

VERSION 1.0, JULY 30TH 2020

NATIONAL DIRECTION

FOR RETURN TO RINGETTE



ALBERTA SUPPLEMENT

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DISCLAIMER

The Ringette Canada National Direction for Return to Ringette and these supplemental guidelines are only to be used for the purposes outlined. Ringette Canada and Ringette Alberta are committed to providing relevant and timely information; however, the COVID-19 landscape is shifting quickly, and tomorrow's reality will be different than today's. This information is accepted on the condition that errors or omissions shall not be made the basis for any claim, demand, or cause for action.

This is not a legal document and should be used as a guide only.

This is not a substitute for actual legislation or orders of the Provincial Health Officers throughout Canada. In the event of ambiguity or conflict between the Provincial Direction for Return to Ringette and the Public Health Act of a Province, regulations and orders within that Act will prevail.

Ringette Canada's Members - the Provincial Ringette Organizations, and all Ringette Alberta Members and Participants as defined by Ringette Alberta Bylaws - will comply with requirements of provincial and local governments and health officials.

INTRODUCTION

This document should be used in conjunction with the most current version of Ringette Canada's National Direction for Return to Ringette.

The purpose of this document is to provide an Alberta-specific outline of safety protocols and requirements to assist our Members and Participants to return to ringette.

This document is current as of its publication date. It meets the health and safety requirements of the Government of Alberta at that time and aligns with Ringette Canada's National Direction for Return to Ringette. When required, this document will be updated and published to the [Ringette Alberta website](#).

The information in this document is not a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and Ringette Alberta recommends that the [Government of Alberta COVID-19 site](#) be accessed for the most up to date information.

THE PURPOSE OF THIS DOCUMENT IS TO PROVIDE AN ALBERTA-SPECIFIC OUTLINE OF SAFETY PROTOCOLS AND REQUIREMENTS TO ASSIST OUR MEMBERS AND PARTICIPANTS TO RETURN TO RINGETTE.



WHO TO CONTACT?

RINGETTE ALBERTA WILL SUPPORT MEMBER ORGANIZATIONS AS THEY PREPARE AND IMPLEMENT RETURN TO RINGETTE PLANS.

Specific questions can be directed to appropriate Ringette Alberta staff based on topic:

- ✉ **GENERAL** - David Myers (david@ringettealberta.com)
- ✉ **MEMBER MESSAGING** - Robyn Gillespie (robyn@ringettealberta.com)
- ✉ **ON-ICE SESSION PLANNING** - Bronwen Harvey (bronwen@ringettealberta.com)
- ✉ **SAFETY GUIDELINES AND FACILITIES** - Lauren Koster (lauren@ringettealberta.ca)
- ✉ **SANCTIONING AND REGISTRATION** - Carolyn Reich (carolyn@ringettealberta.com)

DEFINITIONS



PHYSICAL DISTANCING

Maintaining a 2m distance between yourself and others, or between people from different households/cohorts. **During moderate to intense physical activity, a distance of 3m is recommended.**



PARTICIPANTS

For the purposes of this document, **any individual participating in ringette activities**; coaches, officials, athletes.



TEAM

Typical grouping within an association; because of the circumstances, teams may include individuals from a few different associations to make competition viable and equitable. Restrictions may be placed on team sizes to help facilitate mini-league operation.



COHORT

A group of people who **cannot maintain physical distancing** (do not remain 2m apart); a closed group who participate in the same sport or activity. It is asked each person participate in only 1 sport cohort at a time.



MINI-LEAGUE

Another name for cohort; groups of teams which practice or play amongst themselves, **up to 50 people**. Teams in different mini-leagues may not play one another.



SANCTIONED ACTIVITY OR EVENT

Ringette Alberta has approved the activity or event. If the activity or event is sanctioned, the bylaws and policies of Ringette Alberta apply and Ringette Canada's liability and accident insurance is in effect. **Members of Ringette Alberta may not operate un-sanctioned events or activities.**



PROGRESSIONS

Used as part of Ringette Canada's National Direction for Return to Ringette



STAGES

Used by the Government of Alberta as part of the provincial re-opening strategy.



