

NOVA CENTRAL RINGETTE ASSOCIATION



PARENT'S HANDBOOK

April 2023

This has been produced as a guideline for Managers based on the rules/regulations and operational requirements of the Central Region Ringette League (CRRL) and Ringette Nova Scotia (RNS). For a complete listing of rules and operations information visit the Central Region Ringette League website at www.centralringetteleaguens.ca and Ringette Nova Scotia website at www.ringette.ns.ca.

The Manager Information Handbook is a live document, subject to amendments, additions and deletions as necessary. Please visit the NCRA website at www.ncringette.ca for most current version.

Table of Contents

1. Message to Parents.....	1
2. Expectation/Code of Conduct.....	2
2.1. Expectations in Different Scenarios	2
2.1.1. Parent to Parent.....	2
2.1.2. Parents in the Stands	2
2.1.3. Parents with Coaches.....	2
2.1.4. Parents to Player	2
2.2. Conflict Resolution	3
3. History of Ringette	4
4. Nova Central Ringette Association	4
5. Ringette Philosophy and How to Play.....	5
6. Teams, Ice and Things.....	9
6.1. Ice Times	9
6.2. Tournaments.....	9
6.3. Jewelry	9
6.4. Volunteering	9
6.5. Team Financial Information	10
6.6. Required Ringette Equipment.....	11
6.7. Jerseys	11
6.7.1. Name Bars	11
6.8. Player Documentation	11
6.9. Team Website	12
6.10. Dressing Room Security/Etiquette.....	12
6.11. Team Fundraising.....	12
6.12. Safety & First Aid.....	12
6.13. Important Website/Social Media Sites	13
Annex A – NCRA Dressing Room Security/Etiquette	14

1. Message to Parents

Welcome to the Nova Central Ringette Association!

This handbook has been prepared to help members, players and parents - better understand the many aspects of ringette. It is our hope that it will assist in answering questions you might have and creating a more enjoyable ringette season for all. Please take time to read this handbook to familiarize yourself with the association, the sport and the roles of volunteers, parents and the Executive.

2. Expectation / Code of Conduct

Below outlines what NCRA expects from parents and coaches throughout the season. If these expectations are not met, the individuals will be accountable in accordance with the NCRA Code of Conduct Policy. You can find NCRA's Code of Conduct Policy here:

cloud.rampinteractive.com/NovaCentralRingetteAssoc/files/NCRA%20Code%20of%20Conduct%20-%202017Aug22.pdf.

2.1. Expectations in Different Scenarios

2.1.1. Parent to Parent

It is important that you as parents are positive with each other. The parent-to-parent message is critical. Positive comments about the team, the coaches, your child and other parent's children create a positive environment for everyone. Remember that every position is important in a team sport - not one more than another.

2.1.2. Parents in the Stands

Behavior in the stands generates the type of team you will be known as. The association and coaches expect all parents to cheer for their own team and not against another team. We expect positive comments towards both teams. Parents are also responsible for the behavior of spectators that have come to the game to support their player.

In addition, it is essential that coaches, parents and players understand the importance of actively displaying respectful and ethical behavior towards officials. NCRA expects parents to control their emotions when it comes to the officials in the game. The Association will exercise zero tolerance where there is abusive behavior towards game officials.

2.1.3. Parents with Coaches

We expect parents to treat their coaches with respect. Coaches have volunteered their time, and they have committed to the roles and responsibilities of a coach as laid out by the association. If you have a serious concern or question for the coach, email the coach, request a face-to-face meeting, and include the NCRA coach coordinator in the email. Please never discuss issues in front of the players, before games and after games. These are not appropriate times to have a meeting and will be less likely to result in a positive outcome. When you wait 24 hours before having the discussion with the coach, it allows you to determine if your child has the same perception as you do. If you do not feel comfortable discussing the issue with the coach, contact your manager.

