



RINGETTE
BRITISH COLUMBIA

RETURN TO RINGETTE GUIDELINES –
BC RESTART 2.0 VERSION

Updated July 2, 2021
version – BC Restart 2.0

DISCLAIMER

These updated *Return to 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, as well as recommended health and safety measures can rapidly change. No guarantees can be given, at this time, to the accuracy of the document.

This is not a legal document nor is it meant to provide legal advice. The *Return to Ringette* guidelines are to be used as a guide only.

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

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.

If there is any conflict between language in the written *Return to Ringette* Guidelines and the online version, the online version will prevail.

INTRODUCTION

Ringette BC's *Return to Ringette Guidelines* are founded on the overriding principle of fostering and providing a safe environment for all participants. The *Return to Ringette Guidelines* seek to balance the maximum allowable participants with the context of the regulations put forward by the Provincial Health Officer (PHO).

The *Return to Ringette Guidelines* are to be used in conjunction with the following documents:

1. [BC Guidelines from WorkSafeBC](#) and the [Provincial Health Authority](#)
2. [BC Restart Plan 2.0](#)
3. [viaSport's Return to Sport](#) resource page for the Sport Sector

The information provided in these guidelines does not supersede or override protocols, guidelines, requirements or restrictions set out by the Federal, Provincial and/or Regional Health Authorities, governments or facility operators.

Additions and/or changes may be necessary based on regulations and recommendations of the Provincial and/or Regional Health Authorities. The most current version of the *Return to Ringette* guidelines will be posted on the Ringette BC website.

Members, including coaches, volunteers, players, officials, of Ringette BC who unable to demonstrate adherence to the Guidelines may be subject to sanctioning from Ringette BC, the League and/or their Club Association.

Members who elect to provide unsanctioned ringette activities to Ringette BC participants are subject to sanctioning by Ringette BC or the member Club Associations. Coaches, volunteers, administrators, and players who are facilitating additional "private" ringette activities need to be aware that this is a serious concern under the cohort model and in the face of a pandemic.

RINGETTE ASSOCIATION RESTART PLAN

Please note the following updates have been made to the Guidelines following the movement of the Province of BC to Stage 3 of the BC Restart Plan 2.0:

1. Masks: Ringette BC recommends that Masks are worn indoors when off the field of play by anyone 12 years of age or older who is not fully vaccinated yet.
 - a. Masks are recommended to be worn indoors by anyone 12 years of age and older who is not fully vaccinated. Masks are not required on the field of play.
 - b. Unless stipulated by the facility that masks are required in the building¹ – adhere to facility restrictions.
2. Spectators and Group Sizes:
 - a. Indoor: 50 people or 50% of the capacity of the space (whichever is greater)
 - b. Outdoor: 5000 people or 50% of the capacity of the space (whichever is greater)
3. Travel:
 - a. Travel within Canada is permitted.
4. COVID-19 Safety Plans are replaced with Communicable Disease Plans.
5. COVID-19 Outbreak Response has been removed.

Recommended Actions for Local Ringette Associations for Stage 3 have been added to Stage 3 section.

¹ Please adhere to your facility restrictions.

COVID – 19 GENERAL HEALTH AND SAFETY GUIDELINES

Ringette BC and our League and Club Associations' number one priority is the health and well-being of our participants. All PARTICIPANTS must follow these guidelines and provide the following information to participate in ringette:

GENERAL HEALTH AND SAFETY GUIDELINES FOR ALL PARTICIPANTS

- All activities should continue to follow Communicable Disease Plans, facility restrictions and General Health and Safety Guidelines.
- Ringette BC's [Illness Policy](#) is in effect.
- All PARTICIPANTS must adhere to all health & safety regulations
- Any PARTICIPANT feeling ill or exhibiting symptoms of COVID-19 MUST NOT attend ringette activities;
- Frequent hand washing is recommended. Hand sanitizer must be available if hand washing access is limited by the facility operator.
- No spitting
- No chewing tobacco, no sharing of vapes or other tobacco products
- Each participants must have their own water bottle. Absolutely, NO sharing of water bottles. participants should clearly label their water bottle with their first and last name
- Follow and adhere to facility capacity restrictions as advised by the facility operator
- All participants should carry wipes, hand sanitizer OR pump soap in their equipment bags
- Gathering restrictions from the Provincial Health Authority are applicable at all ringette events.
- Travel restrictions from the Provincial Government are applicable to sport and will be followed.
- A Club Association Representative such as a local Board member or Team Staff will have full authority to send a participant home if they attend an event with any symptoms. Should a parent arrives with symptoms, they can also be sent home. Their participant will be sent home as well.

