

# Covid-19 Information for Edmonton Ringette Participants and Families - Sept. 8, 2020



Welcome players, parents, and staff. As we all know, our season will look very different this year compared to years past. In this document, we have outlined information that we feel is most important for participants and families to be aware of at the outset of the season. Participants and families should expect this information to be modified and refined over the course of the season, and Edmonton Ringette will do its best to provide as much notice of changes as is possible.

- Until notified otherwise by Ringette Alberta, Edmonton Ringette will be operating this season with cohorting. This means that participants are permitted to have close contact within their team and there will be scrimmages and game-like drills and battle drills while on the ice, and teams will be permitted to play games versus other teams in their cohort.
- There may be modified rules of play in place, e.g. penalty shots instead of penalties, restrictions on goalie pulls, etc. More information will be provided on this soon from BGL
- There will likely be a shortage of referees, and it is possible that some games will need to be played without referees
- Ringette Alberta has indicated that there are consequences for violations of cohorting rules and the requirement for Covid-19 attestations
- Team members/family members are expected to be familiar with local and provincial public health authority requirements and guidelines (e.g. Government of Alberta Isolation Requirements, masking bylaws, etc.) and adhere to them
- Participants will not be able to participate in team events until the Ringette Alberta "Informed Consent and Assumption of Risk Agreement" and the Release of Liability, Waiver of Claims, and Indemnity Agreement" are completed

Within this framework, participants will need to:

- Participate in only one sports cohort at a time
- Complete a Covid-19 attestation within 24 hours of each and every team event
- Dress in equipment at home or in their vehicle, not in the dressing room;
- Access arenas no more than 15 minutes before each ice time
- Be accompanied by limited numbers of family members, as spectator access in arenas is limited

## **COHORTING**

A sports cohort is a closed group who participate in the same sport or activity. Mini-leagues, i.e. groups of teams which practice or play amongst themselves, can be formed within cohorts.

- Sports cohorts include up to 50 people, and include coaches and referees. As a result, the number of individuals who are able to be involved as coaches and on-ice helpers is more limited than in previous seasons, due to caps on team size within cohorts.

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- Anyone who is not included in the cohort is not permitted in participant spaces; this includes dressing rooms. If a participant requires assistance from someone outside their ringette cohort, the participant must move to a space where they can physically distance from the ringette cohort.
- Physical distancing within cohorts is still encouraged, e.g. in dressing rooms, line-ups, water breaks, etc.
- Teams may switch between cohorts or mini-leagues, but must take a 14-day break between game and practice play with other cohort teams. During that period, participants may continue to practice within their team.
- Athletes, officials, and coaches may be added to a sports cohort (as long as the total cohort number does not exceed 50) after a 14 day break from other sports cohorts.

## **TEAM SAFETY OFFICER**

Each team and/or cohort requires a Safety Officer(s). The Team/Cohort Safety Officer is responsible for:

- Adding ALL events and participants (players, coaches, officials) to Team App
- Ensure all participants complete their COVID-19 Health checklist prior (24 hours maximum) to participating in any sanctioned event.
- Remove team members who are marked available for an event but do not attend.

## **RAMP INTERACTIVE TEAM APP (COVID-19 ATTESTATIONS)**

Ringette Alberta has worked with RAMP InterActive to add the COVID-19 Alberta Health Daily Checklist to their Team App (attestation). The RAMP Team App will include a reporting function for contact tracing in the event an individual in ringette tests positive for COVID-19. All participants **MUST** complete the checklist and sign off no more than 24-hours prior to their event.

The RAMP Team App **must be used for all events and activities sanctioned by Ringette Alberta**. The Safety Officer for the group must be identified prior to sanction approval.

Participants will be required to complete a Covid-19 attestation and agreement before participation in each and every team event, within 24 hours of that event. In the attestation, the participant/family will need to indicate that the participant:

- does not knowingly have COVID-19;
- is not experiencing any known COVID-19 symptoms such as fever, cough, shortness of breath or malaise;
- has not travelled outside of Canada within the last 14 days;
- has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and

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- has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.

If the attestation is not completed, the participant will not be able to participate in the team event.

## **HYGIENE AND SANITIZATION**

It is important that participants practice good hand hygiene and respiratory etiquette.

- Hand hygiene should occur before and after each activity
- Participants should refrain (to the extent possible) from touching their eyes, nose, mouth, and face during activities

There will also be increased emphasis on sanitization.

- We ask that at home, participants sanitize/disinfect their helmet, sticks and skates after each session, and wash their jersey, pants and other equipment regularly
- Shared equipment will be cleaned and sanitized by coaches at an increased frequency
- Game jerseys will be sent home with each player for the season, and coaches will communicate safeguards to help them stay in good condition over the course of the season. There will not be any "Jersey Parents" this season.

## **COVID-19 PROCEDURES FOR TEAM EVENTS AT ARENAS**

Participants will need to comply with several procedures and precautions for team events at arenas.