2.1.4. Parents to Player

First, understand your child's strengths and then compliment them on the things they do well. Try to limit what you tell them they need to do - that is the coach's responsibility. Ensure that your child comes to the games well nourished, well rested, properly equipped and in good spirits. Encourage them to work hard and to listen to their coach as you are getting them to the rink. Do not contradict the coach with instructions as this confuses the players. Be positive and understand that a big part of your child's enjoyment this season will be based on your comments and behavior.

2.2. Conflict Resolution

As in all things from time to time, conflict will occur. Ringette teams and arenas are no exception. Conflict is not the problem, but poor resolution is. Along with the conflict comes opportunity for improvement. We can help by modelling healthy conflict resolution behaviour for our players. At NCRA there is an expectation that players, parents, and volunteers alike follow proactive and respectful conflict resolution processes.

One significant element of conflict resolution in NCRA as well as other sports organizations is allowing all participants an opportunity to cool down. Adherence to the “24 hour rule” (as outlined in the code of conduct signed by all volunteers, players and parents) is one important way to move the process in a productive manner. People potentially involved in conflicts include parents, fans, players, coaches, officials, team reps, and the NCRA executive. Taking a day to think about how to best proceed benefits everyone and helps to support respectful choices in dealing with hot-button issues.

Whether concerns come up between players and coaches, coaches and officials, or parents and someone on the executive, once the conflict has occurred or a grievance is noted, all participants are expected to take at least a twenty-four hour “break” before proceeding with the next step in resolution. All concerns are expected to be addressed in a respectful manner and there have been procedures set in place to try to facilitate any issues that arise. Parents are to take their concerns to the team manager and/or coach as necessary. Issues which cannot be resolved at the team level can be escalated to the NCRA Executive.

It is understood that many involved are passionate about the issues and it is expected that differences of opinions will arise. The most important factor to consider is that every effort will be made to resolve any conflict with the best interest of all participants taken into consideration. What is best for one is not always best for all and these issues must always be weighed. It is our hope that the general focus is always on what is best for all players and considering the organization’s overall commitment to supporting fair play and inclusiveness at all levels. All coaches, team staff, and executive members are volunteers who contribute significant amounts of time to try to provide all members with the best possible sporting experience. Respecting different opinion and suitable boundaries should be paramount in resolving any conflicts in the fairest way possible.

3. History of Ringette

Ringette is a fast-paced ice-skating sport enjoyed by over 30,000 Canadian girls and women of all ages. Canadian Sports Hall of Fame inductee Sam Jacks created the foundation of Ringette in 1963 in North Bay. The very first Ringette game was held in Espanola and was organized by Red McCarthy. Since then, the game has spread worldwide. Ringette has evolved into a fast, exciting sport that combines speed and strategy. Outside of Canada, ringette is played in other countries like Finland, Sweden and the United States.

In 2009, Canada Post issued four stamps in a series entitled Canadian inventions: featuring four sports “made in Canada”: ringette, basketball, five-pin bowling and lacrosse. The game of ringette was designed to emphasize skill and teamwork; the game was and remains a great sport. Ringette was recognized as a Canadian Heritage Sport in 2008.

4. Nova Central Ringette Association

There are multiple governing bodies for the sport of Ringette. At the national level is Ringette Canada, while Ringette Nova Scotia governs the sport in the province. Ringette Nova Scotia (RNS) is responsible for items such as the training, accreditation, and coordination of officials; selection and management of provincial ringette teams; and participation in pre-season player evaluations.

Teams within HRM and the Annapolis Valley form the Central Region Ringette League (CRRL). Associations include Nova Central Ringette Association, Harbour City Lakers Ringette Association (Dartmouth), Halifax Hurricanes Ringette Association, and Berwick Ringette Association.