BC RESTART PLAN 2.0

The [BC Restart Plan 2.0](#) was released on May 25, 2021 and outlines the four stages of restarting the Province of BC. The BC Restart Plan 2.0 includes four stages of reopening. The image below gives the overview of the restart plans and high level details on each stage. The table below includes the details from the BC Restart Plan 2.0 chart focusing specifically on sports and activities and travel.

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings - up to 10 people Indoor visitors - up to 5 people or 1 household	Indoor seated organized gatherings - up to 10 people Outdoor seated organized gatherings - up to 50 people	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages - no spectators	Indoor & outdoor dining - up to 6 people Liquor service - 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 JUNE 15 <small>(Earliest date)</small>	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings - up to 50 people Indoor visitors - up to 5 people or 1 household Playdates	Indoor seated organized gatherings - up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	BC recreational travel BC Transit and BC Ferries - increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages - no spectators Spectators for outdoor sports - up to 50 people	Liquor service - midnight Banquet halls reopen - limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
3 JULY 1 <small>(Earliest date)</small>	C: low H: declining D1: 70%	Masks - recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings - Safety Plan Fairs & festivals with Safety Plan	Canada recreational travel	All indoor fitness classes - increased capacity Limited spectators for indoor sports	Dining - no group limit Bingo halls, casinos and nightclubs - limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
4 SEPT 7 <small>(Earliest date)</small>	C: low H: low D1: 70%+	Masks - personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions - Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1

BC'S RESTART: A PLAN TO BRING US BACK TOGETHER 8

<u>Stage 1</u>	<u>Stage 2</u>	<u>Stage 3</u>	<u>Stage 4</u>
Begins May 25	Begins June 15 (At the earliest)	Begins July 1 (At the earliest)	Begins September 7 (At the earliest)
Sport & Activities: Low intensity indoor fitness classes Outdoor local team games and practices for all ages. Indoor Sport – no changes. No spectators.	Sport & Activities: High intensity indoor fitness classes w/ reduced capacity Indoor local team games and practices for all ages – no spectators Outdoor spectators up to 50 people.	Sport & Activities: All indoor fitness classes Group Sizes updated for Indoor and Outdoor gatherings. Spectators permitted see Gathering rules. Masks are Recommended Indoors	Sport & Activities: Increased indoor & outdoor spectators. Return of normal sport competitions with Safety Plans.
Travel Recreational travel within your zone Non-essential travel between zones restricted.	Travel BC recreational travel BC Transit & BC Ferries increased services as needed.	Travel Canada recreational travel.	Travel Canada recreational travel.

VIASPORT - BC SPORT SECTOR GUIDELINES FOR BC RESTART 2.0

The BC Government Restart plan outlines how the Province of BC will reopen. viaSport has released an overview to provide additional guidance and resources for the sport sector to support through the new stages. The information provided by Ringette BC to the local ringette associations is based on the principles and guidelines outlined by viaSport.



Return to Sport Restart 2.0 viaSPORT BRITISH COLUMBIA

STEP 1 Effective May 25	STEP 2 Effective June 15	STEP 3 July 1 (Earliest)	STEP 4 Sept 7 (Earliest)
<p>Outdoor sport</p> <ul style="list-style-type: none"> • Travel limited • Training and competition allowed • Maximum group size in effect • No spectators <p>Indoor sport</p> <ul style="list-style-type: none"> • Must maintain physical distance on and off the field of play • Travel limited <p>High-performance sport</p> <ul style="list-style-type: none"> • CSI-P exemption in effect 	<p>Outdoor sport</p> <ul style="list-style-type: none"> • Recreational travel, including for sport, allowed within B.C. • Maximum group size is 50 for adults (i.e. 22 and over). That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity • No maximum group size for children and youth (i.e. those under 22) • Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained. • Up to 50 spectators • Masks not required <p>Indoor sport</p> <ul style="list-style-type: none"> • Recreational travel, including for sport, allowed within B.C. • Maximum group size is 50 for children/youth and adults. That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity • Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained • Field of play: no masks required • Off the field of play: masks required • No spectators <p>High-performance sport</p> <ul style="list-style-type: none"> • CSI-P identified athletes do not have a maximum group size for outdoor sport activities, but must adhere to all other Step 2 rules 	<p>Outdoor sport</p> <ul style="list-style-type: none"> • Increased group size • Increased travel • Increased spectators <p>Indoor sport</p> <ul style="list-style-type: none"> • Increased group size • Increased travel • Increased spectators <p>High-performance sport</p> <ul style="list-style-type: none"> • Inter-provincial restrictions lifted 	<p>Return to normal sport competitions for both indoor and outdoor sport</p>

ALL STEPS: Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Sport specific COVID-19 guidance documents and safety plans should be adapted to fit the steps outlined in this Return to Sport Restart 2.0 Chart.

