



**RETURN TO PLAY**

September 15, 2020

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*We would like to acknowledge the Dorchester Ringette Association for their willingness to share their return to play document with our association. We have used their document as a guide and have adopted many of their return to play strategies.*

## Elora Fergus Ringette Association (EFRA) Mission Statement:

The Elora Fergus Ringette Association provides, promotes, governs, and endeavors to improve organized ringette in the Township of Centre Wellington. EFRA is committed to fostering community spirit through the promotion of ringette by helping players meet their needs and interests regardless of ability; to maintain and exercise safe supervision and direction over the playing interests of its teams and players; to teach fair play and sportsmanship with the emphasis on the enhancement of good character and citizenship, and to ensure that all members have the opportunity of presenting and having their views heard.

## Working with the Province and Region

Elora Fergus Ringette Association will follow provincial and regional guidelines including:

- Provincial Health Guidelines will be monitored and administered  
<https://www.ontario.ca/page/how-ontario-is-responding-covid-19>
  - With particular attention to the Government of Ontario's Guidance for facilities for sports and recreational fitness activities during COVID-19 (See Appendix N)
- Ringette Ontario Return to Play Guidelines will be monitored and administered  
<https://ringetteontario.com/rtr-covid19/>; following Ringette Ontario's Stages for Return to Play (See Appendix A)
- Wellington-Dufferin-Guelph Public Health Unit Guidelines will be monitored and administered  
<https://www.wdgpulichealth.ca/your-health/covid-19-information-public/status-cases-wdg> in consultation with:
  - Colin Murphy, Public Health Inspector  
Wellington-Dufferin-Guelph Public Health  
490 Charles Allan Way,  
Fergus, ON N1M 2W3  
T: 1-800-265-7293 ext. 2652  
F: 519-836-7215  
[colin.murphy@wdgpulichealth.ca](mailto:colin.murphy@wdgpulichealth.ca)  
[www.wdgpulichealth.ca](http://www.wdgpulichealth.ca)
- Provincial teams and tryouts will not be formed until guidelines have been provided by Ringette Ontario and / or Western Region / Great Lake Ringette League
- No competition against other teams requiring travel is permitted until approved by Ringette Ontario
- EFRA would like to consider play against teams within the same health unit once approved by Ringette Ontario (Guelph Ringette, Wellington North Ringette)

## Working with the Township of Centre Wellington

EFRA is working with the Township of Centre Wellington Community Services department and will continue to monitor the evolving situations. We will remain flexible and follow all guidelines communicated by the Municipality. This includes the following:

- EFRA representatives met with facilities staff on June 9, July 28, and August 25
  - Instead of facility meeting minutes, the Municipality Guidelines for Facility Usage have been included. (See Appendix M)

- As part of Ringette Ontario's Risk Management and Safety/Sanction process, EFRA has completed an Audit Form for each Facility utilized (See Appendix G)
- Revised entries and exits to the facilities will be used
  - Ice pads will have separate entry /exit and parking areas
- Capacities in dressing rooms will be reduced to ensure safe physical distancing. Players will come dressed and wait in vehicles before being admitted to the facility 20 minutes before ice time
  - Groups will have access to two (2) change rooms; 12 people maximum capacity in each change room
- Hand Sanitizer will be provided by the facility at the entrance to the facility and must be used by all persons entering the facility
- Arenas within the Township of Centre Wellington do not have elevators
- Facilities will permit 25 accompanying guardians, spectators, or other adults. All spectators MUST remain in the arena stands and stay away from athlete stations, maintain a physical distance of 2m from each other, and MUST have a face mask on at all times while in attendance

## Working with Coaches & Bench Staff – Practice Protocol

The support and participation from coaches and bench staff to ensure protocols are followed and successfully communicated will be key. The following are key focus points for EFRA bench staff:

- All coaches and bench staff will conduct themselves following the Ringette Ontario Team Staff Protocols (See Appendix I)
  - This will be reviewed with all coaches and bench staff before the first practice
- Each cohort will be required to name a COVID Safety Coordinator (CSC). The CSC will be responsible for COVID tracking and signed requirements for each practice. (See Appendix K)
- Cohorts will be formed allowing for a maximum of 25 players on the ice, including bench staff using the full ice for practice
- All Bench Staff will wear masks on the bench and ice unless dressed in full helmet and ringette protective gear
- Practices will focus on drills and skating
  - Physical distancing on the ice must be maintained at all times
  - The instructors are encouraged to prepare skill development plans to minimize gathering
- Once approved to move into RO Stage 3, modified ringette scrimmages including 3 vs 3 or 4 vs 4 are permitted within the practice as long as prolonged physical contact is not allowed. Prolonged contact in ringette is not expected to be a non-contact sport. Bench staff will need to act as officials and stop play to provide distance if needed
- To attend practice, the player must confirm their intention to attend at least 48 hours in advance using the RAMP app. Attendance will be monitored by CSCs
- Upon arrival, or within 8 hours in advance of practice, the player will complete a Daily COVID-19 Attestation form (See Appendix E) or the "FIT TO PLAY" waiver via RAMP Team App, and be tracked on the Contact Tracing Form (See Appendix F)
  - The Contact Tracing Form will be used at every practice to track all those entering the facility for the Ringette activities. This will be tracked by the team COVID Safety leader and kept filed for a minimum of 1 year.

- Before stepping on the ice for the first practice, all bench staff will be required to sign the following
  - Ringette Ontario Declaration of Compliance (See Appendix B)
  - Ringette Ontario Informed Consent and Assumption of Risk Agreement (See Appendix C)
  - Ringette Ontario Release of Liability, Waiver of Claims and Indemnity Agreement (See Appendix D)
  - Ringette Ontario Team Staff Protocols (See Appendix I)
  - Township of Centre Wellington Waiver (Appendix O)
- All players, coaches, bench staff, and volunteers must be registered with EFRA and listed on insurance to be allowed on the ice (<https://www.rampregistrations.com/login?v3=311429df5e>)
- We will continue to work closely with local public health and with the Township of Centre Wellington Community Services department if modifications to ice times, change room allocation, or facility access is required. We will plan and manage reduced access time to change rooms to allow for additional cleaning
- No warm-ups will be permitted inside the facility
  - During good weather, warm-ups or dryland training can occur outside the facility while adhering to social distancing practices
- The rule of two is required for change rooms and on-ice activity especially with the absence of spectators.
- Any off-ice activities need to be reviewed with the COVID Safety Coordinator (CSC) for approval including details of how social distancing will be accomplished
- Bench Staff will not be allowing handshakes, touching, or hugging on the ice.
- Bench Staff will keep the rings and shared equipment clean

## Working with Guardians & Players – Personal Hygiene and Player responsibilities

It is the responsibility of all players and guardians to understand and respect the rules and adhere to the health guidelines. Not complying will result in players not being able to participate in activities.

- All guardians and players must conduct themselves as per the Ringette Ontario Participant Protocols (See Appendix H)
  - These will be shared with participants in advance
- All players and guardians will wear masks while inside the arena as per public health guidelines - until helmets are on
- All players and guardians entering the facility will use hand sanitizer provided at the entrance – provided by the facility
- All players will provide their own hand sanitizer available in their equipment bag
- Players will bring their own water bottles and water bottles will not be shared
- All players will provide all their own equipment and equipment cannot be shared. If a player forgets a piece of equipment, they should not borrow equipment and not go on the ice unless they are in full gear
- Individual player equipment should be cleaned regularly by the player/guardian after each practice

- Anyone entering the arena must be tracked using the RAMP APP or a Contact Tracing Form (See Appendix F), and complete a COVID19 Daily Attestation Form (See Appendix E) or the "FIT TO PLAY" waiver via RAMP Team App.
- A player or guardian may not enter the facility if:
  - They have traveled outside Ontario in the last 14 days.
  - They have symptoms of COVID-19 or are feeling unwell.
  - Someone in your household has COVID-19 symptoms in the past 14 days.
  - If anyone in your household has been exposed to someone who has or is recovering from COVID-19.
- Before stepping on the ice, the player/guardian must sign the following documents:
  - Ringette Ontario Declaration of Compliance (See Appendix B)
  - Ringette Ontario Informed Consent and Assumption of Risk Agreement (See Appendix C)
  - Ringette Ontario Release of Liability, Waiver of Claims and Indemnity Agreement (See Appendix D)
  - Township of Centre Wellington Waiver (See Appendix O)
- Only one spectator is permitted per child per practice. If capacity permits, exceptions can be made and must be approved 48 hours in advance of each practice by the COVID Safety Coordinator. Spectators must complete the COVID health questionnaire, be signed into the Contact Tracing Form, and wear a mask while in the facility
- For sessions with players 11-year-old and older spectators are not encouraged
- No food or beverage besides water is allowed in the arena and change rooms
- Players are required to arrive at the arena with equipment already on and will be required to use designated change rooms or spaces to tie skates. (NOTE, players should only bring in skates, stick, helmet, gloves, water bottle, mouth guard, sanitizer and health kit, medications (i.e. puffer). (See Appendix J for additional bag essentials)

## Communication & Reporting

Association wide updates and information will be communicated to players, guardians, coaches, and bench staff through the EFRA website ([elorafergusringette.ca](https://elorafergusringette.ca)), social media channels, and direct email.