The operation and governance of the NCRA is the responsibility of the Board of Directors. Comprised entirely of volunteers, board members are nominated and voted in during the NCRA annual general meeting. The current Board members (with contact info) are given on the NCRA website. The Board is comprised of the following positions:

- President
- Vice-President
- Treasurer
- Secretary
- Registrar
- Ice Scheduler
- Central Rep / Statistician
- Coaching Coordinator
- Equipment Coordinator
- Communications Coordinator
- Athlete Development Coordinator

5. Ringette Philosophy and How to Play

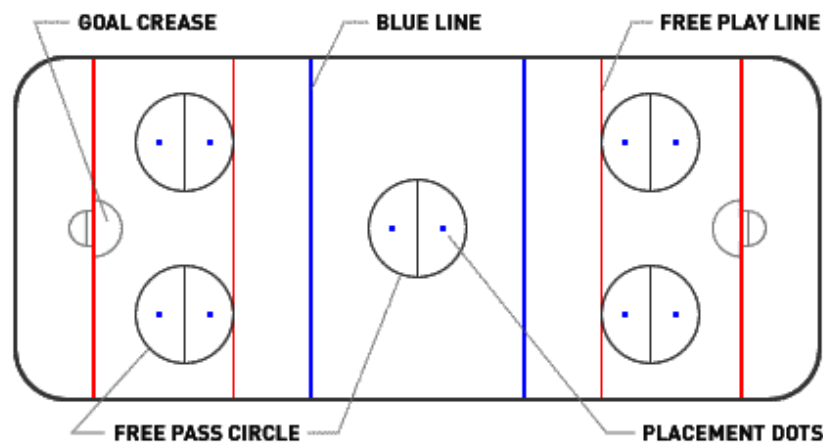
Ringette is an ice sport that uses a ring instead of a puck. It is a non-contact sport at all age levels. Ringette becomes a very fast and exciting game as you advance through the divisions. The players highlight exceptional skills in ring handling and skating; while the goalies are particularly challenged with the variety of shots on the ice and the flip shots in the air.

Ringette has a major advantage over other popular ice sports in that it is a team participation sport. It forces the passing of the ring across the blue lines to another player on the team. Basic Ringette rules state that the last player to touch the ring prior to the ring crossing the blue line may not touch the ring again in the next zone before another player has touched it. This encourages and enforces team play.

To a new ringette spectator, there will be elements of the ringette game which will feel familiar compared to other team sports, but there will also be some fundamental differences. This section outlines some of the relevant rules – this will be most beneficial when used in combination with observing a few games! Remember that it is the role of our coaches to teach players on the fundamentals and strategy of the game; please refrain from instructing your players to use tactics used in other sports as approaches in ringette are often very different.

A team can consist of up to 18 players. A maximum of six players per team are on the ice at any time - a goaltender, two defensive players, two forwards, and one center.

The Game begins much like soccer with the Visiting team awarded a Free Pass in the Centre Ice Free Pass Circle (known in other sports as face-off circles). Free Passes are also Ringette's way of restarting games after penalties, violations, goals or any other stoppage of the game.



The Ringette ice surface markings

Free Passes in Ringette are like free kicks or throw-ins in soccer, like throw-ins in basketball, like the quick restart in lacrosse after a violation, or the “face-off” of hockey. The ring is placed in the Free Pass circle; in the side nearest their own goal, there are two blue placement dots inside each of the five free pass circles. The referee determines which free pass circle is to be used and which team has the free pass. One player takes possession and, on the whistle, has five seconds to either shoot or pass to a teammate; they must pass it completely out of the circle; they cannot skate past the middle of the circle

or out of the circle with the ring. Failure to move the ring results in the free pass being given to the other team. During these five seconds, no other player is allowed in the Free Pass circle. A shot on goal is permitted during a Free Pass.

