ones faces and enhanced cleaning protocols, are the best ways to limit transmission of the virus.

For more information on symptoms or the transmission of COVID-19, including information on best practices for avoiding transmission, please visit the [BC Center for Disease Control](#).

GENERAL HEALTH AND SAFETY GUIDELINES

- All volunteers, participants, and parents must adhere to all health & safety regulations.
- All volunteer and administrators from the local Associations should adhere to the Ringette BC Return to Ringette Guidelines.
- If participants, or parents have experienced any symptoms associated with COVID-19 or come into contact with someone experiencing these symptoms, they must not attend the Come Try Ringette event for 14 days from date of onset.
- Frequent hand washing is recommended.
- Participants should avoid handling shared equipment. Sticks should be used to move equipment, such as rings or cones, whenever possible.
- All participants should prepare to come dressed in accordance with facility regulations.
- Each participant must have their own water bottle. Participants should clearly label their water bottle with their first and last name.

COME TRY RINGETTE PROGRAMMING

<p>1. Registration</p>	<p>1.1 Pre-registration for Come Try Ringette through www.cometryringette.ca is required – NO drop-ins.</p> <p>1.2 Associations should have a confirmed registration list from www.cometryringette.ca prior to the event.</p> <p>1.3 All registrations need to fall within the age and ability parameters outlined in each Progression.</p> <ul style="list-style-type: none"> ➤ Progression 2: 7+ with some skating ability. ➤ Progression 3: 4+ with some skating experience.
<p>2. Insurance & Waivers</p>	<p>2.1 Associations must complete a COVID-19 Safety Plan and implement necessary procedures prior to the event to ensure that the Safety Plan is properly maintained. Associations should ensure they have a copy on hand at their event.</p> <p>2.2 Associations should provide a copy of their COVID-19 Safety Plan your participants prior to the event. Associations should ensure they have a copy on hand at their event.</p> <p>2.3 Associations should ensure all participants sign a Liability Waiver prior to participating.</p> <p>2.4 Associations should send a pre-event email letting participants know what they need to do to be prepared for the event as well as what they can expect.</p> <p>The email should include:</p> <ul style="list-style-type: none"> ➤ The Liability Waiver for parents/guardians to sign and email back. ➤ The event 's Come Try Ringette Event Safety Plan. ➤ The Photo Release Waiver for parents/guardians to sign and email back.
<p>3. Screening Protocols & Questions</p>	<p>3.1 Associations should prepare an Attendance Tracking Form with pre-registered participants prior to the event.</p> <p>3.2 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> <p>3.3 If a participant or parent says yes to any of the questions, they will not be permitted to participate in the Come Try Ringette.</p> <p>3.4 If a participant attended but was unable to participate ensure they receive a follow-up email.</p>

<p>4. Physical Distancing</p>	<p>4.1 On-ice, participants must maintain a “stick length” between teammates and Instructors.</p> <p>4.2 Off-ice, participants must maintain 2m (6ft) physical distance.</p> <p>4.3 Adhere to signage and markings in the venue.</p>
<p>5. Equipment</p>	<p>5.1 Limited sharing of equipment</p> <p>5.2 Participants must bring their own required equipment; warm clothing, water bottle, and gloves.</p> <p>5.3 Participants should bring their own ringette-related equipment wherever possible; helmet, skates, stick.</p> <p>5.4 Wherever possible, equipment rental should be kept to a minimum.</p> <p>5.5 Associations can provide participants with sticks and other ringette -related equipment if necessary - provided equipment is sanitized by a designated volunteer using gloves and a non-medical face covering with approved cleaning products prior to, as well as following participant usage.</p>
<p>6. Volunteers & COVID-19 Safety Monitor</p>	<p>6.1 Associations must designate a volunteer to be the designated COVID Safety Monitor for the Come Try Ringette event.</p> <p>They are responsible for:</p> <ul style="list-style-type: none"> a) Ensuring they have reviewed and understand the Return to Come Try Ringette Guidelines, Return to Ringette Guidelines, Progressions of Returning to Ringette and all relevant documents. b) Ensuring they are up to date on any COVID-19 changes or revisions. c) Arriving at the Come Try Ringette event early to monitor and enforce health and safety protocol throughout any pre-event activity. d) Enforcing the COVID-19 health and safety protocol throughout the entire event – both on and off the ice. e) Following up on any complaints or information related to failure by a member to adhere to Guidelines and procedures with the designated COVID Safety Officer. <p>6.2 Off-ice organizers should wear a non-medical face covering at all times throughout the Come Try Ringette event.</p> <p>6.3 <i>Recommended:</i> On-ice instructors should wear a non-medical face covering wherever physical distancing is not possible.</p>
<p>7. Participants</p>	<p>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. Parents and spectators should;</p> <p>7.1 Adhere to all Provincial Health Authority Guidelines including washing hands, maintaining physical distance, if required, wearing a non-medical face covering.</p>