- Players / Guardians will be automatically added to our organization's email distribution list upon registration.
- EFRA's website (<https://elorafergusringette.ca>) will have a dedicated area for COVID communications including:
  - Required Waivers Forms and Tracing Sheet
  - Contact information for COVID Safety Officer and Coordinators
  - Links to Wellington-Dufferin-Guelph Public Health
  - Links to Ringette Ontario COVID\_19 Resource webpage
- A designated COVID Safety Leader (CSL) as required by Ringette Ontario will be announced via the EFRA website, social media channels, and email.
- Coaches, bench staff, and COVID Safety Coordinators (CSC) responsible for cohort-specific information/updates will communicate to players and guardians primarily through the RAMP APP, with occasional communications through direct email, text, or phone when required.
- The Ringette Ontario Participant and Team Protocols and Ringette Bag Essentials will be sent via email to all members before the first practice. (See Appendices H, I and J)

- Anyone entering the arena must be tracked using the RAMP APP or a Contact Tracing Form (See Appendix F), and complete a COVID19 Daily Attestation Form (See Appendix E) or the "FIT TO PLAY" waiver via RAMP Team App
- The association COVID Safety Leader (CSL) is required to report any incidents to the Township of Centre Wellington (Facility Booking Coordinator), Wellington-Dufferin-Guelph Public Health, and Ringette Ontario.

Communication Type	Frequency	Method of Communication	Receiver of Communication	Responsible	Goal of Communication
Updates from Ringette Ontario	As needed	BaseCamp COVID resources website	COVID Safety Leader (CSL)	Ringette Ontario	To keep association up to date on changes to protocols and new information learned.
Updates from the Township of Centre Wellington	As needed	Emails	COVID Safety Leader (CSL) Ice Scheduler	Amy Lopers / Kasey Beirnes	To keep associations up to date on changes to protocols
Updates from Wellington Dufferin Guelph Public Health	As needed	Website updates Facebook updates emails	COVID Safety Leader (CSL)	Public Health Unit	To update on COVID stats, new information, and changes to the protocol.
Changes to Association Teams and Players	As needed	EFRA website, social media channels, and email	EFRA Members	Chair or COVID Safety Leader (CSL)	To update all members on any new information or changes to protocols
Team Concerns or Reports	As needed	Email and Phone	COVID Safety Leader (CSL)	COVID Safety Coordinators (CSCs)	To update the association on any team concerns or issues as soon as possible to help with instruction and action.
Association Issues or Concerns	As needed	Emails and Phone	Township of Centre Wellington Community Services department / Public Health Unit	COVID Safety Leader (CSL)	To report or ask questions to gain instruction or action.

- The COVID Safety Leader (CSL) will be the main point of contact with Ringette Ontario, Township of Centre Wellington, and Wellington-Dufferin-Guelph Public Health. This will also be the main point of contact with each COVID Safety Coordinator (CSC).

- Information will flow from the COVID Safety Leader (CSL) to the COVID Safety Coordinators via direct email or phone as required.
- Information will flow to all EFRA members via the website, social media channels, RAMP APP, and emails.

### Reporting Workflow:

Note all the procedures below apply to non-injury related illness and all other return to play guidelines specific to injuries still apply.

#### Scenario 1:

The participant feels ill at the Facility / Activity



The participant advises bench staff and COVID Safety Coordinator (CSC) immediately



The participant receives a mask and dons it as soon as possible. Anyone caring for the participant should also wear a mask (they should be wearing one already). Physical distancing should be considered if care can be effectively provided while doing so



Guardians are advised and take the participant home. If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, they should find an area to isolate.



The participant is advised to follow up with their physician or public health authority for instructions and continue to self-screen (<https://covid-19.ontario.ca/self-assessment/>) Participants who screen negative but still feel unwell must stay home from ringette activity and monitor for additional symptoms. If participants continue to screen negative (i.e. the answer to all screening questions continues to be 'NO') then after 24 hours participants may return to ringette activity if they are feeling better.



Any participant with suspected or confirmed COVID-19 should not return to ringette activity until all public health authority steps have been completed.





If a participant is confirmed to have COVID-19, refer to the section below regarding positive testing communication.

#### Scenario 2:

The participant advises bench staff or COVID Safety Coordinator (CSC) they are not feeling well or have symptoms of COVID-19 and will not be attending practice.



The participant is advised to follow up with their physician or public health authority for instructions and continue to self-screen (<https://covid-19.ontario.ca/self-assessment/>) Participants who screen negative but still feel unwell must stay home from ringette activity and monitor for additional symptoms. If participants continue to screen negative (i.e. the answer to all screening questions continues to be 'NO') then after 24 hours participants may return to ringette activity if they are feeling better.



Any participant with suspected or confirmed COVID-19 should not return to ringette activity until all public health authority steps have been completed.



If a participant is confirmed to have COVID-19, refer to the section below regarding positive testing communication.

#### Scenario 3

Someone in a participant's household is symptomatic or has traveled internationally



Participant notifies COVID Safety Coordinator that a household member is symptomatic or has traveled internationally



If a household member is sick with COVID-19 or has symptoms compatible with COVID-19, participants are a household close contact and should stay home.

If a household member is sick (has been diagnosed by a health care provider with something other than COVID-19) the participant can return to ringette activity as long as they feel well.

If a household member has traveled internationally and has been self-isolating for 14 days upon return, and is not showing any symptoms, participants can return to ringette activity.

If a household member is an essential worker who has traveled internationally for work and is not showing any symptoms, participants can return to ringette activity.

### Positive Test of COVID-19

If a sick participant (or their guardian, if the participant is a minor) elects to inform EFRA that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/guardian's consent to contact public health authorities to obtain advice on communication with other potentially impacted participants. The sick participant (or their guardian if the participant is a minor) should be asked to advise Public Health of this consent. EFRA will explain the communication will take place and never disclose the sick person's name.

Any Ringette participant (Player, Volunteer, Bench Staff, Official, or Guardian) who tests positive for COVID-19 should contact Public Health, their physician, and follow Public Health Guidelines.



Participants can return to ringette activity if:

- They have self-isolated for 14 days and symptoms have resolved or,
- They have received a different diagnosis from a health care provider (e.g. strep throat) or
- They have received a negative COVID-19 test result and are symptom-free for 24 hours.

*In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial, and territorial levels that govern the collection, use, and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation and the federal, provincial, and territorial levels that govern the collection, use, and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have published their own statements relevant to the matter of COVID-19.*

## Key Contacts

### Elora Fergus Ringette Association:

Contact Name: Bruce Parkin – Past Chair, COVID Safety Leader

Email – [bruceparkin@yahoo.ca](mailto:bruceparkin@yahoo.ca)

Phone – 519-843-1278

Alternative Contact Name: Nancy Richardson – Chair

Email - [efr@elorafergusringette.ca](mailto:efr@elorafergusringette.ca)

Phone - 519-820-0559

Elora Fergus Ringette Association

PO Box 392

Fergus ON N1M 3E2

### Township of Centre Wellington:

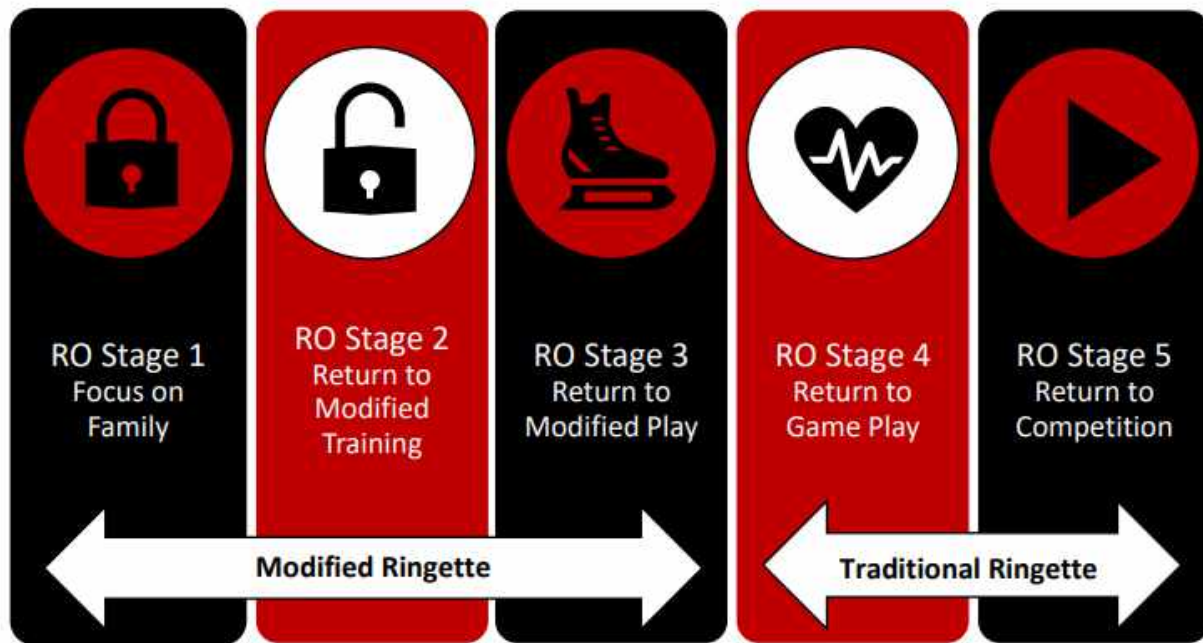
Kasey Beirnes, Facility Operations Supervisor, Township of Centre Wellington  
Office located at: 550 Belsyde Avenue E, Fergus, ON N1M 2W5  
Phone 519.846.9691 x333 Email [kbeirnes@centrewellington.ca](mailto:kbeirnes@centrewellington.ca)