Blue Line Violation: A player cannot carry the ring over a blue line in either direction. The ring must be passed over the blue line to another teammate. That teammate is permitted to skate ahead of the ring carrier and already be across the Blue Line before the ring crosses it. This is quite different from hockey where the puck must cross the Blue Line before any offensive player does. Ringette does not have an 'offside' call. The requirement to pass the ring over the blue line eliminates the situation where one player can carry the ring from one end to the other. It also is one of the keys to Ringette being such a "Team Game."

Goal Crease: If the ring lands in or on the crease the only player who can touch it is the goalie. The goalie usually picks up the ring and throws it like a Frisbee to a teammate. The Goalie may not throw the ring beyond the Blue Line. If the Goalie does, then the offensive team regains possession on a Free Pass back inside the Goalie's deep defensive zone. The goalie has five seconds to pass it out of her crease. She may also choose to hit it with her stick or skate, instead of picking it up and throwing it. Neither team can enter the goal crease, not even their stick. If the team with the ring enters the crease, then they lose possession. If the defensive team loses the ring, then the offensive team gains the ring on a Free Pass in the attacking zone. If the offensive team loses the ring, play is restarted with a Goalie Ring.

Goalie Ring: Replaces a defensive zone Free Pass on all violations by the offensive team inside their offensive zone. On a Goalie Ring the goalie is given five seconds to throw the ring towards a teammate after the referee blows the whistle to signify restarting of play. The main difference between the Goalie Ring and a normal Free Pass is speed of restarting the game as play is not held up for player substitution (you can't change players on a goalie ring). This adds much to the speed and excitement of the game.

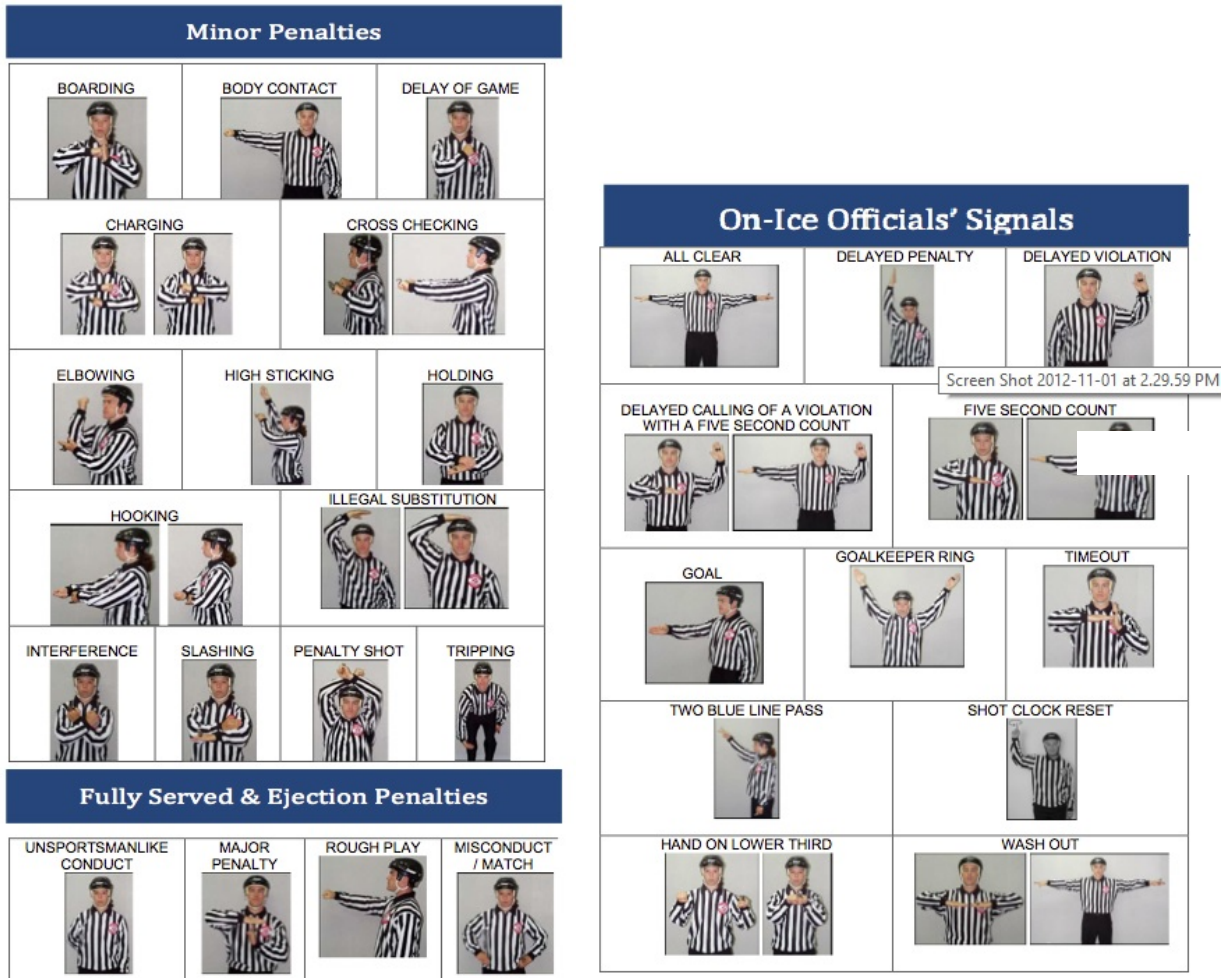
Two Blue Line Pass: There is no icing in Ringette, but there is a two-line pass, called slightly different than in hockey. The feet have nothing to do with it and there is no Center Ice Red Line in Ringette. When the ring crosses both blue lines, untouched, no player from the team that put it there can touch the ring until one of their opponents does first. For example, on an offensive two-line pass, no member of the offensive team can touch it before the defense gets control of the ring. Touching it prematurely is a violation that sends the ring all the way back to the zone it originally was in for a Free Pass by the non-offending team.

