



## COVID – 19 Safety Plan (v1.1)

All Ringette Member Associations including Leagues and Club-Associations MUST develop a COVID -19 Safety Plan. This plan was adapted from a template provided by Ringette BC from the [viaSport COVID-19 SAFETY PLAN TEMPLATE](#).

Ringette BC has created a COVID-19 Safety Plan for Ringette BC, which follows the Worksafe BC template. Ringette BC’s Return to Ringette Guidelines are the guiding document for answering the questions listed in the Safety Plan.

The Ringette BC COVID-19 Safety Plan is approved by the Ringette BC Board of Directors. It is a public document.

### 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 (see column 2 below).
- We have identified situations and processes where individuals are close to one another or members of the public (see column 3 below).
- We have identified the equipment that may be shared by individuals (see column 4 below).
- We have identified surfaces that people touch often (see column 5 below).

Venue	Bullet 1	Bullet 2	Bullet 3	Bullet 4
Sunset Arena	Venue Foyer, Bleachers, Dressing rooms	Entry and Exit from Venue  Use of public washrooms	Sticks, Rings, water bottles	Door Handles, railings, ice gate handles

### 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 your sport-specific guidelines (see column 2 below).  
You may be required to identify and implement additional protocols if the posted protocols don’t address all the risks to your workers.
- Orders, guidance, and notices issued by the provincial health officer and relevant to your industry.  
Updates will be posted at [www.viasport.ca](http://www.viasport.ca) (see column 3 below).
- Municipal or facility Guidelines (see column 4 below).

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 (see column 5 below)
- We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable) (see column 6 below).
- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible (see column 7 below).

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:

Venue	Bullet 1	Bullet 2	Bullet 3	Bullet 4	Bullet 5	Bullet 6
Sunset	No modifications required	Posted by the venue	Posted by the venue	Max occupancy is 50 individuals (includes participants, parents, officials, and staff) Max on ice is 45 total (includes players, coaches and officials)	Posted by the venue	Signage posted by the venue

Second level protection (engineering): Barriers and partitions

**This section may only apply to facility owners and operators**

- We have installed barriers where Participants can't keep physically distant from co-workers, customers, or others.
- 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.

**Step 2 does not apply – physical distancing barriers will be put in place by facility owners/operators**

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.

#### 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.

#### See Appendix A, Section 1, Subsection 5

#### 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 (see row 1 below).
- 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 (see row 2 below).
- We have trained individuals on the proper use of masks (if applicable) (see row 3 below).

#### 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.

#### See Appendix A, Section 1, Subsection 5D and 9B; Appendix A, Section 4, Subsection B

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

- We have reviewed the information on cleaning and disinfecting surfaces (see column 2 below).
- Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed (see column 3 below).
- We have communicated good hygiene practices to participants, coaches, volunteers, etc. We have implemented cleaning protocols for all common areas and surfaces (see column 4 below).
- Workers who are cleaning have adequate training and materials (see column 5 below).
- We have removed unnecessary tools and equipment to simplify the cleaning process (see column 6 below).

#### 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.

Performed by venue staff

Venue	Bullet 1	Bullet 2	Bullet 3	Bullet 4	Bullet 5
Sunset	Performed by venue staff	Routinely provided by venue. VRA	See Appendix A	Performed by venue staff	Equipment not central to the planned activity

		event organizers (coaches) will also have supply on hand.			will not be brought to the venue
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### 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, sore throat, and new muscle aches or headache.
- 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.  
**It includes the following:** Sick individuals should report to first aid (or designated individual), even with mild symptoms.
- Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the [BC COVID-19 Self-Assessment Tool](#), or call 811 for further guidance related to testing and self-isolation.]
- If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill worker has come into contact with.

**See Appendix A: Section 2**

### 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 and training plan to ensure everyone is trained in policies and procedures. All participants have received the policies for staying home when sick.
- We have posted signage at the sport location, including occupancy limits and effective hygiene practices.
- We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms.
- Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

**See Appendix A: Section 1, Subsection 7; Section 2**

### 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. (see row 1 below)
- Individuals know who to go to with health and safety concerns (see row 2 below).
- When resolving safety issues, we will involve designated health and safety representatives (see row 3 below)

**See Appendix A: Section 1, Subsection 8**

1	VRA will abide by all public health directives all relevant authorities and amend its operating procedures accordingly.
2	The name and contact information of the VRA COVID19/Safety representative will be made available to all association members. It will also be posted on the VRA website.
3	Given the confidential nature of some of the issues presented. Initial handling will be done by the VRA President in consultation (and as necessary) with the VRA COVID19/Safety representative

**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 a training plan for new staff, coaches, volunteers, and participants (see row 1 below).
- We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities (see row 2 below).
- We have a training plan around changes to our business/programming (see row 3 below).
- We have identified a safe process for cleaning and removing things are have been out of use (see row 4 below).