	<p>7.2 Adhere to gathering requirements, only one (1) parent or spectator per participant may attend each Come Try Ringette event.</p> <p>7.3 Adhere to facility regulations and designated restricted or viewing spaces.</p> <p>7.4 Prepare to come dressed in accordance with facility regulations.</p> <p>7.5 Avoid the restricted or high traffic areas wherever possible.</p> <p>7.6 Be prepared to assist their participant. For younger athletes that may require their parents' assistance during an ice time, volunteers should direct the child off the ice at a side entrance to their parent (where possible).</p>
<p>8. Promotional Material</p>	<p>If Associations elect to hand out promotional giveaways at their Come Try Ringette event, they need to:</p> <p>8.1 Ensure that promotional materials are kept in a clean separate place.</p> <p>8.2 Ensure that promotional materials are not handled with bare hands.</p> <p>8.3 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>
<p>9. Injury Prevention & First Aid</p>	<p>9.1 Due to limited abilities to warm up prior to activities, it is important that Instructors include on-ice warm up and cool down activities in their events.</p> <p>9.2 First aid kits will need to be equipped with gloves and non-medical face coverings for Instructors and Organizers to use.</p> <p>9.3 In the event that a volunteer needs to attend to a participant, they must follow the facility's first aid requirements</p> <p>9.4 In the event that a volunteer needs to attend to a participant, they should encourage participants to attend to minor injuries such as bumps, bruises, and scrapes themselves.</p> <p>9.5 In the event that a volunteer needs to attend to a participant they should 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>9.6 In the event that a volunteer needs to attend to a participant they should complete an injury form for Ringette BC if first aid is administered.</p>
<p>10. Safe Sport Protocols</p>	<p>All Safe Sport Measures and policies are still in effect throughout the Ringette Progressions.</p> <p>All volunteers, coaches, administrators are expected to ensure that practices and policies for screening are required.</p>

GRADUATED RETURN TO RINGETTE

The Ringette Progressions Chart below has been developed to assist Club Associations in understanding the ringette progressions and when Come Try Ringette events would be permitted as ringette moves through the *Progressions of Returning to Ringette*. 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.

The Come Try Ringette activities will be most effective during Ringette Progression 3; however, Associations are able to facilitate some Come Try Ringette events during Ringette Progression 2.

PROGRESSIONS OF RETURNING TO RINGETTE



RINGETTE PROGRESSION 1 - WARM – UP
BEGINS: CURRENT-SEPTEMBER 1ST, 2020

Come Try Ringette events are NOT permitted in this progression.

Associations can communicate with facilities regarding prospective Come Try Ringette events as Ringette BC moves through the Ringette Progressions.

TO FACILITATE A COME TRY RINGETTE IN PROGRESSION 2 & 3 YOU MUST:

1. Adhere to all Provincial Health Officer guidelines and restrictions including size of gatherings, physical distancing requirements and proper cleaning and hygiene;
2. Adhere to the limits below when facilitating a Come Try Ringette event:
 - a) **Maximum Group Size:** 50 people TOTAL
 - **Volunteers:** [1 COVID Safety Monitor] + [2-4 on-ice instructors] + [2-4 off-ice organizers] = 9 people
 - **Participants:** [20 on-ice participants] + [20 parents or guardians/spectators] = 40 people
 - b) Associations are responsible for ensuring proper communication to ensure they do not exceed their allotted 50 people.
3. Follow the facility guidelines.

RINGETTE PROGRESSION 2 - PERIOD 1
TIMELINE: SEPTEMBER 1ST, 2020

Progression 2 will begin no earlier than September 1st. *This progression permits Associations to begin to facilitate Come Try Ringette events;* however, it is recommended that Associations wait to resume Come Try Ringette until Progression 3 due to barriers created by physical distancing requirements in Ringette Progression 2.

This Ringette Progression emphasizes small groups and focuses on development of fundamental skills.

Come Try Ringette in Progression 2:

- Come Try Ringette events can resume
- Required pre-registration
- Participation limited to children 7+ with skating ability
- Activities that allow participants to practice skating skills, individual ringette skills, fundamental movement skills; and
- Physical distancing must be maintained

RINGETTE PROGRESSION 3 - PERIOD 2

TIMELINE: TBD

In Ringette Progression 3, Come Try Ringette events can resume. Associations will need to ensure that they have facility permission.

This progression permits instructors to begin some contact drills and allows for more group activities to begin.

Instructors should plan activities that still encourage physical distancing wherever possible. Some modified contact drills and activities can be introduced.

Come Try Ringette in Progression 3:

- Required pre-registration
- Participation limited to children 4+ with skating experience
- Activities that allow participants to practice skating skills, individual ringette skills, fundamental movement skills; and
- Physical distancing still encouraged
- Introduction of some modified contact drills and activities
- Introduction of modified ringette games with minimum contact

PROGRESSION 4 - OVERTIME

TIMELINE: TBD

Ringette Progression 4 will only occur when the Provincial Health Officer has announced the Province of BC has entered **PHASE 4** of the reopening. *It is at this time that Come Try Ringette events can return to a "new-normal"*. Maximum gathering limits will adhere to the Provincial Health Officer Guidelines and facility guidelines.

In this ringette progression of Come Try Ringette, pre-registration is required but registration is no longer limited by age and ability - all are welcome!

Instructors can now plan contact drills and activities as well as modified ringette games with contact.

Come Try Ringette in Progression 4:

- Required pre-registration
- Contact activities, ringette games; and
- Larger numbers of permitted spectators and/or gatherings.