Joint Control: Joint possession of the ring, or as the rulebook calls it, "Joint Control," is when two or more opposing players place their sticks in the ring and it becomes immovable. The concept of the rule is very simple. The ring is awarded to the team gaining second control. That simply means the ring is awarded to the team that did not initially control it when that struggle for possession began. If the player first in control momentarily removes her stick from the ring, allowing an opponent to gain control and then takes joint control again, the ring is still awarded to the team that gained second control from the start of that play. Simple, eh? Why?

The reason for the rule is very simple. Possession of the ring in Ringette is so important and by the very nature of the stick inside the ring, it is very difficult to 'take the ring away' from a player in possession. The rule used to be that when a defensive team attacked the ring carrier, often the player in possession would be tied up by a good check by the defensive team only to be given the ring back because they had

initial possession. The rule was changed to *Second Possession* to encourage and reward defensive teams to attempt to gain possession. This rule has sped the game up immeasurably and reduced "ring ragging" as a concept of ring control.

Penalties: Penalties exist for various infractions. Most penalties in Ringette are unintentional and are the result of accidentally running into someone when trying to stop or when checking the ring carrier and missing the opponent's stick. Rough intentional body contact of any type is not allowed and the penalty for that is much more severe. However, like basketball and soccer, bodies sometimes accidentally collide. An overview of referee hand signals is given in the following figure.



Violations: Similar to basketball, violations are also called for various infractions, such as skating over the blue line in possession of the ring or unintentionally shooting or holding the ring out of play, or as detailed above, in the two-line pass.

At no time can a player raise the playing end of the stick above the shoulder height - this includes celebrating a goal for safety reasons and failure to comply will result in a high sticking penalty.

Central Region Ringette League Game Length: Two seventeen-minute periods. There is no overtime in regular season league play.

Minor Officials: Scorekeeper/Timekeeper/Shot Clock The Manager is responsible to ensure that there is a volunteer scorekeeper, timekeeper and shot clock person (where applicable) for all home games including tournaments where this may also be expected. All parents will be trained to run the time clock and understand how to fill out the Official Game Report (game sheet).