Amy Lopers, Facility Booking Coordinator, Township of Centre Wellington  
Office located at: 550 Belsyde Avenue E, Fergus, ON N1M 2W5  
Phone 519.846.9691 x326 Email [alopers@centrewellington.ca](mailto:alopers@centrewellington.ca)

## Appendices

### **Appendix A – Ringette Ontario Stages for Return to Play**

## Ringette Ontario Stages for Return to Play



Under Phase 1 of the Government of Ontario Phases only Essential Services were permitted to operate. Ringette is not an essential service and if the Government returns to Phase 1 Ringette will be suspended once more.

See Ringette Ontario Website for further details: <https://ringetteontario.com/wp-content/uploads/2020/08/RO-Return-to-Ringette-v2.0-Updated-August-10.pdf>

## **Appendix B – Ringette Ontario Declaration of Compliance - COVID 19**



## DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): \_\_\_\_\_

Individual's Parent/Guardian \_\_\_\_\_  
(if the individual is younger than 18 years old)

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

### WARNING!

#### **ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION**

Ringette Ontario and its affiliated associations, local associations, clubs, and leagues (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further spread of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The coronavirus disease COVID-19 has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19. **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities.
- 3) If the individual is a front-line worker (such as hospital staff, long term care staff, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19), the individual has worn proper and approved Personal Protective Equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the last 14 days.
- 4) If the individual is not a front-line worker, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19, they have not been exposed to a person with a confirmed or suspected case of COVID-19 in the last 14 days.

- 5) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 6) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 7) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 8) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada, or in any province outside of Ontario in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside of Ontario after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 9) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 10) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 11) The individual will bring their own personal items and personal equipment (such as water bottles, bags, towels, etc.) at their discretion and will not share their personal items or equipment with other individuals.
- 12) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 13) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Individual (if the individual is 18 years old or older)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian (if the individual is younger than 18 years old)



## **Appendix C – Ringette Ontario Informed Consent and Assumption of Risk Agreement**



## RINGETTE ONTARIO

### INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

*(To be executed by parents/guardians of Participants who are younger than 18 years old)*

**WARNING! Please read carefully! By signing this document, you will assume certain risks and responsibilities**

Participant's Name: \_\_\_\_\_ Participant's Date of Birth: \_\_\_\_\_

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is younger than the age of majority and who wants to participate in the sport of ringette and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by Ringette Ontario and its affiliated associations, local associations, clubs, and leagues which may include but is not limited to: competitions, tournaments, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must have their legal parent/guardian ("the Parties") acknowledge and agree to the terms outlined in this agreement.
2. The undersigned acknowledges and agrees that they are a parent/guardian of the Participant and have full legal responsibility for the decisions of the Participant.

#### Disclaimer

3. Ringette Ontario and its affiliated associations, local associations, clubs, leagues and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.



***We have read and agree to be bound by paragraphs 1 to 3***

#### Description and Acknowledgement of Risks

4. The Parties understand and acknowledge that:
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming
  - c) The Organization has a difficult task to ensure safety and it is not infallible. the Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction
  - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19
5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The Parties understand that the Organization may fail to safeguard or protect the Participant from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
  - a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
  - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, boards, equipment or persons; dangerous, unsafe, or irregular conditions with the ice; extreme weather conditions and lightning; and travel to and from the premises
  - c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability
  - d) Contact: contact with nets, boards, ringette sticks, rings and other equipment, Zamboni's, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
  - e) Advice: negligent advice regarding the Activities

- f) Ability: failing to act safely or within the Participant's own ability or within designated areas
- g) Sport: the sport of Ringette and its inherent risks, including but not limited to collisions with ringette boards, goalie nets and ice, being struck by ringette sticks or rings; physical contact with other participants
- h) Cyber: privacy breaches; hacking; and technology malfunction or damage
- i) Conduct: The Participant's conduct and conduct of other persons including any physical altercation between participants
- j) Travel: travel to and from the Activities

☐ ***We have read and agree to be bound by paragraphs 4 and 5***

#### **Terms**

6. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
  - a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant
  - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition
  - c) To comply with the rules and regulations for participation in the Activities
  - d) To comply with the rules of the facility or equipment
  - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately
  - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant will not participate if impaired in any way;
  - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity
  - h) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment
  - i) **(COVID-19)** That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death
7. In consideration of the Organization allowing the Participant to participate, the Parties agree:
  - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities
  - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities
  - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

#### **Jurisdiction**

8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario and they further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

☐ ***We have read and agree to be bound by paragraphs 6 to 8***

#### **Acknowledgement**

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, guardians, next of kin, executors, administrators and legal or personal representatives.

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Signature of Participant (if over 13)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent or Guardian (print)

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

## **Appendix D – Ringette Ontario Release of Liability, Waiver of Claims and Indemnity Agreement**



## RINGETTE ONTARIO

### RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

*(To be executed by Participants who are 18 years old and older)*

**WARNING! Please read carefully! By signing this document, you will waive certain legal rights including the right to sue**

Participant's Name: \_\_\_\_\_ Participant's Date of Birth: \_\_\_\_\_

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is the age of majority or older and who wants to participate in the sport of Ringette and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by Ringette Ontario and its affiliated associations, local associations, clubs, and leagues which may include but is not limited to: competitions, tournaments, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must acknowledge and agree to the terms outlined in this agreement.

#### Disclaimer

2. Ringette Ontario and its affiliated associations, local associations, clubs, leagues, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

☐ I have read and agree to be bound by paragraphs 1 and 2

#### Description and Acknowledgement of Risks

3. I understand and acknowledge that
- a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction
  - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
- a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
  - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, boards, equipment or persons; dangerous, unsafe, or irregular conditions with the ice; extreme weather conditions and lightning; and travel to and from the premises
  - c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability
  - d) Contact: contact with nets, boards, ringette sticks, rings and other equipment, Zamboni's, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
  - e) Advice: negligent advice regarding the Activities
  - f) Ability: failing to act safely or within the Participant's own ability or within designated areas
  - g) Sport: the sport of Ringette and its inherent risks, including but not limited to collisions with ringette boards, goalie nets and ice, being struck by ringette sticks or rings; physical contact with other participants
  - h) Cyber: privacy breaches; hacking; and technology malfunction or damage
  - i) Conduct: The Participant's conduct and conduct of other persons including any physical altercation between participants
  - j) Travel: travel to and from the Activities

- k) Negligence: my negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE ORGANIZATION, which may increase the risk of damage, loss, personal injury or death



***I have read and agree to be bound by paragraphs 3 and 4***

#### **Terms**

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select
  - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition
  - c) To comply with the rules and regulations for participation in the Activities
  - d) To comply with the rules of the facility or equipment
  - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately
  - f) The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way
  - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity
  - h) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment
  - i) **(COVID-19)** That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death

#### **Release of Liability and Disclaimer**

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me
  - b) To ASSUME all risks arising out of, associated with or related to my participation
  - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities
  - d) To WAIVE any and all claims that I may have now or in the future against the Organization
  - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities
  - f) To FOREVER RELEASE and INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization
  - g) To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization
  - h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities
  - i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities
  - j) This release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

#### **Jurisdiction**

7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of Ontario and further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.



***I have read and agree to be bound by paragraphs 5 to 7***

#### **Acknowledgement**

8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

## **Appendix E – Ringette Ontario COVID19 Daily Attestation Form**



## DAILY COVID-19 ATTESTATION AND AGREEMENT

Ringette Canada, Ringette Ontario and [redacted] are defined as the "Organization".