1	See Appendix A, Section 1, Subsection 7
2	See Appendix A, Section 1, Subsection 7
3	Amendments to our programming will be dependent on the course of the pandemic and will follow advice from all relevant authorities. Managed and monitored by the VRA board at large.
4	Not applicable

**Organization Information:**

**Club – Association Name: Vancouver Ringette Association**

**COVID – 19 Safety Plan was approved on:** \_\_\_\_\_ (date)

**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.

## APPENDIX A

# Vancouver Ringette Association COVID - 19 Return to Play Action Plan

Prepared for  
Board of Directors, Vancouver Ringette Association

Prepared by  
Sean S Young

On  
29 Mar 2021

## Revision History (dates)

Date	Version	Action	by	Board Approval Date
22 Aug 2020	1.0	Draft	Sean S Young	10 Sep 2020
21 Mar 2021	1.1	Draft	Sean S Young	21 Mar 2021



## Revision History (changes)

Date: 29 Mar 21

Revised From (Text):

1. Step 1, bullet 2: ...(see column 3 2 below).
2. Step 2, fourth level, bullet 1: ...use a mask (see row 1 below).
3. Step 2, fourth level, bullet 2: ...be implemented (see row 2 below).
4. Step 2, fourth level: bullets 1-3: Appendix A, Section 1, subsection 9B...
5. Step 5: ... See Appendix A, Section 8
6. Appendix A: Section1: Subsection 1: ....mild to severe. COVID-19....
7. Appendix A: Section 1: Subsection 2: In the context of sports however, even in the outdoors.
8. Appendix A: Section 1: Subsection 5A: ... at the discretion of the BCCDC.
9. Appendix A: Section 1: Subsection 5B, bullet 1: ... minimum 2m physical distance...
10. Appendix A: Section 1: Subsection 5C, bullet 6: In the event that...
11. Appendix A: Section 1: Subsection 5D, bullet 7: If you chose, wear a non-medical mask.
12. Appendix A: Section 2: Subsection 5: Alternatively, after the recommended period of self-isolation, you may return to your regular activities you never developed any symptoms of COVID-19.
13. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

Revised To (Text):

1. Step 1, bullet 2: ...(see column 3 below).
2. Step 2, fourth level, bullet 1: ... use a mask.
3. Step 2, fourth level, bullet 2: ... be implemented.
4. Step 2, fourth level: bullets 1-3: Appendix A, Section 1, subsections 5D and 9B...
5. Step 5: ... See Appendix A, Section 1, Subsection 8
6. Appendix A: Section1: Subsection 1: ....mild to severe. Emergence of novel viral variants have altered the epidemiology/health risks of infection. Changes include but may not be limited to an expanded at risk age bracket and increased symptom severity. COVID-19....
7. Appendix A: Section 1: Subsection 2: <deleted>
8. Appendix A: Section 1: Subsection 5A: ... at the discretion of public health authorities.
9. Appendix A: Section 1: Subsection 5B, bullet 1: ... minimum 3m physical distance...
10. Appendix A: Section 1: Subsection 5C, bullet 6: In the event that...

11. Appendix A: Section 1: Subsection 5D, bullet 7: Wearing of a good quality face mask is mandatory in all situations where physical distancing is not possible. Current masking guidance is available via BCCDC.
12. Appendix A: Section 2: Subsection 5: Alternatively, after the recommended period of self-isolation and if you never developed any symptoms of COVID-19, you may return to your regular activities.
13. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-have-covid-19>

New version number: 1.1

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# Vancouver Ringette Association - Return to Play

## Section 1: COVID-19 Safety Plan

The Board of Vancouver Ringette Association (hereinafter referred to simply as VRA) considers the health and safety of players, coaches and volunteers, and everyone at our various venues to be of paramount importance. That is why we have assessed the risks and taken reasonable steps to minimize the risk of transmission of SARS-Cov-2.

This Return to Play plan was developed using guidelines from viaSport, Ringette BC, WorkSafeBC, and the BC Recreation and Parks Association (BCRPA). It is intended to allow participants and spectators of VRA sanctioned events to practice and play at designated facilities under phase three of BC's Restart Plan. Implementation of the Return to Play plan is to be monitored and updated as necessary when circumstances or provincial guidance change.

**1. Health Risks of associated with SARS-Cov-2 infection:** The SARS-CoV-2 virus causes a respiratory (lungs) type infection that is mild in most of the population (approximately 80%) but can be more severe, and even fatal, in older adults or those with chronic underlying health conditions. Individuals infected with SARS-CoV-2 may show little or no symptoms, with illness ranging from mild to severe. Emergence of novel viral variants have altered the epidemiology/health risks of infection. Changes include but may not be limited to an expanded at risk age bracket and increased symptom severity. COVID-19 is the term used to describe the illness caused by SARS-CoV-2 infection.