COHORTS

Where physical distancing is not possible, such as during ringette competition and any training or practice that requires athletes to come within **3 metres (recommended for moderate to intense physical activity)** of one another, cohorts must be used. Cohorts help mitigate the risk of widespread transmission by limiting the number of people that come into close contact with one another. This allows sports teams to return to action in a manner that most closely resembles regular practices and game play.

For arena sports, including ringette, athletes, coaches, and officials are included in the cohort. Each individual should only participate in one sport cohort at a time. This means officials cannot officiate in cohort A and play in cohort B. The same applies to players who are also coaches.

Even within the cohort, participants should physically distance whenever possible.

It is recommended that organizations cover as little geographical area as possible while forming cohorts. At this time, cohorts should only play within the same Alberta Health Zone. More information on Health Zones is found [here](#).

Complete Guidance for cohorts from the Government of Alberta can be found [here](#).

Complete Guidance for Sport, Physical Activity, and Recreation from the Government of Alberta can be found [here](#).

EVEN WITHIN
THE COHORT,
PARTICIPANTS
SHOULD PHYSICALLY
DISTANCE WHENEVER
POSSIBLE.

MINI-LEAGUES

Cohorts may be organized to form **mini-leagues** to enable competition. Each mini-league may consist of multiple teams, coaches, and on-ice officials up to a maximum of 50 people. Game play is limited to the teams in each mini-league.

More information on team formation and mini-leagues can be found [here](#).

Ringette Alberta will work directly with Local Associations, and Leagues (BGL, Chinook, CORA, and NAWRA) to assist with the creation of mini-leagues and a modified competition structure.



REGIONS

TRAVEL GUIDELINES

The Government of Alberta has stated that sport activities should be restricted to local community opportunities. Participants are encouraged to seek opportunities within their own municipality, county, or quadrant of a city. At this time, ringette participants should only participate in cohorts in the Alberta Health Zone where they reside.

Non-essential travel is not recommended. Out of province play is not sanctioned. A map of the health zones can be found here: [Alberta Health Zones Map](#)

North Zone	Edmonton Zone	Central Zone	Calgary Zone	South Zone
Fort Mc Murray Hinton Mighty Peace Peace Country Pembina	Beaumont Black Gold Ringette Edmonton (ERC and EFLCRA) Fort Saskatchewan Leduc Northern Alberta Ringette Club Riviere Qui Barre Sherwood Park St. Albert Spruce Grove University Ringette Club	Central AB Wiggers Central AB Sting Drayton Valley Lacombe Olds Red Deer	Airdrie Bow View Cochrane Foothills Indus Northwest Rockyford Ringette Calgary AA South Calgary Strathmore Zone 2 AA	Lethbridge Medicine Hat



PARTICIPANT MOVEMENT

In special circumstances, participating in a program outside the Health Zone where one resides *may* be permitted by Ringette Alberta. This permission may also be revoked by Ringette Alberta. This applies to all participants including players, officials, and team staff.

To apply, participants must complete the Participant Movement Request Form and be approved by Ringette Alberta **prior to participating in any activities or events**. The form can be found [here](#).

Player Movement requests are not permanent releases and only valid for the 2020-2021 season. This process supersedes the Ringette Alberta Residency and Release policy until further notice.

If a Player release was granted in 2019-20, [review the Player Movement flowchart on our website](#).



SAFETY OFFICER AND RAMP

Each Association must appoint an Association Safety Officer as stated in the Ringette Canada guidelines. In addition to the responsibilities outlined in the Ringette Canada guidelines, the Association Safety Officer is responsible for:

- 1 Adding each team and/or cohort to the RAMP InterActive Team App
- 2 Assigning each team and/or cohort a Safety Officer(s)
- 3 Ensure these Safety Officers are completing their responsibilities as described in the next section.

In Alberta, each team and/or cohort also requires a Safety Officer(s). The Team/Cohort Safety Officer is responsible for:

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

RAMP INTERACTIVE TEAM APP

Ringette Alberta has worked with RAMP InterActive to add the COVID-19 Alberta Health Daily Checklist to their Team App. 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.

