

For all Participants

Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
All Participants must adhere to public health authority guidelines	√	√	√	√
All participants must adhere to facility rules & guidelines				
 Communicate with families to make sure they are aware of the spectator rules around physical distancing as well as on- ice protocol 	√	√	√	√
 Work with the facility to have a common area with marked physical distanced seating and a common area to put on skates or remove skate guards 	√	√	√	√
 When local health protocol allows use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help) 	\checkmark	√	√	\checkmark
 Encourage participants to minimize their time in or around the facility 	√	√	√	√
 Remind players and parents to follow physical distancing guidelines when leaving 	√	√	√	√
Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
Action Encourage or require patrons to register and pay online prior to	Activity			
Action Encourage or require patrons to register and pay online prior to arriving Look at making payment/refund policies more flexible so families	Activity √			
Action Encourage or require patrons to register and pay online prior to arriving Look at making payment/refund policies more flexible so families do not feel pressured to make an ice session. Host an online meeting with parents/guardians to run through	Activity √			
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If a player has any cold or flu-like symptoms (runny nose, sore		,	,	,
throat, fever, cough) they must advise the team and stay home		√	√	\checkmark
until symptoms have ended.				
They may need to be tested for COVID-19 should symptoms		√	√	1
match universal symptoms; if positive, follow public health		V	V	√
authority requirements				
A coach should be prepared to require that a player exhibiting		√	√	√
symptoms must leave the ringette session / activity		V	V	~
When coughing or sneezing:				
 Cough or sneeze into a tissue or the bend of the 		√	√	√
arm, not the hand		v	v	•
 Dispose of any used tissues as soon as possible in a 		√	√	\checkmark
lined waste basket and wash hands				
 Avoid touching the eyes, nose or mouth with 		√	√	√
unwashed hands				
Action	Prior to	Prior to	At	After
	Activity	Arrival	Activity	Activity
	_		_	_
Participants identified as vulnerable to COVID-19 should be more	V	√	V	√
cautious and should speak with a physician prior to participating	,	,	,	·
Promote strict hand hygiene (washing and sanitizing) before and		\checkmark	√	√
after training				
Wash hands after using rest rooms with soap and water for at		\checkmark	\checkmark	\checkmark
least 20- seconds				
<u> </u>				
Use alcohol-based hand sanitizer if soap and water are not		√	√	√
Use alcohol-based hand sanitizer if soap and water are not available		√	√	√
available				
available It is recommended that anyone entering a facility should wear a		√ √	√ √	√ √
It is recommended that anyone entering a facility should wear a cloth mask. The mask can be removed during the ringette				
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ction	Prior to	Prior to	At	After
	Activity	Arrival	Activity	Activity
Limit dressing room use as much as possible			√	√
Have participants put on their shoes or skate guards so that they can leave quickly			√	√
Encourage participants to minimize their time in the facility			√	√
For age groups where parents need to assist with equipment, limit the number of parents in the dressing room/change area to one per player. Entry should be controlled to meet physical distancing requirements			√	√
Have a separate gym bag with clothing for dryland. If possible, have dryland clothes on under street clothes		√	√	
Wear clothing that minimizes changing in tight spaces				
If dryland, wear dryland clothing to the facility. If on-ice wear equipment other than helmet, gloves and skates		$\sqrt{}$	√	√
Shower at home.		√	√	√
Do not share toiletries of any kind		√	√	√
During the warm-up the coach should ensure physical distancing is practiced. No sharing of foam rollers or warm up equipment		\checkmark	\checkmark	√
Observe facility rules regarding team warm-ups, including physical distancing requirements		\checkmark	\checkmark	√
Players need to be prepared to disinfect fitness equipment immediately after use		√	√	√
Absolutely no spitting or open nose blowing in the ringette environment		√	√	√
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Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
Minimize congregation in the lobby as much as possible.	√	√	√	√
Meet family at vehicles if suitable for age of players – follow physical distancing requirements of facility and public health authority.	V	V	V	√
authority.				
Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints.		√	√	√
Team staff should try and control the number of times players enter and exit the dressing room; this avoids hands contacting the handles. Use the elbow to open.		V	√	V
No should a final or delate				
No sharing of food or drinks		\checkmark	\checkmark	\checkmark

Towels are on the bench under the guidance of the trainer for		√	√	√
emergency use				
Towels are not for regular player use. If a trainer uses a towel on		\checkmark	\checkmark	√
the bench, it must be taken out of use and washed		·	·	·
Paper towels/tissues can be kept on hand to wipe faces or blow noses if on the bench		√	√	√
Garbage cans should be placed close by for disposal		\checkmark	\checkmark	√
No handshakes between teams. Referee can greet coaches but		V	$\sqrt{}$	√
no handshakes.		·	·	,
Some equipment should be washed (jerseys, pants, socks, etc.)	$\sqrt{}$	\checkmark	V	√
after each session, following manufacturer guidelines	·	·	·	·
Players must ensure that equipment is kept clean	√	√	√	√
Encourage players to take equipment out of bags and dry it out	V	V	V	√
after EVERY session.	,	,	,	,
Wash all undergarments after each session following	J	V	V	√
manufacturer guidelines	,	,	,	,