### ***Before you leave for the arena***

- Complete the attestation - stay home and self-isolate if you are ill or not feeling well and seek medical advice
- Review the ice plan / drills (if provided in advance)
- Fill up your labelled water bottle
- Ensure you have a mask to bring to the arena
- Get dressed into equipment and/or get dressed at home or in your vehicle in the parking lot
- Wash or sanitize your hands

### ***Before you enter the arena***

- If you are ill or do not feel well, go home and self-isolate and seek medical advice
- Participants that require assistance with skate tying should consider skate tying prior to arrival and the use of skate guards
- Put your mask on
- Sanitize your hands

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- Enter the arena building no more than 15 minutes before your ice time
- Participants may be accompanied by a family member to the dressing room, however family members are not permitted to enter the dressing room unless they are a member of the cohort (i.e. a coach)
- The number of family members attending with each participant should be limited; spectator areas are restricted to 25% of total seating to a maximum of 100 people;

## ***While in the arena***

- If you are ill or do not feel well, let your coach know; you will need to go home and self-isolate and seek medical advice;
- Keep your mask on in the dressing room, until you are ready to go on the ice surface;
- Hand sanitize your hands again on check-in and after putting on the last of your equipment
- Make sure you drink from only your water bottle
- Do not touch other participants' personal items including equipment, bag, clothing, phone, water bottle, etc.
- Try not to touch your face, avoid touching common surfaces, cover coughs and sneezes
- Family members and others are not permitted in playing area (dressing rooms, bench, ice surface) unless they are in the cohort or are designated "non-cohort team staff member" (requirements currently under review by Ringette Alberta); physical distance at least 2 metres / 6 feet from those not in your household
- Spectator cheering and yelling is discouraged as it presents a high risk of spreading droplets
- Participants and spectators should avoid congregating in common areas of the facility, such as the lobby

## ***After the ice session***

- Put your mask on
- Leave the arena building quickly (within 15 minutes) of the end of the ice session
- We recommend using hand sanitizer in your vehicle
- Get undressed in your vehicle or at home, unless you are able to change out of your equipment within 15 minutes of the end of the ice session
- At home sanitize/disinfect your helmet, sticks and skates after each session; wash your jersey, pants and other equipment regularly

## ***Special considerations while at the arena***

Donning equipment and skates - Some of our younger athletes will require help in donning their equipment and tying skates. Our coaches and team staff may not be able to assist this year. Because parents may not enter the dressing rooms, please discuss with your coach the best way to approach your child in a space where they can physically distance from the ringette cohort to put on skates.

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Most teams will have only 2 or 3 coaches within their cohort. They will be very busy. Please respect their time and space. Our “Rule of Two” regarding supervision will be more challenging this year. Please be patient and understand that if our coaches cannot satisfy this requirement, delays in activities may occur. Coaches cannot leave the ice to help players with equipment in the dressing room or take them to the bathroom. If your player is of young age and needs help with this, it is important that the parent is available to help their child.

## **PRIVACY CONSIDERATIONS**

While Covid-19 attestations are required by participants before each event, a participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials, or volunteers of:

- The reason for missing a practice or a game,
- If they are pursuing Covid-19 testing, or
- The results of a Covid-19 test

## **IN CONCLUSION**

We are all excited to get back to sport. Please inform yourself as much as possible on the rules and requirements of the sport and be patient and considerate of all the volunteers who are trying to make this season a success.

The Goal of this season is to have fun and develop the fundamentals. Competition is always going to be present, but it will be much less of a focus this year. Your coaches are being encouraged to take you on some new adventures regarding on ice activities to make sure above all else, the love of the game does not waver and that everyone will be back next year!

Take care and please be safe - Edmonton Ringette

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## **Important Other Information - Links**

Government of Alberta Isolation Requirements:

<https://www.alberta.ca/isolation.aspx#toc-0>

City of Edmonton COVID-19 Arena Users Guidelines:

[https://www.edmonton.ca/activities\\_parks\\_recreation/documents/PDF/ArenasSafetyGuidelines.pdf](https://www.edmonton.ca/activities_parks_recreation/documents/PDF/ArenasSafetyGuidelines.pdf)

Ringette Canada/Ringette Alberta "Procedures for Sickness Related to a Non- Injury Related Illness and Positive Test of COVID-19": <https://www.ringette.ca/wp-content/uploads/2020/07/PROCEDURES-FOR-SICKNESS-RELATED- TO-A-NON-INJURY-RELATED-ILLNESS-.pdf>

Ringette Canada -

Ringette Alberta – National Direction for Return to Ringette – Alberta Supplement:

[https://ringettealberta.com/wp-content/uploads/2020/03/Return\\_to\\_RIngette\\_2020\\_Alberta\\_Final.pdf](https://ringettealberta.com/wp-content/uploads/2020/03/Return_to_RIngette_2020_Alberta_Final.pdf)

Ringette Alberta – Consequences and Safety Measures: <https://ringettealberta.com/wp-content/uploads/2020/03/Consequences-and-Safety-Measures.pdf>

Ringette Alberta – Non-Cohort Team Staff: <https://ringettealberta.com/wp-content/uploads/2020/03/Non-Cohort-Team-Staff.pdf>

Ringette Alberta – Update on Return to Ringette – September 1, 2020:

<https://ringettealberta.com/wp-content/uploads/2020/03/Update-September-1-2020-Return-to-Ringette.pdf>

Ringette Canada – Modified Game Format Guidelines: [https://www.ringette.ca/wp-content/uploads/2020/08/Return-to-Ringette\\_-\\_Modified-Game-Format-Guidelines-v.2.pdf](https://www.ringette.ca/wp-content/uploads/2020/08/Return-to-Ringette_-_Modified-Game-Format-Guidelines-v.2.pdf)

Government of Alberta – Guidance for Sport, Physical Activity and Recreation – Stage 2: <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

Government of Alberta – Guidance for Cohorts:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>