Current as of June 17, 2021

To access all updated resources from viaSport please visit their [Return to Sport Resource Hub](#) and review their updated [FAQ page](#) for details related to the Return to Sport and the BC Restart Plan 2.0.

RESTART TO RINGETTE

Ringette BC will Restart Ringette in accordance with the [BC Provincial Restart Plan 2.0](#) and the viaSport [Return to Sport](#) guidance document. The *Restart Ringette* Guidelines will be updated as new information becomes available and details are released for Stages 3 and 4 of the Restart Plan.

STAGE 1 BC RESTART 2.0 PLAN

BEGINS: [May 25, 2021](#)

	INDOOR SPORT	OUTDOOR SPORT
Health Checks & Safety Plans	<ul style="list-style-type: none"> Health Checks – Required Safety Plans Required 	<ul style="list-style-type: none"> Health Checks – Required Safety Plans Required
Contact	<ul style="list-style-type: none"> Must maintain 3 meters physical distancing on the field of play Must maintain 2 meters physical distancing off the field of play 	<ul style="list-style-type: none"> Contact permitted on the field of play
Travel	<ul style="list-style-type: none"> To the Home Club Cannot leave the Zones 	<ul style="list-style-type: none"> To the Home Club Cannot leave the Zones
Group Size	<ul style="list-style-type: none"> Follow facility restrictions for specific group sizes Youth is maximum groups of 50 No cohorts Group includes coaches, athletes, referees, trainers, safety officers, volunteers, etc. 	<ul style="list-style-type: none"> Youth sport has no maximum Adult sport is maximum 50 No cohorts
Permitted Activities	<ul style="list-style-type: none"> Physically distant skills and drills 	<ul style="list-style-type: none"> Scrimmages, practices, games, contact training
Age Groups	<ul style="list-style-type: none"> Adult sport remains suspended 	<ul style="list-style-type: none"> Youth and adult sport returns
General Notes	<ul style="list-style-type: none"> No Spectators² Mask must be worn at all times when off the field of play 	<ul style="list-style-type: none"> No spectators Masks must be worn when physical distancing cannot be maintained off the field of play
Come Try Ringette specific guidelines:	<ul style="list-style-type: none"> Not permitted 	<ul style="list-style-type: none"> If hosted outside on dry floor: permitted to have contact and follows all other outdoor sport restrictions
Gym Ringette specific Guidelines	If hosted in a gymnasium or indoors: <ul style="list-style-type: none"> Physical distancing must be maintained. Adhere to facility restrictions. 	<ul style="list-style-type: none"> If hosted outdoors in a sport court, lacrosse box, etc. → adheres to all outdoor sport specific guidelines

² Parents/Guardians are permitted to enter ONLY to provide care to participants.