By signing below, the Participant (named below) or the Participant's Guardian attests that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise;
3. Has not travelled internationally during the past 14 days;
4. Has not frequented a COVID-19 high risk area in the Province during the last 14 days;
5. 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
6. Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.

Furthermore, by signing below, the Participant or the Participant's Guardian agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:

1. Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability while participating in the Organization's events or attending at the Organization's facilities;
2. Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
3. Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
  - a. inform a representative of the Organization; and
  - b. depart from the event or facility.

### FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19

By signing below, the Participant (named below) or the Participant or the Participant's Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

Print Name:

[redacted]

the "Participant"

Date of Birth:

[redacted]

(mm/dd/yyyy)

Print Name:

[redacted]

The "Guardian" (if Participant is a minor)

Signature:

[redacted]

Participant or Guardian for minor

Date:

[redacted]

(mm/dd/yyyy)



## Appendix F – Ringette Canada Contact Tracing Form



## **Appendix G – Ringette Ontario Risk Management and Safety Audit Forms**



## RISK MANAGEMENT AND SAFETY AUDIT FORM

As part of the Risk Management and Safety/Sanction process, each Association/Tournament is required to submit an Audit Form for each Facility utilized to the Ringette Ontario office. It is important that these audits are completed as they help determine if any action is required to make the facilities safe for everyone.

Date:	Name of Auditor: Bruce Parkin	Association: Elora Fergus Ringette
Facility Name: Centre Wellington Community Sportsplex	City: Fergus	
Event(s): Ringette		

### EMERGENCY SERVICES:

Estimated response time of Ambulance: 5-10 minutes		
Name of Hospital: Groves Memorial Community Hospital (New Aug 9 2020)	Distance: 4.1km	
Other Hospitals:	Distance:	
Other Hospitals:	Distance:	
Is the 911 Emergency Service available in your area?		Yes Yes
No		
If No, what are the emergency numbers?		
Police:		Poison Centre:
Ambulance:		Hospital:

**FACILITY SERVICES:**

Does the Facility have a COVID-19 Health & Safety Plan?	Yes yes	No
Does the Facility have a have a First Aid Room?	Yes	No no
If no, are you able to designate a room for this purpose?	Yes	No no
Is there a First Aid Kit Available	Yes yes	No
Do the Facility's personnel have First Aid Training?	Yes yes	No
Does the Facility have an injury reporting/COVID reporting process?	Yes yes	No

**FACILITY INSPECTION:**

COVID Signage		Yes yes	No
Hand Sanitizer Stations		Yes yes	No
Disinfection and Sanitation by Facility between sessions?		Yes yes	No
Exit Doors:			
How many in Front/Back	Double 7	Single 1 for public use	
Sides	Double 2	Single	
Are they clearly marked, and can they be opened?		Yes yes	No
Condition of the Ice? No ice at time of inspection. Ice is checked daily by Municipal facility staff			
Good	Fair	Poor	
Condition of the Stands? Good			
Good	Fair	Poor	
Condition of the Team Benches? Good			
Good	Fair	Poor	
Comments?			

**Overall Comments:**


If available, please submit a map of the facility with the above information marked on it (exits, first aid rooms, phones, etc.).

Auditor:

Name: Bruce Parkin	Signature: <i>Bruce Parkin</i>	Date:
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Please send to the RO Office via [info@ringetteontario.com](mailto:info@ringetteontario.com) Attention: Risk Management and Audit Safety Form

Copies must be provided to your Region G&T Coordinator as part of the Pre-Tournament Requirements.



## RISK MANAGEMENT AND SAFETY AUDIT FORM

As part of the Risk Management and Safety/Sanction process, each Association/Tournament is required to submit an Audit Form for each Facility utilized to the Ringette Ontario office. It is important that these audits are completed as they help determine if any action is required to make the facilities safe for everyone.

Date: August 17 2020	Name of Auditor: Bruce Parkin	Association: Elora Fergus Ringette
Facility Name: Elora Community Centre		City: Elora
Event(s): Ringette		

### EMERGENCY SERVICES:

Estimated response time of Ambulance: 5-10 minutes		
Name of Hospital: Groves Memorial Community Hospital (New Aug 9 2020)		Distance: 4.5km
Other Hospitals:		Distance:
Other Hospitals:		Distance:
Is the 911 Emergency Service available in your area?		Yes Yes
No		
If No, what are the emergency numbers?		
Police:		Poison Centre:
Ambulance:		Hospital:

**FACILITY SERVICES:**

Does the Facility have a COVID-19 Health & Safety Plan?	Yes yes	No
Does the Facility have a have a First Aid Room?	Yes	No no
If no, are you able to designate a room for this purpose?	Yes	No no
Is there a First Aid Kit Available	Yes yes	No
Do the Facility's personnel have First Aid Training?	Yes yes	No
Does the Facility have an injury reporting/COVID reporting process?	Yes yes	No

**FACILITY INSPECTION:**

COVID Signage		Yes yes	No
Hand Sanitizer Stations		Yes yes	No
Disinfection and Sanitation by Facility between sessions?		Yes yes	No
Exit Doors:			
How many in Front/Back	Double 2	Single 1 for public use	
Sides	Double 1	Single 3	
Are they clearly marked, and can they be opened?		Yes yes	No
Condition of the Ice? No ice at time of inspection. Ice is checked daily by Municipal facility staff			
Good	Fair	Poor	
Condition of the Stands? Good			
Good	Fair	Poor	
Condition of the Team Benches? Good			
Good	Fair	Poor	
Comments?			



**Overall Comments:**


If available, please submit a map of the facility with the above information marked on it (exits, first aid rooms, phones, etc.).

Auditor:

Name: Bruce Parkin	Signature: <i>Bruce Parkin</i>	Date: August 17 2020
-----------------------	-----------------------------------	-------------------------

Please send to the RO Office via [info@ringetteontario.com](mailto:info@ringetteontario.com) Attention: Risk Management and Audit Safety Form

Copies must be provided to your Region G&T Coordinator as part of the Pre-Tournament Requirements.

## **Appendix H – Ringette Ontario Participant Protocols**



# Ringette Ontario

## Participant Protocols

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### Athlete and Parent Protocols

All athletes must have, prior to their first session

- Skate guards
    - Parents should practice with the athlete at home, to ensure they can put their skate guards on themselves
  - Their own water bottle, labeled with their name in large letters
  - A small bag specifically for their helmet and gloves (this bag should be machine washable – i.e. pillow-case, fabric bag, drawstring bag)
- 

### Pre-Event Responsibilities:

- If you or your child is feeling unwell, or exhibiting any related symptoms, you must stay home
  - Athletes must use the designated online software (RAMP TEAM App, TeamSnap, etc.) to RSVP their attendance no less than 48 hours prior to the session
  - Any athletes not marked as attending less than 48 hours prior to the session will be unable to attend
  - Athletes (and their guardians if applicable) should ensure that their equipment is clean prior to going to a session. This includes washing their jersey, sanitizing gloves and helmet, washing their water bottle, and washing their individual helmet and glove bag
- 

### Arrival and Entrance:

Scenario 1 No parents in facility, no dressing rooms	Scenario 2 1 parent/athlete, no dressing room
<ul style="list-style-type: none"><li>• It is recommended that athletes arrive at the facility already wearing their under-gear garments. Athletes will arrive and dress in/at their vehicle.</li><li>• Gear bags will remain in vehicles once athletes have finished dressing.</li><li>• Parents should bring their athletes to the designated entrance, waiting outside, maintaining social distancing from all other families and patrons</li><li>• Athletes will move toward the entrance of the facility, one at a time, when called, wearing all of their gear, and carrying their stick and water bottle.</li></ul>	<ul style="list-style-type: none"><li>• It is recommended that athletes arrive at the facility already wearing their under-gear garments. Athletes will arrive and dress in/at their vehicle.</li><li>• Gear bags will remain in vehicles once athletes have finished dressing.</li><li>• Parents should bring their athletes to the designated entrance, waiting outside, maintaining social distancing from all other families and patrons</li><li>• Parents must wear a mask</li><li>• Athletes will move toward the entrance of the facility with their parent, one at a time, when called, wearing all of their gear, and carrying their stick and water bottle.</li></ul>

<ul style="list-style-type: none"> <li>• Athletes will line up, single file, with a 2-metre distance between (athletes should not be able to reach out with their stick, and touch another athlete's stick), and follow their coach into the facility</li> <li>• Parents will remain outside of the facility.</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes will line up with their parent, with a 2-metre distance between (athletes should not be able to reach out with their stick, and touch another athlete's stick), and follow their coach into the facility</li> <li>• Parents will follow their athletes into the facility, and then proceed to the designated viewing area, maintaining social distance and following signage and guidelines</li> </ul>
--	--

