

SHOULD I GO TO RINGETTE TODAY?

To ensure the safety of our members, IRA players and coaches must complete the COVID-19 Alberta Health Daily Checklist via RAMP APP to determine if they should attend an ice session. If you are ill, have come into contact with someone who is or have traveled recently, use this guide to help you safely return to ringette.

Do you have any new onset (or worsening) of any of the following?

NO

YES

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Other symptoms unrelated to COVID-19

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

Stay home to minimize contact with others.
Please use the [AHS COVID-19 Self-Assessment Tool](#) to determine whether you need to be tested for COVID-19.
You can return to ringette when symptoms resolve.

Stay home until symptoms resolve and you feel well enough to go to ringette.

DO NOT COME TO RINGETTE.
You are legally required to isolate for at least 10 days from the start of your symptoms or until they resolve, whichever is longer.
Please use the [AHS COVID-19 Self-Assessment Tool](#) to determine whether you need to be tested for COVID-19.

Although not required, IRA **recomends** you to get a COVID-19 test as a negative result may shorten your isolation time.

Have you had **close contact** with someone who has any of the symptoms above and who has **ALSO** been in close contact with a confirmed case of COVID-19 in the last 15 days?

NO

Have you had close contact with a **confirmed** case of COVID-19 in the last 14 days?

NO

Have you traveled outside of Canada in the last 14 days?

NO

You can go to Ringette!!

YES

YES

YES

Follow AHS directions for self-isolation.
You can return to ringette once AHS informs you it is safe to do so.

Test Result: **NEGATIVE**

You can return to ringette when symptoms resolve.

Test Result: **POSITIVE**

Follow AHS directions for self-isolation.