BC RESTART 2.0 PLAN –RETURN TO CONTACT

TIMELINE: JUNE 15 AT THE EARLIEST

	INDOOR SPORT	OUTDOOR SPORT
Health Checks & Safety Plans	<ul style="list-style-type: none"> Health Checks – Required Safety Plans Required 	<ul style="list-style-type: none"> Health Checks – Required Safety Plans Required
Contact	<ul style="list-style-type: none"> Contact permitted on the field of play Physical distancing required off the field of play (2 meters) 	<ul style="list-style-type: none"> Contact permitted on the field of play Physical distancing required off the field of play (2 meters)
Travel	<ul style="list-style-type: none"> Within the Province of BC 	<ul style="list-style-type: none"> Within the Province of BC
Group Size	<ul style="list-style-type: none"> Maximum group size of 50 people No cohorts Group includes coaches, athletes, referees, trainers, safety officers, volunteers, etc. 	<ul style="list-style-type: none"> Adults: Maximum Group Size is 50 people. <ul style="list-style-type: none"> Group includes coaches, athletes, referees, trainers, safety officers, volunteers, etc. Under 22: No maximum group size. No cohorts
Permitted Activities	<ul style="list-style-type: none"> Scrimmages, practices, games, contact training 	<ul style="list-style-type: none"> Scrimmages, practices, games, contact training
Age Groups	<ul style="list-style-type: none"> All Ages 	<ul style="list-style-type: none"> All Ages
General Notes	<ul style="list-style-type: none"> No Spectators³ Mask must be worn at all times when off the field of play 	<ul style="list-style-type: none"> Spectators up to 50 Masks must be worn when physical distancing cannot be maintained off the field of play
Come Try Ringette specific guidelines:	<ul style="list-style-type: none"> Safety Plan in place. Requires pre-registration and health checks Physical distancing on the field of play is not required. Physical distancing off the field of play (2m) required Equipment should be shared only when needed No spectators. Parents are able to participate on ice as a participant. 	
Gym Ringette specific Guidelines:	<ul style="list-style-type: none"> Must adhere to all indoor sport specific guidelines and applicable facility rules Physical distancing is not required on the field of play. Physical distancing off the field of play required. 	<ul style="list-style-type: none"> If hosted in a sport court, lacrosse box, etc. Adheres to all outdoor sport specific guidelines

³ Parents/Guardians are permitted to enter ONLY if they are required to provide care to participants.

BC RESTART 2.0 PLAN - FURTHER LOOSENING OF RESTRICTIONS

ESTIMATED START DATE: JULY 1, 2021

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

Local Association Action Items:

- Communicable Disease Plans
- Communicate facility-specific restrictions to members
- Manage group sizes through attendance tracking
- Update any relevant Return to Ringette Association specific guidelines.

⁴ Masks are recommended indoors for anyone 12 years of age and older, who is not fully vaccinated.

BC RESTART 2.0 PLAN - COMPETITION RETURNS

EARLIEST DATE FOR MOVEMENT: SEPTEMBER 7, 2021

	INDOOR SPORT	OUTDOOR SPORT
Health Checks & Safety Plans	<ul style="list-style-type: none"> Communicable disease plans for events 	<ul style="list-style-type: none"> Communicable disease plans for events
Contact	<ul style="list-style-type: none"> Contact permitted on the field of play 	<ul style="list-style-type: none"> Contact permitted on the field of play
Travel	<ul style="list-style-type: none"> Within the Canada 	<ul style="list-style-type: none"> Within the Canada
Group Size	<ul style="list-style-type: none"> Group size increases No cohorts 	<ul style="list-style-type: none"> Group size continues to increase No cohorts
Ringette Specific - Permitted Activities	<ul style="list-style-type: none"> Scrimmages, practices, games, contact training League Play Tournaments 	<ul style="list-style-type: none"> Scrimmages, practices, games, contact training Tournaments return
Age Groups	<ul style="list-style-type: none"> All Ages 	<ul style="list-style-type: none"> All Ages
General Notes	<ul style="list-style-type: none"> Further increase to the number of Spectators Masks are not required 	<ul style="list-style-type: none"> Further increase to the number of Spectators Masks are not required

RETURNING TO RINGETTE

INJURY PREVENTION AND FIRST AID

As participants will likely have limited abilities to warm up prior to the activities, it is important that Coaches include on-ice warm up and cool down activities in their practice plans. Players should also be encouraged to do additional cool down stretched once they return home to help prevent injury.

In the event that a Team Staff needs to attend to a participant, they must follow the facility first aid requirements. In addition, they will need to do the following:

- 1) The Team Staff attending to the injured player must wear a mask and gloves as they will be in close proximity to the participant.
- 2) All team first aid kits must contain gloves and masks for coaches and trainers to use.
- 3) Complete and injury form for Ringette BC if first aid is administered.

ADDITIONAL FIRST AID RESOURCES:

A guide for employers and Occupational First Aid Attendants can be found on the [WorkSafe BC](#) website.

First aid protocols for an unresponsive person during COVID-19 review the information provided by the [Red Cross](#).