Ringette Canada's shot clock rules will be used for divisions at U12 and above. You will find Shot Clock Instructions here: www.officiatingringette.ca/o/index.php?page=205 (Section 24 in the Ringette Canada Rule book).

Full Ringette Nova Scotia rules can be found in the Operating Manual here: ringette.ns.ca/content/rns-operating-manual.

6. Teams, Ice and Things

For NCRA, Ringette typically begins in early September with try-outs/evaluations and team equalization sessions taking place. The regular season begins in October and runs through to March. Provincial playoffs are in March.

The age brackets for NCRA Ringette are as follows (age as of December 31st of the current year):

- U9 (generally 3 groups – Active Start, Fundamentals 1 and Fundamental 2)
- U10 - 9 and Under
- U12 - 11 and Under
- U14 - 13 and Under
- U16 - 15 and Under
- U19 - 18 and Under
- Open or 18+ - 19 and Over

6.1. Ice Times

The NCRA Ice Scheduler is responsible for scheduling all practices based on the available ice slots that we have allotted. Game slots are submitted in the middle of September to the CRRL Scheduler who will determine the game schedules. Practices are scheduled after school during the week and on weekends beginning as early as 6:45 am. Games are scheduled in the evenings and on weekends.

6.2. Tournaments

Most teams enter tournaments each year although it is not mandatory (except Provincials). NCRA encourages a maximum of three tournaments per season, with one away tournament requiring hotel costs. This encourages the younger levels to play as the cost will stay affordable. NCRA encourages participation and does not want to deter families from the sport. Tournaments are typically held from Friday, during school hours through to Sunday, but this depends on the size and hosting association of the tournament. Accommodations, food, and travel expenses are an extra cost to the team.

6.3. Jewelry

Ringette has a zero-tolerance rule for wearing jewelry (Yes, even those brand-new pierced ears may cause a problem!) Teams can, and have been, assessed a penalty for players wearing jewelry.

6.4. Volunteering

For many years, we have developed a strong relationship with our parents and the community that leads to a 'family like' atmosphere of cooperation and support. There are plenty of opportunities for you to get involved with your child's team.

The following is a list of some of the volunteer positions that you may wish to fill with for your child's team (in addition to the team coaches and manager):

Volunteer Role	Description of Role
Team Treasurer	<ul style="list-style-type: none"> •Works with Coach and Manager to prepare a budget •Sets up the team bank account - have at least two people set up as signing officers. •Responsible for all team bookkeeping. Collects and deposits all income and pays all expenses. •Provides a summary for parents as required during the season
Fundraising Coordinator	<ul style="list-style-type: none"> •Comes up with a number of fundraising opportunities for the parents to choose from to raise sufficient funds to meet budget requirements. •Organizes and coordinates the fundraising campaigns that the team chooses to do.
Game Day Coordinator	<ul style="list-style-type: none"> •Ensures that the Timekeeping & Scorekeeping duties are covered (as assigned on schedule). •For U12 and higher, ensures that the Shot Clock duty is covered; secure shot clock remotes. •Trains families to run game clock, fill out score sheet and run shot clock properly
Away Tournament Coordinator	<ul style="list-style-type: none"> •Responsible for out-of-town accommodations and meal planning while away (pot-luck meals and/or restaurant reservations, fun team events).
Social Coordinator	<ul style="list-style-type: none"> •Responsible for organizing team social events throughout the season (team building events, Christmas party, year-end party etc.) •Buying end of year gifts for bench staff and players, as decided in collaboration with the coach and team parents.
Team Safety Officer *when required by NCRA and/or RNS	<ul style="list-style-type: none"> •Tracks attendance/Health checks) for all on and off the ice events •Shares facility specific protocols, spectator limits, etc. with families. •Manages spectator limits at the rink.