Ringette Alberta is covering the cost of the RAMP Team App for the 2020-21 season.

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.



COACHES, TEAM STAFF AND ON-ICE

OFFICIALS CERTIFICATION/ TRAINING

Ringette Canada is adapting most certification and training clinics and seminars for Team Staff, and On-Ice Officials to an online format. This information will be updated on the [Return to Ringette page](#) on the Ringette Alberta website, as well as Coach and Officials sections at ringettealberta.com.

Details about what certifications will be required can be found on the [Ringette Alberta website](#).



FACILITIES AND SPECTATORS

Restrictions on the number of spectators, when or if dressing rooms are available, and the total length of time groups are permitted in arena spaces is the decision of the municipality or facility.

The Government of Alberta strongly recommends that spectators wear masks. Some municipalities will have stricter rules around mask usage; Ringette Alberta members and participants must comply with these directives.

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.

RETURN TO RINGETTE COMPONENTS

While restrictions remain in place for sport, the primary concern for Ringette Alberta is the health and safety of all participants. The intent is not to re-create the regular season structure, but to offer local/regional training and development opportunities. Safety, not competition, is paramount.

Ringette Alberta will work directly with all Local Associations and Leagues to facilitate programming through each of the components.

A. PROGRAM OPERATION OPTIONS: PHYSICAL DISTANCING OR COHORTING

Programs may only be operated in one of two ways:



WITH PHYSICAL DISTANCING

All participants remain a minimum of two metres apart during participation. (3m is recommended from moderate to intense physical activity). This includes athletes and coaches.

Competition of any kind is not permitted.

Drills involving two or more athletes that recreate any game-like situation, thereby violating the physical distancing requirement, are not permitted.

On-ice programs should utilize either a lane setup formation or a station-based setup formation. Both formations allow for physical distancing of two metres to be maintained.

Each ice session must be planned and communicated in advance to participants and parents where applicable.

Limit the amount of wait time in lines and if wait time is required ensure these markings are clearly communicated and identified to participants.

Athletes may participate in more than one physically distanced activity.



WITH COHORTING

Participants are permitted to have close contact with one another. This includes athletes, coaches and officials.

Competition is permitted.

Programs may also include small area games, scrimmages, realistic drills.

Physically distancing should still be practiced when possible; on-ice plans, dressing room layout, and facility protocols should be communicated in advance.

Athletes/coaches/volunteers are asked not to participate in more than one sport cohort at a time. (See above for more details about cohorts.)

B. OFF-SEASON SKILL DEVELOPMENT

Sanctioned Programs

Group Members of Ringette Alberta may offer off-season skill development sessions/camps.

Group Members must obtain advance sanctioning to operate these off-season development programs.

Private Programs

Ringette Alberta does not oversee privately operated programs. Regardless, these programs are required to follow Alberta Health Service Guidelines which means operating either with physical distancing or cohorting.

Participants in programs operated with the cohort model may join another cohort but only after 14 days from their last involvement with the previous cohort.

C. RESTRICTED SEASON

Athlete Assessment and Team Formation

Group Members may choose the process that works best for their situation. Regardless, the assessment and team formation process must adhere to either physical distancing guidelines or cohort guidelines.

Things to consider for team formation:

- **Regional cooperation is required to make the Restricted Ringette season work.** Association leaders must work with neighbouring associations to make teams and mini-leagues viable and ensure every player has a place to play.
- **A cohort of 50 does not have to be divided into unique teams.** The entire cohort may operate as one team and individuals within the cohort could be scheduled for specific training and game times. This is a great option for adult players and can work for all ages.
- **Typical C, B, A, AA leagues may not be advisable depending on the age division and Health Zone.** For example, in a typical year, if there are only three teams at a particular division/level, those teams are permitted to travel throughout the province to compete against a variety of other competitors at the same division/level. In a Restricted Ringette Season, where travel outside the health zone for competition is not permitted, forming these same three teams mean each team would only see two other competitors for the entirety of the season. To create more variety in the competitors, participants must be willing to accept a broader range of skill. Associations and Leagues are free to find the desirable balance between a variety of competitors and how broad/narrow the skill is within each cohort.
- **Once a regular ringette season is permitted (as opposed to the Restricted Ringette season) typical teams with unique divisions and levels may be formed for participation in playdowns, provincials, Westerns, and Nationals.** These events will not take place in a Restricted Ringette season. This scenario will be addressed if and when restrictions are lifted.