APPENDIX A - DEFINITIONS:

- **“Activity”** – an individual or group practice, team event, training, etc.
- **“Community”** – for the purpose of this document, community is defined as the municipality/municipalities located within your local Club Association boundaries as defined by the Ringette BC [Association Boundaries Policy 1.18](#).
- **“Community - focus”** – sport activities that take place within the home sport community or clubs where participants are members.⁵
- **“Competition”** – a ringette game includes following the standard Ringette Canada Rule book, modified (4 v 4 or 3 v 3), exhibition. Includes games between teams within the same local Ringette Association, games between teams from two different local Associations.
- **“Contact”** – as per health guidance, contact is both close proximity (less than two metres) and physical contact.⁶
- **“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
- **“Field of Play”** – for the purposes of this document, “field of play”⁷ is defined as the playing surface i.e. an ice surface, field or gymnasium and includes the player benches and penalty boxes. Dressing rooms are not the *field of play* under the viaSport updated [Return to Sport Guidelines](#).
- **“League”** – the community of regional participation for ringette programs and competitions
- **“LSO”** – Local Sports Organization
- **“Outbreak”** – two or more confirmed COVID-19 cases
- **“Participant”** – any individual participating in ringette-related activities - this includes athletes, team staff, parents, officials, spectators and volunteers
- **“Physical Distancing”** – as defined by the Provincial Health Officer, maintaining a minimum 2 metres (6 feet) of space between individuals from different households.
- **“PSO”** – Provincial Sports Organization
- **“Recreation”** – “physical activities that include those undertaken as leisure, fitness training, and sport-related activities done at the discretion of the individual; either self-led or facilitated by recreation leaders.” ([viaSport Sport Sector Guidelines](#)).
- **“Regions”** – designated regions within the province that adhere to the boundaries and regulations of the Health Authorities within BC.⁸

⁵ viaSport Return to Sport Guidelines version 2.0

⁶ viaSport Return to Sport Guidelines version 2.0

⁷ viaSport Return to Sport Guidelines version 2.0 p. 22

⁸ [Regional Health Authorities](#)

- **“Sanctioned event or activity”** – an event or activity permitted by Ringette BC through member Club Associations. Sanctioned Event or activities are covered by Ringette BC insurance.
- **“Sport”** – “any organized sport activity that involves a number of people doing a physical activity together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport organization.” ([viaSport Sport Sector Guidelines](#))
- **“Team”** – group of athletes and coaches, as per the guidelines, formed for the purposes of competition.
- **“User Group”** – renter of a facility including a Provincial Sport Organization, League, Club Association or private company.
- **“viaSport”** – previously, BC Sport Branch, a branch of the BC Government responsible for evaluating, monitoring, and supporting sport development in BC.

APPENDIX B

SCREENING PROTOCOLS AND QUESTIONS

All Local Club Associations will need to ensure that as participants arrive for ringette activities at the facility that they are asked the following screening questions. For minors these questions should be asked with a parent/guardian present and it should not be the coach that asks the questions. Questions should be asked before athletes enter the facility.

Associations are welcome to collect Health Check's electronically through online forms or TeamSnap or using the Ringette BC [Health Check form](#).

SCREENING QUESTIONS:

1. Are you exhibiting any symptoms of COVID-19 such as, fever, sore throat, cough, severe chest pains, extreme fatigue, nausea or vomiting?
2. Has any member of your household been experiencing COVID-19 symptoms within the last 14 days and been advised by Health Authority to self-isolate?
3. Have you or anyone in your household travelled outside of Canada in the past 14 days and currently under quarantine order?
4. Have you been identified by Public Health as a close contact of someone with COVID-19 within the last 14 days?

The questions noted above should be asked at every ringette related activity. All answers and attendees are tracked on the Attendance Tracking sheet.

If a participant responds YES to question 1, they are not permitted to participate in any ringette activities and should be directed to complete the [BC Self-Assessment tool](#).

APPENDIX G RESOURCES

The following resources are available to support and assist participants with working through the Restart of Ringette and the Restart of Sport.

- [Gathering and Events Order](#)
- [viaSport Sport Sector Return to Sport Resource Center](#)
 - [Return to Sport Restart 2.0](#)
- [viaSport Frequently Asked Questions \(FAQ\)](#)
- [BC Restart Plan 2.0](#)
 - [Step 1: May 25](#)
 - [Step 2: June 15](#)
 - [Step 3: July 1](#)
 - [Step 4: September 7](#)
- [Province-Wide Restrictions webpage BC](#)
- [BC Center for Disease Control Self-Assessment Tool](#)
- [Ringette Canada National Directive on the Return to Ringette](#)
- [Ringette BC COVID-19 Resource Hub](#)
- [Rule of two in virtual training environments](#)
- [Order from the Provincial Government regarding Sports Organizations and Insurance](#)
- [COVID – 19 viaSport Frequently Asked Questions](#)
- [Ringette BC Illness Policy](#)
- [BC Parks and Recreation Association \(BCRPA\) updates](#)
- [WorkSafeBC Communicable Disease Plan](#)