6.5. Team Financial Information

Team financial accounts shall be a team activity and team responsibility. Teams should discuss a budget at the start of the season as teams may require additional funds not covered by registration fees for items such as:

- Tournaments;
- Team Socials;
- Provincials;
- Bank Service Charges;
- Additional Ice Costs;
- Additional Referee Costs; and
- Any additional fees not covered by the registration costs.

It is up to the team to determine seed money (up-front cash from parents) and/or fundraising requirements. The list above should only be used as examples of extra costs and is not intended to be all inclusive.

6.6. Required Ringette Equipment

Equipment required for Ringette is similar to hockey including a CSA approved helmet with a Ringette-specific facemask (triangular openings not rectangular guard) and a neck protector. A padded girdle is worn under the game pants instead of the traditional hockey pant and jock strap. The Ringette stick shall be a regulation stick and is cut off somewhere between the chest bone and the armpit (with skates on) for proper length. The top of the stick (cut off end) must be taped as well – similar to a hockey stick for safety and to allow easier pickup off the ice surface should it fall. Please check with your coach if you have any questions regarding equipment. There must not be any tape or grip support on the bottom third of the stick.

Good used equipment is available at used equipment stores and equipment exchanges.

6.7. Jerseys

At the start of the season, each player will be provided with jerseys. The Team Manager will pass out and collect the Jersey Commitment Forms. If a player's jerseys are not returned or are returned damaged at the end of the season, a \$100 fee per missing/damaged jersey will be placed on the player's account that must be paid with the player's registration fee the following season. Failure to pay the fee will result in the player not being permitted on the ice.

6.7.1. Care of Jerseys

- Jerseys must be hung to dry after washing.
- Nothing is to be ironed on the jersey (i.e. name bars)
- Jerseys are to be kept in a garment bag NOT in the equipment bag.

6.7.2. Name Bars

Each player (not including U9) is required to have their last name visible on the back of their jersey at the top between the shoulders. These are to be a black bar with white letters on both the Home and Away jerseys. Name bars are not provided by NCRA/Team. However, the Team Manager may choose to help coordinate the ordering of name bars at a cost to parents.

Parents are reminded that name bars, sponsors bars and letters "C" or "A" must be removable. If they are using a sewing machine, the stitch length must be 4 to 5 mm/5 to 6 spi - otherwise removal of the name bar at the end of the year can result in damage to the jersey.

6.8. Player Documentation

At the start of each season, the Team Manager will circulate the following forms (in addition to Jersey Waiver) to parents to fill out and return. The Manager will keep these forms in a secure place; at season end all copies are destroyed.

- NCRA Code of Conduct: All players, parents and team officials must read and sign the Code of Conduct. Each contract covers conduct at practices, games, events and team. NCRA expects players, parents and officials to conduct themselves in an ethical, appropriate manner at all times. The Code of Conduct Form will be distributed by your Team Manager.

- Player Medical Information Sheet: Each player/parent must fill out a Medical Information Sheet. This information could be critical in the event of an injury or a medical emergency. The Player Medical Information Sheet will be distributed by your Team Manager.
- NCRA Concussion Code of Conduct for Athletes and Parents/Guardians: Each player/parent must read and sign the Concussion Code of Conduct. Please see the Safety & First Aid section of this handbook for further information on NCRA's Concussion Policy. The NCRA Concussion Code of Conduct for Athletes and Parent Form will be distributed by your Team Manager.

6.9. Team Website

NCRA maintains a website (www.ncringette.ca) and each team will have their own team's page for schedules and updating.

6.10. Dressing Room Security/Etiquette

NCRA Dressing Room Security/Etiquette Parent Handout can be found in Annex A.

6.11. Team Fundraising

Teams may decide to fundraise to help pay for team expenses such as attending tournaments. Team managers/Coaches will discuss fundraising plans at the start of the season.