**2. Transmission of SARS-CoV-2:** SARS-CoV-2 is transmitted via liquid droplets generated when a person coughs or sneezes, but also potentially when they are simply talking. The virus in these droplets then can enter the body of a nearby person when that person breathes in the droplets or when the droplets touch the eyes, nose, or throat of that person. It can also spread if you touch a contaminated surface and then touch your face.

Transmission is less likely in an outdoor setting where there is more space for people to keep physically distanced. In the context of sports however, even in the outdoors. Specific to ringette, there can be risks from high-touch surfaces as it involve objects that may be shared among players, coaches or volunteers (sticks, rings, etc.).

**3. Symptoms of SARS-CoV-2 infection:** The symptoms associated with COVID-19 (the illness) are similar to other respiratory illnesses, including the flu and the common cold.

These include but may not be limited to fever (37 degrees or higher at rest), chills, cough, shortness of breath, sore throat or painful swallowing, stuffed up or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite (source: BCCDC June 12,2020)

**4. Assessment of Risk of Transmission:** VRA has assessed the risks associated with participation in sanctioned events and have identified areas where there may be increased risk of transmission. Activities or practices which are known to increase the risk of transmission include but may not be limited to the following.

- Close gathering of people (e.g. in dressing rooms or viewing galleries, coaching scrums)
- Inferior personal hygiene (e.g. infrequent hand washing, infrequent use of hand sanitizers)
- Sharing of personal equipment (e.g. sticks, water bottles, other)
- Surface contact.

**5. Controls to Reduce the Risk of Transmission:** Key mechanisms to reduce the risk of SARS-CoV-2 transmission while at play include:

A. Ensuring people who may have been exposed to of SARS-CoV-2 self-isolate, and do not practice or play. (routine health questionnaire)

B. Ensuring physical distancing requirements

C. Limiting the number and movement of people within the venue

D. Practicing good personal hygiene

E. Disinfecting surfaces

F. Keeping records to facilitate contact tracing,

**5A. Ensuring people who may have been exposed to SARS-CoV-2 self-isolate, and do not practice or play**

● Players and participants must also know the symptoms of COVID-19. Participants (including spectators) must complete a routine health questionnaire prior to each event. They must pass the routine health questionnaire to be able to participate or observe. The personal information in the routine health questionnaire is only to be used for COVID-19 screening purposes and is kept by the team manager (or designate). It shall be destroyed after 30 days.

It is recommended that anyone with symptoms self-isolate for fourteen (14) days from the onset of symptoms. With this in mind, such persons will not be allowed to participate in VRA sanctioned activities for this period.

It is recommended that anyone with a person cohabitating with or in close contact with a person displaying symptoms of COVID-19 self-isolate for fourteen day post last contact. With this in mind, such persons will not be allowed to participate in VRA sanctioned activities for this period.

□ It is recommended that anyone returning from out of province or out of country self-isolate for fourteen days. With this in mind, such persons will not be allowed to participate in VRA sanctioned activities for this period.

● It is recommended that any participant who develops COVID-19 symptoms seek medical advice. Follow-up measures will be at the discretion of the BCCDC. These may include but are not limited to a recommendation to self-isolate (see above), a recommendation to undergo laboratory testing, and, pending the results of said testing, contact tracing. VRA will assist in contact tracing to the extent that it is able.

### **5B. Ensuring physical distancing requirements**

- Maintain minimum 2m physical distance between participants at all times. This must include participants arriving and leaving the facility.
- No physical contact between participants (e.g. body contact while on ice, handshaking, high-5's).
- No team huddles before, during or after the practice for coaching or teaching purposes unless 2m physical distancing requirements can be maintained.
- Non-contact alternatives in drills shall be used in practices.

### **5C. Limiting the number and movement of people within the venue**

- The total number of people gathered within the venue must not exceed the venue's stated capacity.
- The number of participants allowed at any event will be dictated by ViaSport/BCRA guidelines in place at the time of the event.
- The number of spectators allowed at any event will be dictated by the venue guidelines in place at the time of the event.
- Practice plans (and later games) will conform to BCRA guidelines in place at the time of the event.
- Each team will be assigned time slots for use of the venue. The schedule shall allow participants time to clear the venue in anticipation of the arrival of another user.
- In the event that responsibility for post event sanitation does not lie with venue staff, each team (or event manager) will be responsible to sanitize the venue to the satisfaction of the venue owner.
- Each team should arrive no earlier than 15 mins before your scheduled start time, vacate the park within 15 minutes of the scheduled end time.

- A minimum of one (1) parent or guardian spectator, per child, per event or location is required. Parents or guardians should remain in or around the venue should their participant need assistance.
- Operation of the concession booth (if any) will be at the discretion of the venue. VRA will not independently operate a concession booth.

#### **5D. Practicing Good Personal Hygiene**

- Frequent thorough hand washing - Participants must wash or sanitize their hands before and after practice. Hand sanitizer will be provided either by the venue or the event organizer.
- If you must cough or sneeze, do it in your elbow sleeve,
- All participants should avoid touching of eyes, nose or mouth,
- No sharing of water bottles or food of any kind,
- No spitting,
- No sharing of any personal equipment,
- Wearing of a good quality face mask is mandatory in all situations where physical distancing is not possible. Current masking guidance is available via BCCDC. Masks and gloves would be available for volunteers. Used PPE must be disposed of in bagged garbage.
- It is recommended that jerseys and equipment be washed or wiped down at home after play.