## During Session:

<b>Scenario 1</b> <b>No parents in facility, no dressing rooms</b>	<b>Scenario 2</b> <b>1 parent/athlete, no dressing room</b>
<ul style="list-style-type: none"> <li>• Maintain Social Distance of 2 metres at all times</li> <li>• Athletes are not to share water bottles or equipment</li> <li>• Athletes will not move or touch the ring, cones, or other game equipment with their hands or gloves</li> <li>• Athletes will follow the direction of coaches and team staff</li> <li>• If any athlete needs their parent for an emergency, or equipment malfunction, they will tell the designated manager off ice, who will communicate to their parent who is outside the facility. The athlete will follow facility guidelines to meet with their parent (ie. meet parent in lobby in designated area, or parent will be led by the team manager into the arena to meet with their child).</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain Social Distance of 2 metres at all times</li> <li>• Athletes are not to share water bottles or equipment</li> <li>• Athletes will not move or touch the ring, cones, or other game equipment with their hands or gloves</li> <li>• Athletes will follow the direction of coaches and team staff</li> <li>• If any athlete needs their parent for an emergency, or equipment malfunction, they will tell the designated manager off ice, who will communicate to their parent who is in the designated viewing area. The athlete will follow facility guidelines to meet with their parent (ie. meet parent in lobby in designated area, or parent will be led by the team manager into an area where they can meet with their child).</li> <li>• Parents will remain in the designated viewing area for the duration of the session</li> </ul>

## Exit & Departure:

<b>Scenario 1</b> <b>No parents in facility, no dressing rooms</b>	<b>Scenario 2</b> <b>1 parent/athlete, no dressing room</b>
<ul style="list-style-type: none"> <li>• Athletes will put their skate guards on, unassisted</li> <li>• Athletes will line up, single file, with a 2-metre distance between (athletes should not be able to reach out with their stick, and touch another athlete's stick), and follow their coach out of the facility</li> <li>• Parents should come to the designated pick up area, maintaining social distance from other families and patrons, and wait for their child</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes will line up, single file, with a 2-metre distance between (athletes should not be able to reach out with their stick, and touch another athlete's stick), and be called to walk to their parent</li> <li>• Athlete will put on skate guards, and exit the facility with their parent, remaining in their full gear, and following signage</li> <li>• Athlete's should place their helmet, gloves and water bottle into their small storage bag, and place that bag inside their gear bag.</li> </ul>

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• One at a time, when called, Athletes will walk to their parents, and then go to their vehicle.</li><li>• Athlete's should place their helmet, gloves and water bottle into their small storage bag, and place that bag inside their gear bag.</li><li>• This small bag, as well as the athlete's helmet, gloves and water bottle, should be washed and/or sanitized after each session</li></ul> | <ul style="list-style-type: none"><li>• This small bag, as well as the athlete's helmet, gloves and water bottle, should be washed and/or sanitized after each session</li></ul> |
|--|--|

## **Appendix I – Ringette Ontario Team Staff Protocols**

# Ringette Ontario Team Staff Protocols



- 
- Coaches must maintain the Rule of Two at all times
  - Coaches must maintain social distance of 2-metres from athletes, other coaches, parents and patrons at all times
  - Coaches should ensure they have their own water bottle that is well labeled and kept separate from the athlete's water bottles
- 

## Pre-Event Responsibilities:

- If you are feeling unwell, or exhibiting any related symptoms, you must stay home
  - Coaches should ensure that their equipment is clean prior to going to a session. This includes sanitizing gloves and helmet, washing their water bottle, and washing their individual helmet and glove bag.
  - Ensure all coaching equipment (cones, white board, rings, helmet, gloves) have been sanitized prior to arriving at the facility
  - Coaches should utilize an online team organization software such as RAMP Team App, TeamSnap for attendance, ensuring that they will not be going above the maximum number of participants at any session
  - Once it is 48 hours before the session, coach should communicate with those who have marked themselves as a No, Maybe, or have not replied, and let them know that they will be unable to attend the upcoming session
  - Create a practice plan that are skill based and should not include any game scenarios or activities that require athletes to be less than 2 metres apart.
  - Coaches should send practice plans to athletes and families at least 12 hours prior to avoid close gatherings around white boards and maximize the likely reduced ice time. In addition, if parents are not able to enter the facility, they will know what their children are working on that day.
  - Coach should ensure that they have all of their equipment and required materials, including PPE, hand sanitizer, sanitizing wipes, packaged tissues, marker/labels (water bottles), and bingo dabbers (ice marking)
- 

## Arrival and Entrance:

- Coaches should bring only necessary items into the arena
- Coaches should come wearing the clothes they plan to wear under their coaching gear on the ice
- Wash hands immediately upon arrival
- Coaches should follow facility guidelines and protocols for entrance to the arena
- Wear a mask upon entrance

- Once dressed, coaches should place their belongings in a bag that can be closed, and place it in an area where there will be no athletes (penalty box, locked dressing room if allowed etc.)
- 

## **Pre-Session Preparation:**

- 10 minutes prior to the session, bench staff will meet the athletes at the designated entrance, and will go through the COVID-19 Pre-Practice Checklist
  - "Have you travelled anywhere in the past 14 days", "Are you feeling unwell?", "Have you been in contact with anyone who has a confirmed, or suspected case of COVID-19" etc.
  - If any athletes, or their parents, answer yes to any of the questions on the checklist, they must return home and will not be permitted to attend the session
  - Bench staff will walk to the designated entrance area for participants and bring the participants inside no more than 5 minutes prior to their ice time. Coaches and athletes will maintain a 2-metre social distance from each other at all times. Bench staff will lead athletes to the arena following the facility guidelines and protocols
  - Bench staff should use a bingo dabber to draw spaces on the ice where needed for the upcoming activities to ensure social distancing (particularly for U14 and below)
- 

## **During Session:**

- Must maintain Rule of Two at all times
  - Maintain a coach to athlete ratio of 1:5
  - Lead activities that do not require contact, or that athletes come less than 2 metres apart from each other
  - Where possible, keep athletes in small, separate groups
  - Coaches will be the only individuals allowed to touch the rings or other equipment
- 

## **Post Session Wrap-Up:**

- Coaches will lead athletes out of the facility, maintaining social distance, to the designated exit
  - Coaches must sanitize all rings and facility spaces (benches, gates, nets) prior to leaving the facility
- 

## **Exit & Departure:**

- Coaches must place their helmet and gloves in a personal bag, inside of their gear bag.
- Wash hands prior to leaving the facility
- Coaches will exit the facility, following facility guidelines and protocols



## **Appendix J – Ringette Ontario Ringette Bag Essentials**

# Ringette Ontario

## Ringette Bag Essentials

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### COVID-19 Additions:

- ☐ Personal Protective Mask
  - ☐ Latex (or equivalent) disposable gloves
  - ☐ Hand Sanitizer
  - ☐ Personal Water bottle labelled with players first and last name
  - ☐ Plastic Skate guards
  - ☐ Separate cloth bag to put helmet and gloves in after practice
  - ☐ Practice jersey (recommended)
  - ☐ Practice pants (recommended)
- 

### Required Equipment:

- ☐ Helmet with ringette facemask
- ☐ Ringette stick (recommended to have a backup stick with you)
- ☐ Ringette ring
- ☐ Skates – goalies may choose to use goalie skates
- ☐ Shin pads, worn under the pants (or goalie pads)
- ☐ Protective girdle with a 'cup' or a 'jill'
- ☐ Ringette pants
- ☐ Gloves
- ☐ Elbow pads
- ☐ Jersey
- ☐ Neck guard

## **Appendix K – Cohort COVID Safety Coordinator Responsibilities**

## Cohort COVID Safety Coordinator (aka COVID team leader) Responsibilities

This outlines the roles and responsibilities of the COVID team leader. Each team must assign a COVID team leader and set-up **RAMP OR TEAM Snap** as a way to track practice attendance and health checks. We suggest this person be the team manager position

This outlines the roles and responsibilities of the COVID team leader. Each team must assign a COVID team leader and set-up Team Snap as a way to track practice attendance and Health Checks. We suggest this person be the Team Manager position.

- Set-up Team Snap to track all practices and responses from players for attendance. Can also be used for Health Check.
- 48 hours prior to each practice, send an email to the Coach and Association COVID Leader stating the # of players attending and # of players absent
- Association COVID Leader to provide email of all families on the team that have completed the COVID waivers required before player steps on ice.
- For any families not having completed the waivers 48 hours of first practice, they are not allowed on the ice.
- Track COVID tracking sheet at the beginning of each practice including players. If a player arrives that did not respond they were coming, they are not allowed on the ice.
- Assign players to use a dressing room only allowing 10 people max per dressing room
- Ensure all players and spectators entering the arena are wearing masks and using hand sanitizer
- Ensure all players complete the COVID Health Questionnaire. Keep all records for 4 weeks and destroy by shredding after 4 weeks' time.
- Be aware of the reporting protocols and report any COVID concerns to the Association COVID leader as soon as you are notified.