6.12. Safety & First Aid

Ringette is a very fast and physically demanding sport. Even with the best training and preparation, accidents and injuries can occur. Thankfully many of the injuries are minor and do not require a player to miss a shift or game. However, there is the rare occasion when injuries can be more severe.

NCRA has taken steps to establish a basic safety and first aid guideline for all injuries on and off the ice.

NCRA's full Injury Policy #13 can be found here:

cloud.rampinteractive.com/NovaCentralRingetteAssoc/files/ncra_operating_manual_-_updated_august_2022%20%282%29.pdf.

NCRA is committed to ensuring the safety of everyone participating in the sport of ringette. All members of the NCRA community (including coaches, officials, and even parents) should be familiar with their responsibilities under the Concussion Management Guidelines. Ringette Canada's Concussion Management Guidelines can be found here: www.ringette.ca/our-sport/concussion.

Refer to NCRA Policies and Procedures – Appendix III for NCRA's full Concussion Policy which can be found here: www.ncringette.ca/content/concussions.

NCRA must be informed whenever a possible Concussion incident occurs, the result of consultation with a medical professional, and when the participant is able to return to play. To summarize, the following forms need be completed:

- Concussion Incident Form can be requested from your Coach/Manager

- Letter from physician indicating that participant is cleared to resume participating in ringette activities. The Athlete Concussions Medical Report form must be completed by a physician. This form can be requested from your Coach/Manager.

6.13. Important Website/Social Media Sites

Please consider signing up for the following Ringette group social media alerts/email to receive important information communicated throughout the season. We will do our best to communicate changes rapidly as we become aware of them.

Websites:

- Nova Central Ringette Association (NCRA) (www.ncringette.ca)
- Central Region Ringette League (CRRL) (www.centralringetteleaguens.ca)
- Ringette Nova Scotia (RNS) (www.ringette.ns.ca)
- Ringette Canada (RC) (www.ringette.ca)

Annex A – NCRA Dressing Room Security/Etiquette



Nova Central Ringette Association

Dressing Room Security/Etiquette Parent Handout

Players need to build camaraderie and the dressing room is a great place to do so but we need to make sure our kids are being respectful of their teammates, parents, opposing players and themselves.

Dressing rooms should be a restricted area for the exclusive use of players to change into their equipment and uniforms, share the team experience, and expect privacy. In general, access to team dressing rooms is limited to designated team officials, players, coaches, managers, or designated female parents. Without exception, at least one member of the team staff present in the dressing room must be an adult female.

The dressing room is also an area for the players to build team spirit, to physically and mentally prepare and focus on game preparation and strategies, and to receive instructions and direction from the Coach and team management staff.

Parents, siblings, friends and other persons should not infringe upon the dressing room privacy of our players as they dress and prepare for a game or after a game. *U9/U10 variances.

- No male coaches or parents are permitted in the dressing room while the players are getting dressed (U12 and above).
- There should be at least one adult female in the dressing room at all times.
- Players must be fully dressed at least 15 minutes before ice time so the coaches can enter and discuss the game with the players.
- No cameras or cell phones are to be used in the change room except one being used for music. All others must be stored with the player's belongings until they exit the change room.
- Voices will be kept to a reasonable level. No screaming or yelling.
- Players are expected to remain in the dressing room until their ice time begins, unless a team warm-up activity is being run. Purposeful horseplay in the hallways, rink or spectator areas will not be tolerated.
- No graffiti or vandalism or any sort to walls, benches, bathrooms or showers.
- No swearing or rude language of any kind.
- Fighting, badmouthing and general abuse of fellow players will not be tolerated.
- No alcohol, cannabis or tobacco.
- Garbage must be cleaned up before you leave the change room. Leave the dressing room the same way you would expect it to be when you arrive – clean.

All participants in the Nova Central Ringette Association are expected to adhere to these guidelines at all times.