#### **E. Disinfecting surfaces**

In the event that responsibility of sanitizing a venue falls to the event organizer, the following will apply

- A touch map shall be developed (e.g. doorknobs, elevator buttons, and light switches, common equipment).
- We will conduct frequent cleaning of high touch areas.
- Rings should be sanitized upon receipt and after every practice.
- Every effort made to limit the number of athletes using the same piece of equipment at any given event/practice.
- Any team issued equipment should be sanitized prior to every event and between every use by different athletes.
- Participants and volunteers will be supplied with appropriate supplies, such as soap and water, hand sanitizer, disinfectant wipes, nitrile gloves and garbage bags, and sufficient washing facilities. Volunteers helping to sanitize surfaces will have the proper PPE, such as masks and gloves,

- Cleaning / sanitizing solutions will be the kind approved for use by the BCCDC.

## **5F. Keeping records to facilitate contact tracing**

Attendance will be taken as part of the routine health questionnaire and kept for every event for all participants and spectators. In the event that this is required the a public health authority, the list of names, contact information, and dates at the event will help in contact tracing. These records must be kept for 30 days before being destroyed.

## **6. Insurance and Liability Risk Mitigation:**

This Return to Play plan is consistent with the guidelines and directives set by viaSport, BCRA, WorkSafeBC, and provincial health authorities. All government restrictions and requirements shall be met, including viaSport phase specific guidelines.

The following revised documents shall be completed by participants before being allowed to participate.

- Waivers and releases

They have been reviewed to confirm that they are broad enough to encompass COVID-19 related risks. Such documents do explicitly reference COVID-19 related risks. Participants must read and sign acknowledging their acceptance of the risks.

- Participant's Agreement

This document lays out the personal duties required of participants and spectators when participating in VRA sanctioned events under the VRA Return to Play plan.

## **7. Communications and Training:**

An orientation/information session will be held for participants and parents/guardians regarding the Return to Play plan. The VRA Board will be responsible for monitoring/enforcing this plan. Coaches will have delegated responsibility during sanctioned events.

- Email out protocols and expectations prior to resumption of practices,
- Coach's training,
- Parent training,
- Player training,

In the event that responsibility for venue signage fall to VRA , signage at the venue shall include:

- Notice to self-isolate if participants or their household members have potentially been exposed to SARS-CoV-2.
- Notice to practice good personal hygiene (e.g. Hand washing)



- Notice of risk
- Map of movement of people
- VRA Return to Play plan will be available for review (also posted on the VRA website)
- WorksafeBC First Aid Guidelines and hygiene related posters (posters available at worksafebc.com).
- Customizable occupancy limit poster (see worksafebc.com)

## **8. Assessment and Review:**

- The VRA Board shall assess the effectiveness of the present protocols and participant compliance. If policies and procedures are ineffective, the VRA board will take steps to update these. All participants are encouraged to participate in this process.
- When new guidance from viaSport, BCRA, BC Provincial Health Officer, or other government authorities is available VRA will update the Return to Play plan.

## **9. First Aid Procedures:**

### **A. Emergency First Aid**

Emergency first aid will be administered, when required, by the attending individual in accordance with established BCRA procedures. When necessary and possible, consent must be obtained in order to waive any of the SARS-CoV-2 infection control practices. When not possible, the judgment of the attending individual will prevail.

### **B. Non-Emergency First Aid**

In the event that non-emergency first aid is required to be administered during an activity, the hierarchy of people administering first aid are as follows:

- 1) Parent or Guardian - firstly, the participant's parent or guardian should be the one to treat the injured participant.
- 2) Self-treat with direction and supplies - If the parent or guardian is not available and if the injured patient is capable of self-rendering aid, then first aid supplies can be provided and directions can be given from a distance (>2m) by a qualified provider.

If people other than those from the participants household are attending to the injured patient and will be closer than 2m, then they must first put on appropriate PPE, such as a mask and gloves. These will be available at the venue.

All first aid attendants must follow WorksafeBC's guidelines: "OFAA Protocols during the Covid-19 Pandemic".