### Checklist for COVID Team Leader:

	Set-up Team Snap for team and ensure all parents accept the invitation
	Confirm all parents have completed the Waiver as per Vice President tracking before stepping on the ice
	Confirm all players, bench staff, parents and referees have signed the Declaration of Compliance (one time)
	Confirm all parents have signed Parent Code of Conduct (one time)
	Confirm the bench staff have all signed Bench Staff Code of Conduct (one time)
	Enter all practices into Team Snap to allow for players to confirm attendance at least 48 hours in advance
	Confirm the Health Check is set-up for players in Team Snap or print COVID Health attestations forms for practice
	Print COVID tracing sheet prior to practice
	Arrive at practice in advance to track all players and spectators attending
	Ensure only 10 players per change room are assigned when attending practice

## Appendix L - First Aid Kit Communication

## First Aid Communication

This page is to be added to every First Aid Kit provided by the Elora Fergus Ringette Association. One first aid kit per team.

### Key Contacts:

- Wellington-Dufferin-Guelph Public Health – 1-800-265-7293; 519-836-7215
- Township of Centre Wellington – 519.846.9691 ext 903
- Ringette COVID Safety Leader – Bruce Parkin – 519-994-0219

Note all the procedures below apply to non-injury related illness and all other return to play guidelines specific to injuries still apply.

### Scenario 1:

The participant feels ill at the Facility / Activity



The participant advises bench staff and COVID Safety Coordinator (CSC) immediately



The participant receives a mask and dons it as soon as possible. Anyone caring for the participant should also wear a mask (they should be wearing one already). Physical distancing should be considered if care can be effectively provided while doing so



Guardians are advised and take the participant home. If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, they should find an area to isolate.



The participant is advised to follow up with their physician or public health authority for instructions and continue to self-screen (<https://covid-19.ontario.ca/self-assessment/>) Participants who screen negative but still feel unwell must stay home from ringette activity and monitor for additional symptoms. If participants continue to screen negative (i.e. the answer to all screening questions continues to be 'NO') then after 24 hours participants may return to ringette activity if they are feeling better.



Any participant with suspected or confirmed COVID-19 should not return to ringette activity until all public health authority steps have been completed.



If a participant is confirmed to have COVID-19, refer to the section below regarding positive testing communication.

### Scenario 2:

The participant advises bench staff or COVID Safety Coordinator (CSC) they are not feeling well or have symptoms of COVID-19 and will not be attending practice.



The participant is advised to follow up with their physician or public health authority for instructions and continue to self-screen (<https://covid-19.ontario.ca/self-assessment/>) Participants who screen negative but still feel unwell must stay home from ringette activity and monitor for additional symptoms. If participants continue to screen negative (i.e. the answer to all screening questions continues to be 'NO') then after 24 hours participants may return to ringette activity if they are feeling better.



Any participant with suspected or confirmed COVID-19 should not return to ringette activity until all public health authority steps have been completed.



If a participant is confirmed to have COVID-19, refer to the section below regarding positive testing communication.

### Scenario 3

Someone in a participant's household is symptomatic or has traveled internationally



Participant notifies COVID Safety Coordinator that a household member is symptomatic or has traveled internationally



If a household member is sick with COVID-19 or has symptoms compatible with COVID-19, participants are a household close contact and should stay home.

If a household member is sick (has been diagnosed by a health care provider with something other than COVID-19) the participant can return to ringette activity as long as they feel well.

If a household member has traveled internationally and has been self-isolating for 14 days upon return, and is not showing any symptoms, participants can return to ringette activity.

If a household member is an essential worker who has traveled internationally for work and is not showing any symptoms, participants can return to ringette activity.

### Positive Test of COVID-19

If a sick participant (or their guardian, if the participant is a minor) elects to inform EFRA that they have been diagnosed with COVID-19, the individual informed shall seek the sick participant/guardian's consent to contact public health authorities to obtain advice on communication with other potentially impacted participants. The sick participant (or their guardian if the participant is a minor) should be asked to advise Public Health of this consent. EFRA will explain the communication will take place and never disclose the sick person's name.

Any Ringette participant (Player, Volunteer, Bench Staff, Official, or Guardian) who tests positive for COVID-19 should contact Public Health, their physician, and follow Public Health Guidelines.



Participants can return to ringette activity if:

- They have self-isolated for 14 days and symptoms have resolved or,
- They have received a different diagnosis from a health care provider (e.g. strep throat) or
- They have received a negative COVID-19 test result and are symptom-free for 24 hours.

*In Canada, the management of public health crises is a matter involving close coordination between all levels of government. There is therefore a variety of public and private sector privacy legislation at the federal, provincial, and territorial levels that govern the collection, use, and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation and the federal, provincial, and territorial levels that govern the collection, use, and disclosure of personal information. There are provincial and territorial privacy authorities that oversee compliance with the privacy legislation in their respective jurisdictions, and some have published their own statements relevant to the matter of COVID-19.*

## **Appendix M - Township of Centre Wellington Arena Procedures**





**COVID-19 Facility Protocol Agreement**  
**Community Service Department**  
**CW Community Sportsplex**

The Township of Centre Wellington Community Service department is working closely with Wellington-Dufferin-Guelph Public Health to monitor the COVID-19 pandemic and will follow any guidelines and procedures they recommend. The health, safety and well-being of our community is our top priority.

COVID-19 can spread from person-to-person through close contact from respiratory droplets of someone with COVID-19. COVID-19 droplet transmission is much more likely when individuals are in close contact. The likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. We want to remind everyone of the importance of physical distancing and encourage everyone to consider ways to minimize close contact to help prevent the transmission.

Wellington-Dufferin Guelph Health Unit has ordered that anyone entering an Indoor Sports Facility **MUST** wear a face mask until further notice. This includes all municipal facilities. Masks should not be worn when conducting intense physical activities.

Permit holders who have not signed and submitted this document will not be permitted in the facility. This form must be completed and emailed to [alopers@centrewellington.ca](mailto:alopers@centrewellington.ca) prior to arriving at the facility.

It is strongly encouraged all participants take the [Government of Ontario self-assessment tool](#) before entering a Township facility.

All rentals will be 50 minutes in length, with 10 minutes re-surfacing.

PAD A	PAD B
5:00-5:50pm	
10 minute flood	5:30-6:20pm
6:00-6:50pm	10 minute flood
10 minute flood	6:30-7:20pm

**1. Do not enter the facility if:**

- You have travelled outside Ontario in the last 14 days.
- You have symptoms of COVID-19 or are feeling unwell.
- Someone in your household has COVID-19 symptoms in the past 14 days.
- If anyone in your household has been exposed to someone who has or is recovering from COVID-19.

**2. Maximum numbers on each ice surface:**

- There is a maximum of 25 people total allowed per group per playing area.
  - This includes players, goalies, coaches, etc.

**3. Parking Lot:**

- Everyone must follow physical distancing rules in the parking lot the same as in the facility
- No loitering is permitted during booked times by parents/guardians who are waiting for their child. If waiting, you must remain in your car.



**COVID-19 Facility Protocol Agreement**  
**Community Service Department**  
**CW Community Sportsplex**

- c) Users of Pad A will park in the front parking lot, Pad B users will park in the rear parking lot

**4. Equipment Requirements:**

- a) Players **must arrive and leave fully dressed, carrying skates, stick, helmet & water bottle only**. Facility users are strongly encouraged to not bring bags in the facility. Everyone on the ice is required to wear the required equipment for their activity/sport.
- b) Goalies must arrive and leave with their base layer, socks, and hockey pants on. They will be permitted to bring a bag with the rest of their gear to put on in facility.
- c) Arrive with your water bottle filled already. Facility users will not be permitted to use the washroom to fill their water bottle. Water fountains and water bottle fill stations will not be available for use.
- d) Arena divider boards will not be used to separate the ice surfaces.
- e) No equipment will be provided; this includes pucks, training aids, cones, ice jugs, water jugs, first aid equipment or other training aids
- f) Please bring your own hand sanitizer or use the hand sanitizer provided within the facility.