Mini-leagues

Mini-leagues may be formed to enable competition. Scheduling of mini-league creation will be facilitated by League Members (BGL, Chinook, NAWRA, and CORA) with the full cooperation of Local Associations. The number of teams in a mini-league is flexible as long as the total number of people in the mini-league does not exceed 50. This includes officials, coaches, and athletes. Game play is limited to the teams in each mini-league.

Moving Between Mini-Leagues - Changing Cohorts

Individuals or teams may switch mini-leagues. Changing cohorts or mini-leagues does not require complete isolation, rather the participants cannot join another cohort for 14 days since their last involvement with their previous cohort. During this break, participants may continue to practice within their team, a subset of their cohort, or train individually.

Adding Participants

Athletes, officials, and coaches may be added to mini-leagues or cohorts after a 14-day break from other sport cohorts. Ringette Alberta recommends Local Associations adopt flexible registration to allow participants to register as the season progresses. This allows participants who participate in other sports to rejoin ringette if they have participated in another sport cohort. It also allows families to make more informed decisions and join ringette once they feel safe doing so. Allowing this is an important factor in ensuring our sport has the highest possible retention rate while these restrictions are in place.

Supplemental Coaches/Instructors

Supplemental coaches/instructors include power skating specialists, goalie coaches, or other guests not in the mini-league or cohort group. This type of programming is permitted only if these individuals can maintain physical distancing while delivering the program. They must remain at least 2 metres away from all cohort members at all times (3m when participants are engaged in moderate to intense physical activity. Regardless, it is recommended the coach/instructor wear a mask.



GENERAL CONSIDERATIONS

GENERAL HEALTH GUIDANCE

- ✓ Outdoor activities are better than indoor. For indoor sports, consider conducting training outside while the weather is nice, if possible
- ✓ Physical distancing of 2m (3m for high intensity workouts) is better than cohorts.
- ✓ Daily Screening and Participant Tracking are requirements of organizers (the RAMP TeamApp is mandatory).
- ✓ No shared personal items (towels, water bottles, shared snacks)
- ✓ Reduce the number of shared items / implements if possible
- ✓ Clean shared items often
- ✓ Clean common touch points often

- ✓ Communicate and practice hand hygiene and respiratory etiquette
- ✓ If first aid is required, the responder should be wearing a mask. If non urgent care, the athlete should wear a mask as well

RINGETTE SPECIFIC GUIDANCE

- ✓ 2020-21 will not represent a return to normal for ringette
- ✓ Consider using off-ice training (including gym ringette, outdoor fitness, and outdoor 'chalk talks') as much as possible.
- ✓ As time in the facilities will be limited, athletes need to be prepared to complete off-ice warm-ups outdoors.



PROCEDURES FOR SICKNESS / REPORTING A POSITIVE CASE OF COVID-19

Please follow the procedures outlines in the Ringette Canada flow chart. A link to that document can be found here: <https://ringettealberta.com/return-to-ringette/>

REPORTING A COVID-19 PUBLIC HEALTH ORDER VIOLATION

Complying with Public Health Orders are not optional. Ringette Alberta expects every Member and Participant, as defined by Ringette Alberta's Bylaws, to comply with these orders. Violations are unacceptable. The safety of our members and the success of ringette going forward depends on cooperation from our entire community.

Members and Participants will be subject to suspension if they are found in violation. Fines may also be issued by Alberta Health Services under the Alberta Health Act.

**TO REPORT A VIOLATION OF A COVID-19 PUBLIC HEALTH ORDER,
COMPLETE THE FORM HERE:**

<https://ephisahs.microsoftcrmportals.com/create-case/>



**RINGETTE
ALBERTA**

ALBERTA SUPPLEMENT