## REFERENCES

ViaSport Return to Sport Guidelines for BC:

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Ringette BC – Return to Ringette Guidelines

<https://www.ringettebc.ca/the-office/covid-19-ringette-bc-resources/>

WorkSafeBC: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returningsafe-operation>

Government of Canada COVID-19 Resources:

<https://www.canada.ca/en/publichealth/services/diseases/coronavirus-disease-covid-19.html>

BCCDC guidance for recreation facilities:

<http://www.bccdc.ca/health-info/diseases-conditions/covid19/community-settings/recreation-facilities>

BC Recreation and Parks Association (BCRPA) Sector Guidelines for Restarting Operations:

<https://www.bcrpa.bc.ca/covidguideline>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

Health Canada Personal Protective Equipment against COVID-19:

<https://www.canada.ca/en/healthcanada/services/drugs-health-products/medical-devices/covid19-personal-protective-equipment.html>

Health Canada List of Disinfectants for use against COVID-19:

<https://www.canada.ca/en/healthcanada/services/drugs-health-products/disinfectants/> 34

BCCDC Cleaning and Disinfecting:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

## POSTERS

General COVID-19 posters (includes hygiene, PPE, Cleaning)

<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/signage-posters>

BCCDC Cleaning and Disinfection for public settings

[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

Physical Distancing:

[http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_PhysicalDistancingPoster.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf)

Handwashing:

[http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_Handwashing%20Poster\\_MD%20offices.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf)

Do not enter if you are sick:

[http://www.bccdc.ca/Health-Info-Site/Documents/COVID19\\_DoNotEnterPoster.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf)

# Vancouver Ringette Association - Return to Play

## Section 2: Illness Policy

Participants are required to inform the senior event organizer (coach, team manager, program coordinator) immediately, if they feel new onset of any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, or and loss of appetite.

### 1. Assessment

- i. Participants must review the self-assessment signage located throughout the venue prior to the planned activity to attest that they are not feeling any of the COVID 19 symptoms.
- ii. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the activity.
- iii. If the health status of a given participant is unclear they will be directed to use the on-line self-assessment tool (<https://bc.thrive.health/covid19/en>) and/or call 8-1-1 to obtain further guidance.
- iv. Depending on the participants perceived health status, the participant may be asked to abandon participation in event in question. This determination will be made at the sole discretion of the event safety officer. Typically, this responsibility will fall to the coach.

2. If a participant is displaying symptoms of COVID-19, or if a participant has come into contact with someone who is confirmed to have COVID-19 , they must stay home and self-isolate in accordance with BC Ministry of Health requirements. They will not be allowed to participate in VRA sanctioned activities during the period of self-isolation.

3. If a participant tests positive for SARS-CoV-2 infection.

- i. Other participants who may have been exposed to this participant will be notified by public health authorities to self-isolate for at least 14 days. These at-risk participants will not be permitted to participate in VRA sanctioned event during the period of self isolation.
- ii. At the discretion of public health, all venues attended by the participant will be closed off, cleaned, and disinfected.
- iii. The participant will not be permitted participate in VRA sanctioned events until such time as they have been cleared to do so by public health.

#### 4. Initiation of Self-Isolation

- i. It is recommended that any person who has travelled outside of the province or outside the country self-isolated according to BC Ministry of Health guidelines. Such persons are not permitted to participated in VRA sanctioned events.
- ii. It is recommended that any person displaying symptoms of COVID-19 self-isolate according to BC Ministry of Health guidelines. Such persons are not permitted participate in VRA sanctioned events.
- iii. It is recommended that anyone cohabitating with someone showing symptoms of COVID-19 self-isolated according to BC Ministry of Health guidelines. Such persons are not permitted to participate in VRA sanctioned events.

#### 5. Ending Self-isolation

After the recommended period of self-isolation, you may return to your regular activities if:

- At least 14 days have passed since any symptoms started, and
- Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), and
- You are feeling better (there is improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue). Coughing may go on for several weeks, so a cough alone does not mean you need to continue to self-monitor and self-isolate.

Alternatively, after the recommended period of self-isolation, you may return to your regular activities you never developed any symptoms of COVID-19.

# Vancouver Ringette Association - Return to Play

## Section 3: Outbreak Plan

A “case” represents a single individual with a confirmed SARS-CoV-2 infection. An “outbreak” is two or more cases. If a confirmed case SARS-CoV-2 infection or an outbreak is reported to have occurred at a VRA sanction event, the VRA board retains the authority to modify, restrict, postpone, or cancel any and all activities. Furthermore, the VRA board (or designate) will

1. Ensure that the venue is aware of the case as well as the date on which the infected participant attended the venue such that they may initiate any required sanitation.
2. Implement Contact Tracing. At the direction and with the aid of public health authorities VRA will use records from the routine health questionnaires to aid in contact tracing. In general, the sequence of events is as follows.
  - a. Public Health contacts positive participant on behalf of the Medical Health Officer (MHO)
  - b. Public Health contacts VRA to get a list of participants who may have been potentially exposed, based on medical health officer (MHO) contact tracing and exposure criteria.
  - c. Public Health contacts individuals on the list for assessment based on MHO exposure criteria.
  - d. Public Health provides the impacted participants (players, coaches, volunteers) with instructions regarding isolation and symptom monitoring.
  - e. Public Health provides VRA with updates as appropriate/necessary.
3. Implement VRAs Illness policy and advise individuals to
  - self-isolate, as appropriate
  - use the on-line COVID-19 self-assessment tool to help determine if further assessment or testing for SARS-CoV-2 is needed. <https://bc.thrive.health/covid19/en>
  - Individuals can contact 8-1-1 if further health advice is required (and 9-1-1 if it is an emergency).