**5. Arrival & Departure:**

- a) Follow all signage posted inside and outside of the facility.
- b) You **MUST** arrive 20 minutes prior to your ice time and you must depart within 15 minutes of the completion of your ice time. Facility users will only be granted access to the facility by your organizations "COVID controller" 20 minutes before their rental time. Waiting outside of the facility is not permitted. Users must wait in their vehicles.
- c) Except for player water bottles, please do not bring any outside food or beverages.
- d) Please see **Figure 1** for *directional map based on Pad use*. Facility users using Pad A will enter through the doors to the right of front main doors clearly marked "Pad A Entrance." **Figure 2**. For accessible Pad A entrance/exit please use front main doors. Facility users using Pad B will enter through the back doors clearly marked "Pad B Entrance" **Figure 3**.
  - i) Once they have followed the corresponding signage into ice pad, proceed to the designated dressing rooms. Within each dressing room there will be stations clearly marked.
  - ii) Stations have been placed in the warm viewing areas and connecting corridor between Pad A and B for skate tying. These stations are sanitized after each rental.
  - iii) Once the Olympia has left the ice you may proceed from your station onto the ice surface. Please refrain from congregating prior to stepping on the ice.
  - iv) Once the rental has ended, users have 15 minutes to vacate the facility. Please proceed to station, remove skates and exit through the same door you entered. Ensure you follow directional signage. **DO NOT EXIT** through the Olympia Room.
- e) Always abide by the 2m (6ft.) physical distancing rule
- f) We will not permit people from coming/going in and out of the building during your rental.
- g) Once the rental group has left, the facility staff will sanitize the dressing rooms and entrance/exit doors. High touch point surfaces will be sanitized several times per day.

**6. While You are Here:**

- a) Designated dressing rooms will be identified for washroom use for players. Pad A washrooms (hall of fame) and Pad B washrooms (warm viewing area) are available.



**COVID-19 Facility Protocol Agreement**  
**Community Service Department**  
**CW Community Sportsplex**

- b) We will not process registrations or bookings in-person. We will coordinate via phone/email only or you may register for programs online.

**7. While You are on the Ice:**

- a) Team sports may only be practiced or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between players

b) **NO SPITTING ALLOWED IN THE FACILITY OR OUTSIDE AREAS**

Facility will permit 25 accompanying parents, guardians, spectators or other adults. All spectators **MUST** remain in the arena stands and stay away from athlete stations, maintain a physical distance of 2m from each other, and **MUST** have a face mask on at all times while in attendance.

Spectators should stay away from dressing rooms and play surfaces unless required to support players; physical distancing guidelines should still be followed.

**8. Warm Up/Dryland Training**

- a) NOT permitted in the facility

**9. User Code of Conduct:**

- a) Please ensure you are aware of the procedures and the importance of physical distancing upon entering the facility. Please relay the importance of this information to your children.
- b) Everyone entering the facility should ensure they are not touching anything that is not necessary – proceed to your designated station upon arrival and wait until you get the go ahead to proceed to your next station.
- c) There should be nobody walking around the facility outside of their designated area.
- d) We will not permit any horseplay among players in a small group and, should we witness any behaviour contrary to our guidelines, you will be immediately asked to leave and not provided with a refund or credit and all future bookings may be cancelled.
- e) Please ensure all garbage is placed in the appropriate container.

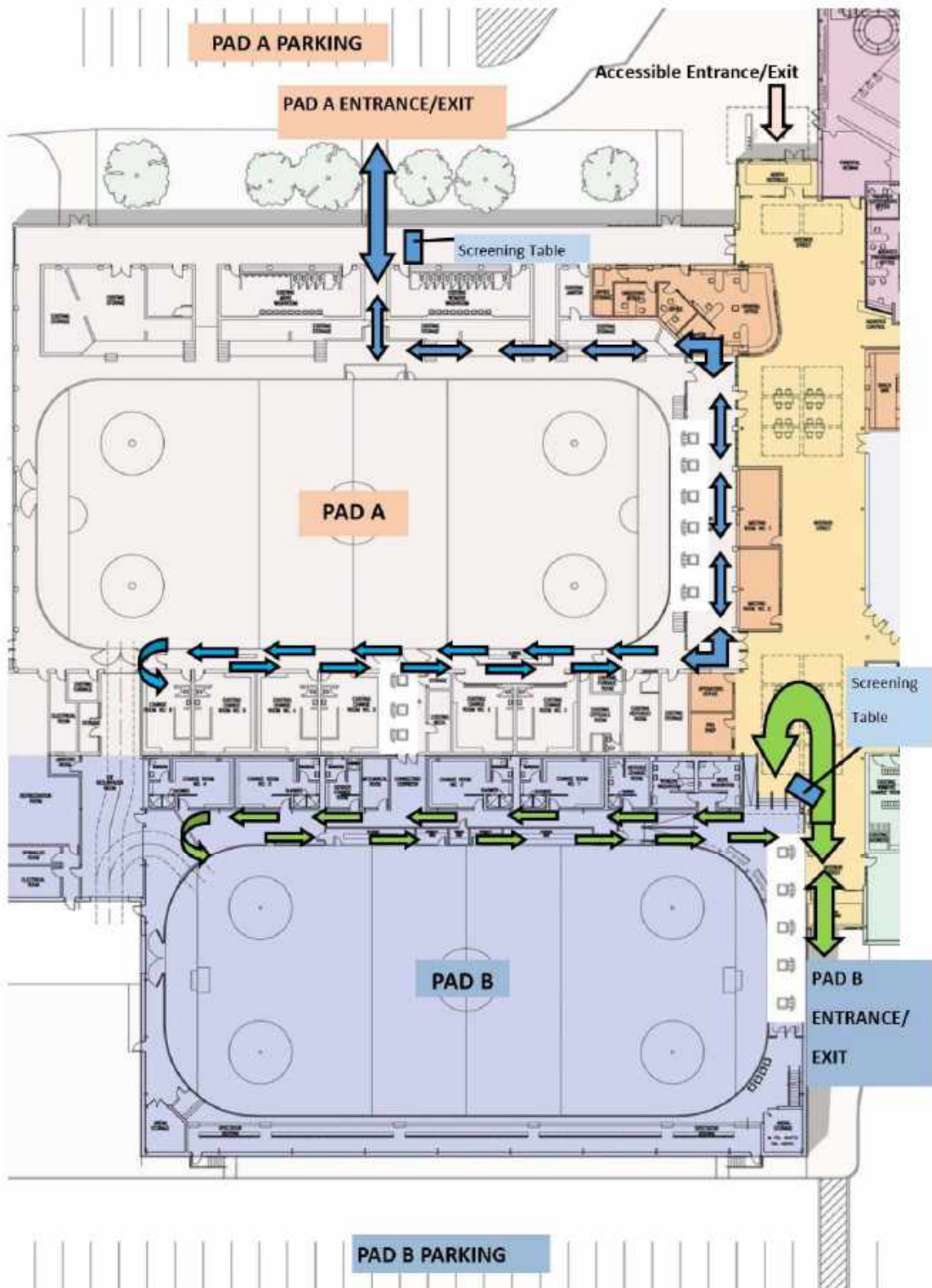
**10. Once you get Home:**

- a) Please clean and disinfect all your equipment.

By signing this document, I hereby agree that I provided this information to all the participants in my group and understand and agree to all policies outlined within.

Name of Organizer: \_\_\_\_\_ Permit #: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Figure 1:** Pad A and Pad B travel Route





**Figure 2:** Pad A Entrance/Exit



**Figure 3:** Pad B Entrance/Exit



**COVID-19 Facility Protocol Agreement**  
**Community Service Department**  
**Elora Community Centre**

The Township of Centre Wellington Community Service department is working closely with Wellington-Dufferin-Guelph Public Health to monitor the COVID-19 pandemic and will follow any guidelines and procedures they recommend. The health, safety and well-being of our community is our top priority.

COVID-19 can spread from person-to-person through close contact from respiratory droplets of someone with COVID-19. COVID-19 droplet transmission is much more likely when individuals are in close contact. The likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. We want to remind everyone of the importance of physical distancing and encourage everyone to consider ways to minimize close contact to help prevent the transmission.

Wellington-Dufferin Guelph Health Unit has ordered that anyone entering an Indoor Sports Facility **MUST** wear a face mask until further notice. This includes all municipal facilities.

Permit holders who have not signed and submitted this document will not be permitted in the facility. This form must be completed and emailed to [alopers@centrewellington.ca](mailto:alopers@centrewellington.ca) prior to arriving at the facility.

It is strongly encouraged all participants take the [Government of Ontario self-assessment tool](#) before entering a Township facility.

All rentals will be 50 minutes in length, with 10 minutes re-surfacing.

5:00-5:50pm
10 minute flood
6:00-6:50pm
10 minute flood
7:00-7:50pm

**1. Do not enter the facility if:**

- You have travelled outside Ontario in the last 14 days.
- You have symptoms of COVID-19 or are feeling unwell.
- Someone in your household has COVID-19 symptoms in the past 14 days.
- If anyone in your household has been exposed to someone who has or is recovering from COVID-19.

**2. Maximum numbers on each ice surface:**

- There is a maximum of 25 people total allowed per group per playing area.
  - This includes players, goalies, coaches, etc.

**3. Parking Lot:**

- Everyone must follow physical distancing rules in the parking lot the same as in the facility
- No loitering is permitted during booked times by parents/guardians who are waiting for their child. If waiting, you must remain in your car.



