



## PROTOCOL FOR PRE-SEASON TRAINING CAMP AND EVALUATIONS August 22, 2020

We will be operating these ice sessions **with cohorting**. This means that participants are permitted to have close contact and there will be scrimmages and game-like drills and battle drills while on the ice. When you are in line for drills or on breaks, please remember to try to keep physically distant (2 meters / 6 feet) from others. Also, remain physically distant when off the ice.

### DAILY COVID-19 ATTESTATION AND AGREEMENT

Ringette Alberta does not yet have this available online. We will provide a link.

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

The participant / family will also have to agree to follow the laws, guidelines, protocols relating to COVID-19 of Alberta, Ringette Canada, Ringette Alberta and ERC and to the procedure in the event the participant starts to suffer COVID-19 symptoms.

For those that have been diagnosed with COVID-19, they must attest that they have been cleared as noncontagious by public health authorities and must provide written confirmation from a medical doctor of same.

Otherwise, the participant will not be permitted to attend the camp.

***Please remember the importance of this daily screening to be able to keep others safe and prevent the spread.***

If symptoms are observed during the camp or the participant develops symptoms during the camp, then the participant will be removed immediately from the camp and will not be permitted to attend the remainder of the camp. The participant should then contact a physician and call the local public health line and follow isolation requirements of public health authorities. Please see Procedures for Sickness Related to a Non-injury Related Illness link below for more details.

## BEFORE YOU LEAVE FOR THE ARENA

- Complete the screening questionnaire - 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
- 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
- if possible, put your helmet and skates on in your vehicle and use skate guards
- put your mask on
- sanitize your hands
- enter the arena building no more than 15 minutes before your ice time
- parents and others are to remain in their vehicles until start time of ice session - please only 1 person per family; wear mask; 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 the instructor know and go home and self-isolate and seek medical advice; let us know if you need assistance;
- keep your mask on until you are ready to go on the ice surface
- ***to maintain physical distancing, stay 2 meters / 6 feet from other people off the ice and when possible on the ice (eg. breaks, in line for a drill)***
- 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 athlete's personal items including equipment, bag, clothing, phone, water bottle, etc.
- remember not to touch your face, avoid touching common surfaces, cover coughs and sneezes
- parents and others are not permitted in playing area (dressing rooms, bench, ice surface); physical distance at least 2 meters / 6 feet from those not in your household;

## 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
- at home sanitize/disinfect your helmet, sticks and skates after each session; wash your jersey, pants and other clothing;
- parents and others are to leave the arena building promptly at the end of the session and wait in their vehicle

## **IMPORTANT OTHER INFORMATION - LINKS**

### **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>

### **Government of Alberta - COVID-19 info for Albertans**

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

### **Government of Alberta - Isolation Requirements**

<https://www.alberta.ca/isolation.aspx>

#### **Mandatory isolation**

##### **Albertans with symptoms**

You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.

The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

##### **Tested positive for COVID-19**

You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.

Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

##### **Have symptoms but tested negative for COVID-19**

If you tested negative and have known exposure to COVID-19, you are legally required to isolate for 14 days.

If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

### Close contacts of confirmed cases

You are legally required to isolate for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids)

If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

### Travellers

You are legally required to isolate for 14 days if you return to or enter Alberta from outside Canada.

If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

### **If you have symptoms:**

take the COVID-19 self-assessment to arrange testing  
call Health Link 811 if you're concerned about your health

### **Why isolation is necessary**

Self-isolation means avoiding situations where you could infect other people. It is a good way to help prevent the spread of infections like COVID-19.

When you are exposed to an illness, there is a time between the exposure and when you start to feel sick. This incubation period is usually 2 to 10 days for COVID-19, but can be up to 14 days. Not everyone who is exposed will get sick, but it is necessary to wait the full 2 weeks to be sure you are not infected.

There is a very small chance you can spread the germs before you feel sick, as many people have very mild symptoms at the start of their sickness. Staying home means that if you do start to feel sick, it won't happen while you are in a public place, which lowers the chance the virus could spread to others.

### **Enforcement**

If you violate this public health order to isolate, you may be subject to a \$1,000 fine. Courts could also administer fines of up to \$100,000 for a first offence and up to \$500,000 for a subsequent offence for more serious violations.