Individuals can learn more about how to manage their illness here:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-have-covid-19>

# Vancouver Ringette Association - Return to Play

## Section 4: First Aid Plan

### **A. Emergency First Aid**

Emergency first aid will be administered, when required, by the attending individual in accordance with established BCRA/VRA procedures. When necessary and possible, consent must be obtained in order to waive any of the SARS-CoV-2 infection control practices. When not possible, the judgment of the attending individual will prevail.

### **B. Non-Emergency First Aid**

In the event that non-emergency first aid is required to be administered during an activity, the hierarchy of people administering first aid are as follows:

- 1) Parent or Guardian - firstly, the participant's parent or guardian should be the one to treat the injured participant.
- 2) Self-treat with direction and supplies - If the parent or guardian is not available and if the injured patient is capable of self-rendering aid, then first aid supplies can be provided and directions can be given from a distance (>2m) by a qualified provider.

If people other than those from the participants household are attending to the injured patient and will be closer than 2m, then they must first put on appropriate PPE, such as a mask and gloves. These will be available at the venue.

All first aid attendants must follow WorksafeBC's guidelines: "OFAA Protocols during the Covid-19 Pandemic"



# Vancouver Ringette Association - Return to Play

## Section 5a: Participant Agreement

All athletes, coaches, volunteers, participants, and family members of participants while in attendance at VRA sanctioned events must acknowledge and agree to abide by the following points under the VRA Return to Play plan:

- I am aware the British Columbia government has declared a provincial state of emergency to support the provincewide response to the COVID-19 pandemic.
- I am aware of the symptoms of COVID-19.
- I agree to symptom screening checks before each event, answering truthfully the routine health questionnaire regarding participant health, travel history, and the health of close contacts and household members. In accordance with provincial legislation, all personal information shall be kept confidential, and will not be disclosed unless as required by law or with your consent.
- I will contact my coach (as a designate of the VRA board) if I have experienced any COVID-19 symptoms or develop such. (VRA warrants that this information will be anonymous and used only in case contact tracing is necessary.)
- I agree to self-isolate and not participate or come to a venue for 14 days from the onset of symptoms if I am experiencing symptoms of COVID-19, I have been tested for SARS-CoV-2 and am awaiting test results, someone in my household is showing symptoms of COVID-19, or has COVID-19, or if I, or someone in my household has traveled outside the province or outside of Canada within the last 14 days.
- I agree to wash/sanitize my hands upon entering and exiting the venue.
- I agree to bring my own sports equipment and water bottle.
- I agree to follow physical distancing protocols.
- I agree to avoid physical contact with others, including shaking hands, high fives, etc.
- I agree to not share any personal equipment during practice times.
- I agree to leave the venue as quickly as possible after the event.
- I agree to abide by all VRA COVID-19 related policies and protocols found in the Return to Play plan.

- I acknowledge that continued abuse of the policies and/or guidelines may result in temporary suspension participation privileges.
- I acknowledge that there are risks associated with participation in VRA sanctioned events, and that the measures taken by VRA and various participants, including those set out above and under the COVID-19 Response Plan and Return to Play protocols, will not entirely eliminate those risks.

Signature of Parent (if participant is a minor): \_\_\_\_\_

Signature of participant: \_\_\_\_\_

Date: \_\_\_\_\_

# Vancouver Ringette Association - Return to Play

## Section 5b: Ringette BC Waiver (19+)

### INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants 19 years of age and over)

WARNING! By signing this document, you will assume certain risks and responsibilities.

PLEASE READ CAREFULLY

Participant's Name: \_\_\_\_\_

To: The British Columbia Ringette Association (the "Association") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Leagues, Club-Associations, independent contractors, subcontractors, sponsors, successors and assigns (collectively the "Releasees")

This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in the sport of ringette and the orientation, instruction, activities, programs, and services of the Association (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

**DEFINITIONS:** In this Agreement the term "ringette program" shall include all activities, programs, events, classes, and services provided, sponsored or organized by the Association including but not limited to: games, tournaments, practices, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instructional sessions or lessons, aerobic and anaerobic conditioning programs, meetings, and gym ringette programs and Come Try Ringette Programs.

**ASSUMPTION OF RISKS:** I believe myself to be physically, emotionally and mentally able to participate in ringette programs and I am doing so voluntarily and willingly. I am aware that my participation in ringette programs involves many risks, dangers, and hazards, which could result in damage, loss, serious physical injury or death to me. Some of these risks, dangers and hazards include but are not limited to:

Some of these risks, dangers and hazards include but are not limited to:

1. Health: overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes and the transmission or contraction of communicable diseases, including COVID-19 and viruses of all kinds, bacteria, parasites or other organisms or any mutation thereof.

a. COVID-19 inherent risks include, but are not limited to, i. (1) the risk of coming into close contact with individuals or objects that may be carrying COVID-19; ii. (2) the risk of transmitting or contracting COVID-19, directly or indirectly, to or from other individuals; and iii. (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from COVID-19 or the treatment thereof. Further, I understand that the risks of COVID-19 are not fully understood, and that contact with, or transmission of, COVID-19 may result in risks including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks. INITIALS \_\_\_\_\_

2. PREMISES: defective, dangerous or unsafe condition of facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe or irregular conditions on ice, flooring or other surfaces, extreme weather conditions; travel to and from premises. INITIALS \_\_\_\_\_

3. Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision or failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability. INITIALS \_\_\_\_\_

4. Contact: I acknowledge that contact with other persons, other equipment, or rings, whether intentional or unintentional, is a common part of ringette programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury. INITIALS \_\_\_\_\_

5. I acknowledge that privacy breaches, hacking, technology malfunction or damage could occur;  
INITIALS \_\_\_\_\_

6. Advice: Negligent advice regarding ringette programs.

7. My conduct and conduct of other persons including any physical altercation between ringette participants:

I acknowledge that such conduct, including my negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE RELEASEES, may increase the risk of damage, loss, personal injury or death.

I understand that the Releasee may fail to safeguard or protect me from the risks, dangers and hazards of ringette programs, some of which are referred above.

8. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Association has put in place preventative measures to reduce the

spread of COVID-19; however, the Association cannot guarantee that the Participant will not become infected with COVID-19. I acknowledge that attending the ringette programs could increase my risk of contracting COVID-19.

INITIALS \_\_\_\_\_

**RELEASE OF LIABILITY, WAIVER OF CLAIM AND INDEMNITY AGREEMENT** In consideration of the Releasees allowing me to participate in ringette programs, use its equipment and facilities and providing its ringette services and consultation, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my nextof-kin may suffer as a result of my participation in ringette programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to:

- a. Negligence on the part of the Releasees; b. Breach of contract by the Releasees; c. Breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation , maintenance or adjustment of equipment; d. Breach of any stator or other duty of care including duty of care owed under the Occupiers Liability Act, R.S.B.C. 1996, c. 303, on the part of the Releasees; and e. The failure on the part of the Releasees to safeguard or protect me from the risks, dangers, and hazards of ringette programs, some of which are referred to in the Assumption of Risks section of this Agreement.

2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expenses or injury to my participation in ringette programs.

3. Despite the risks, dangers and hazards of ringette programs, and fully understanding such risks, dangers and hazards, I wish to participate in ringette programs with the Association, and I FREELY ACCEPT AND FULLY ASSUME all such risks, dangers and hazards and the possibility of personal injury, death, property damage, and loss resulting therefrom.

4. This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns, and representatives in the event of my death or incapacity.

INITIALS \_\_\_\_\_

**SAFETY:** In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of ringette programs other than what is set forth in this Agreement.

INSURANCE: I am aware that the Association carries insurance and that should I become injured or cause personal injury or property damage to any third party while participating in ringette programs, I may or may not be entitled to insurance coverage depending on the terms and conditions of the Association’s insurance policy.

JURISDICTION: This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia (BC), and I agree to attorn solely to the jurisdiction of the Courts of the Province of BC. Any litigation involving the parties to this Agreement shall be brought solely within the Province of BC and shall be within the exclusive jurisdiction of the Courts of the Province of BC.

By executing this form, whether on-line or by signature, you agree that you are the registering player and that you have read and understand and are bound by the Agreement terms.

ACKNOWLEDGEMENT

The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

_____	_____	_____	_____
Name of Participant (print)	Signature of Participant	Date of Birth	Date Signed



# Vancouver Ringette Association - Return to Play

## Section 5C: Ringette BC Waiver (U19)

### INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants under the age of 19)

WARNING! By signing this document, you will assume certain risks and responsibilities.

PLEASE READ CAREFULLY

Participant's Name: \_\_\_\_\_

To: The British Columbia Ringette Association (the "Association") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Leagues, Club-Associations, independent contractors, subcontractors, sponsors, successors and assigns (collectively the "Releasees")

This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in the sport of ringette and the orientation, instruction, activities, programs, and services of the Association (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document:

**DEFINITIONS:** In this Agreement the term "ringette program" shall include all activities, programs, events, classes, and services provided, sponsored or organized by the Association including but not limited to: games, tournaments, practices, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instructional sessions or lessons, aerobic and anaerobic conditioning programs, meetings, and gym ringette programs and Come Try Ringette Programs.

**ASSUMPTION OF RISKS:** I am the parent/guardian of the player being registered and have full legal responsibility for the decisions of said player. I believe my child/ward is physically, emotionally and mentally able to participate in ringette programs and is doing so voluntarily and willingly.

I am aware that my child/ward's participation in ringette programs involves many risks, dangers, and hazards, which could result in damage, loss, serious physical injury or death to my child/ward. I have spoken to my child/ward and have made my child/ward aware of these risks, dangers and hazards. INITIALS \_\_\_\_\_

Some of these risks, dangers and hazards include but are not limited to:

1. HEALTH: overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes and the transmission or contraction of communicable diseases, including COVID-19 and viruses of all kinds, bacteria, parasites or other organisms or any mutation thereof.

a. COVID-19 inherent risks include, but are not limited to,

i. (1) the risk of coming into close contact with individuals or objects that may be carrying COVID-19;

ii. (2) the risk of transmitting or contracting COVID-19, directly or indirectly, to or from other individuals; and

iii. (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from COVID-19 or the treatment thereof. Further, I understand that the risks of COVID-19 are not fully understood, and that contact with, or transmission of, COVID-19 may result in risks including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks. INITIALS \_\_\_\_\_

2. PREMISES: defective, dangerous or unsafe condition of facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe or irregular conditions on ice, flooring or other surfaces, extreme weather conditions; travel to and from premises. INITIALS \_\_\_\_\_

3. USE OF EQUIPMENT: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision or failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability. INITIALS \_\_\_\_\_

4. CONTACT: I acknowledge that contact with other persons, other equipment, or rings, whether intentional or unintentional, is a common part of ringette programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury. INITIALS \_\_\_\_\_

5. I acknowledge that privacy breaches, hacking, technology malfunction or damage could occur;

INITIALS \_\_\_\_\_

6. Advice: Negligent advice regarding ringette programs;



7. My child/ward's conduct and conduct of other persons including any physical altercation between ringette participants:

I acknowledge that such conduct, including my child/war's negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE RELEASEES, may increase the risk of damage, loss, personal injury or death. I understand that the Releasee may fail to safeguard or protect my child/ward from the risks, dangers and hazards of ringette programs, some of which are referred above.

8. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Association has put in place preventative measures to reduce the spread of COVID-19; however, the Association cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the ringette programs could increase your risk of contracting COVID-19. INITIALS

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#### RELEASE OF LIABILITY, WAIVER OF CLAIM AND INDEMNITY AGREEMENT

In consideration of the Releasees allowing my child/ward to participate in ringette programs, use its equipment and facilities and providing its ringette services and consultation, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I or my child/ward may suffer or that my next-of-kin may suffer as a result of my child's/ward's participation in ringette programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to:

a. Negligence on the part of the Releasees; b. Breach of contract by the Releasees; c. Breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of equipment; d. Breach of any stator or other duty of care including duty of care owed under the Occupiers Liability Act, R.S.B.C. 1996, c. 303, on the part of the Releasees; and e. The failure on the part of the Releasees to safeguard or protect me or my child/ward from the risks, dangers, and hazards of ringette programs, some of which are referred to in the Assumption of Risks section of this Agreement.

RINGETTE BC #258-6450 ROBERTS ST. BURNABY V5G 4E1

2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expenses or injury to my child/ward resulting from my child's/ward's participation in ringette programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to negligence on the part of the Releasees; breach of contract by the Releasees; breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of equipment; breach of any statutory duty or other duty of care including any duty of care owed under the Occupiers liability Act, R.S.B.C. 1996, c. 303, on the part of the Releasees; and the failure on the part of the Releasees to safeguard or protect my child/ward from the risks, dangers and hazards of ringette programs, some of which are referred to in the Assumption of Risks section of this Agreement.

3. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expense or injury to any third party resulting from my child's/ward's participation in ringette programs.

4. Despite the risks, dangers and hazards of ringette programs, and fully understanding such risks, dangers and hazards, I wish my child/ward to participate in ringette programs with the Association, and I FREELY ACCEPT AND FULLY ASSUME all such risks, dangers and hazards and the possibility of personal injury, death, property damage, and loss resulting therefrom.

5. This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns, and representatives in the event of my death or incapacity. INITIALS \_\_\_\_\_

SAFETY: In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of ringette programs other than what is set forth in this Agreement.

INSURANCE: I am aware that the Association carries insurance and that should my child/ward become injured or cause personal injury or property damage to any third party while participating in ringette programs, my child/ward may or may not be entitled to insurance coverage depending on the terms and conditions of the Association's insurance policy.

JURISDICTION: This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia (BC), and I agree to attorn solely to the jurisdiction of the Courts of the Province of BC. Any litigation involving the parties to this Agreement shall be brought solely within the Province of BC and shall be within the exclusive jurisdiction of the Courts of the Province of BC.

By executing this form, whether on-line or by signature, you agree that you are the registering player's parent/legal guardian and that you have read and understand and are bound by the Agreement terms.

#### ACKNOWLEDGEMENT

The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

\_\_\_\_\_

Name of Participant (print)

Signature of Participant

Date of Birth

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Name of Parent or Guardian (print) Signature of Parent or Guardian

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Date