**COVID-19 Facility Protocol Agreement**  
**Community Service Department**  
**Elora Community Centre**

**4. Equipment Requirements:**

- a) Players **must arrive and leave fully dressed, carrying skates, stick, helmet & water bottle only**. Facility users are strongly encouraged to not bring bags in the facility. Everyone on the ice is required to wear the required equipment for their activity/sport.
- b) Goalies must arrive and leave with their base layer, socks, and hockey pants on. They will be permitted to bring a bag with the rest of their gear to put on in facility.
- c) Arrive with your water bottle filled already. Facility users will not be permitted to use the washroom to fill their water bottle. Water fountains and water bottle fill stations will not be available for use.
- d) Arena divider boards will not be used to separate the ice surfaces.
- e) No equipment will be provided; this includes pucks, training aids, cones, ice jugs, water jugs, first aid equipment or other training aids
- f) Please bring your own hand sanitizer or use the hand sanitizer provided within the facility.

**5. Arrival & Departure:**

- a) Follow all signage posted inside and outside of the facility.
- b) You **MUST** arrive 20 minutes prior to your ice time and you must depart within 15 minutes of the completion of your ice time. Facility users will only be granted access to the facility by your organizations "COVID controller" 20 minutes before their rental time. Waiting outside of the facility is not permitted. Users must wait in their vehicles.
- c) Except for player water bottles, please do not bring any outside food or beverages.
- d) Enter through the front doors and exit through the side door (end of dressing room hallway). **See Figure 1 for directional map.**
  - i) Proceed to the designated dressing rooms. Within each dressing room there will be stations clearly marked.
  - ii) Stations are sanitized after each rental.
  - iii) Once the Olympia has left the ice you may proceed from your station/dressing room onto the ice surface. Please refrain from congregating prior to stepping on the ice.
  - iv) Once the rental has ended, users have 15 minutes to vacate the facility. Please proceed to station, remove skates and exit through the side door (end of hallway).
- e) Always abide by the 2m (6ft.) physical distancing rule
- f) We will not permit people from coming/going in and out of the building during your rental.
- g) Once the rental group has left, the facility staff will sanitize the dressing rooms and entrance/exit doors. High touch point surfaces will be sanitized several times per day.

**6. While You are Here:**

- a) Designated dressing rooms will be identified for washroom use for players.
- b) We will not process registrations or bookings in-person. We will coordinate via phone/email only or you may register for programs online.

**7. While You are on the Ice:**

- a) There will be no scrimmages or game play permitted. If we witness this, you will be asked to leave the surface and exit with no refund or credit and all future bookings may be cancelled.



**COVID-19 Facility Protocol Agreement**  
**Community Service Department**  
**Elora Community Centre**

- b) **NO SPITTING ALLOWED IN THE FACILITY OR OUTSIDE AREAS**
- c) Facility will permit 25 accompanying parents, guardians, spectators or other adults. All spectators **MUST** remain in the arena stands and stay away from athlete stations, maintain a physical distance of 2m from each other, and **MUST** have a face mask on at all times while in attendance.

**8. Warm Up/Dryland Training**

- a) NOT permitted in the facility

**9. User Code of Conduct:**

- a) Please communicate with your child prior to entering the facility about the procedures and the importance of physical distancing.
- b) Everyone entering the facility should ensure they are not touching anything that is not necessary – proceed to your designated station upon arrival and wait until you get the go ahead to enter the ice surface.
- c) There should be nobody walking around the facility outside of their designated area.
- d) We will not permit any horseplay among players in a small group and, should we witness any behaviour contrary to our guidelines, you will be immediately asked to leave and not provided with a refund or credit and all future bookings may be cancelled.
- e) Please ensure all garbage is placed in appropriate container.

**10. Once you get Home:**

- a) Please clean and disinfect all your equipment

By signing this document, the permit holder acknowledges he/she/they has distributed this information to all participants/guardians who will be coming into Township facilities.

Name of Organizer: \_\_\_\_\_ Permit #: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## **Appendix N - Provincial Guidance for Facilities for Sports and Recreational Fitness Activities during COVID-19**

COVID-19: Get the [latest updates](#), take a [self-assessment](#) or learn about the [COVID Alert exposure-notification app](#).



# Guidance for facilities for sports and recreational fitness activities during COVID-19

Read the guidance for facilities for sports and recreational fitness activities.

Version 1 – August 14, 2020

This guidance is intended for facilities for sports and recreational fitness activities in regions in Stage 3, which include gymnasiums, health clubs, community centres, multi-purpose facilities, arenas, exercise studios, yoga and dance studios, and other fitness facilities.

This guidance provides basic information only. It is not intended to take the place of medical advice, diagnosis, treatment, or legal advice.

In the event of any conflict between this guidance document and any applicable legislation or orders or directives issued by the Minister of Health or the Chief Medical Officer of Health (CMOH), the order or directive prevails.

In order to support the phased reopening of Ontario businesses, services, and public spaces during the post-peak period of the COVID-19 outbreak, facilities for sports and recreational fitness activities must comply with requirements set out in [Ontario Regulation 364/20 \(Rules for Areas in Stage 3\)](#) (<https://www.ontario.ca/laws/regulation/200364>) made under the [Reopening Ontario \(A Flexible Response to COVID-19\) Act, 2020](#) (<https://www.ontario.ca/laws/statute/20r17>). Every person who engages in sports or a recreational fitness activity at the facility, other than a team sport, **must maintain a physical distance of at least two metres from every other person at all times** during the activity. In any event, the total number of people permitted in classes or organized programs or activities at any one time cannot exceed 50 people indoors or 100 people outdoors. Further, the total number of people permitted to be at the facility in areas containing weights or exercise machines at any one time cannot exceed 50 persons. The total number of members of the public permitted to be spectators at the facility at any one time is limited to the number that can maintain two metres physical distance, and in any event can not exceed 50 indoors or 100 outdoors.

These capacity limits apply unless a facility is operating in accordance with a plan for the operation of facilities for sports and recreational fitness activities approved by the Office of the Chief Medical Officer of Health (OCMOH).

In accordance with [O. Reg. 364/20: Rules for Areas in Stage 3](#) (<https://www.ontario.ca/laws/regulation/200364>), the Office of the OCMOH has approved the following plan for the operation of facilities for sports and recreational fitness activities, such that the capacity limits for indoors set out above apply on a per room basis, including areas for spectators, for facilities that operate in accordance with this plan and related guidance.

For clarity, the limit of 50 persons per room does not apply to amenities that are not subject to gathering limits, such as swimming pools, tennis courts, food establishments, and shooting ranges. These amenities are subject to maintaining at least two metres physical distance from every other person at all times, unless otherwise stated, in accordance with [O. Reg. 364/20: Rules for Areas in Stage 3](#) (<https://www.ontario.ca/laws/regulation/200364>).

Facilities must follow all applicable laws, guidelines or CMOH advice with respect to:

- The operation and use within the facility of a pool, food and drink, and child care.
- For the use of the facility or part of the facility for a private event, rentable space should follow gathering limits of (50) individuals indoors and (100) individuals outdoors. If the event includes both indoor and outdoor spaces, the indoor limits apply.

For clarity with regards to sports play, individual and team sports are permitted in facilities for sport and recreational fitness, in accordance with indoor and outdoor gathering limits for each space and the specific rules for team sports and organized team sports in [O. Reg. 364/20: Rules for Areas in Stage 3](#) (<https://www.ontario.ca/laws/regulation/200364>).

All facilities must follow applicable worker health and safety requirements as outlined in the [Occupational Health and Safety Act](#) (<https://www.ontario.ca/laws/statute/90o01>) and its regulations, in addition to any public health requirements as per municipal by-laws or Section 22 orders under the [Health Protection and Promotion Act](#) (<https://www.ontario.ca/laws/statute/90h07>) and any other relevant requirements as outlined in policies and guidelines issued by the Government of Ontario. In addition, the person responsible for these facilities must operate the facility in compliance with the advice, recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting (see subs. 2(2) of Schedule 1 of O. Reg. 364/20: Rules for Areas in Stage 3).

It is important that employers have plans in place to respond quickly if a worker or patron, including spectators, has been exposed to or confirmed positive for COVID-19.

For additional information, please refer to:

- [Ontario's COVID-19 website](#) (<https://www.ontario.ca/page/resources-prevent-covid-19-workplace>) for general workplace information.
- The [Directives, Memorandums and Other Resources](#) ([http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/dir\\_mem\\_res.aspx](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/dir_mem_res.aspx)) page for the most up to date directives.
- The [Ministry of Health \(MOH\) COVID-19 website](#) ([http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019\\_guidance.aspx](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx)) for updates to the Reference Document for Symptoms, mental health resources, and other information.

## Recommendations for health and safety

1. Ensure all infection prevention and control practices are followed. This includes, but is not limited to:
  - Promoting and performing proper hand hygiene before and after each activity or entering a room. Refer to Public Health Ontario's (PHO) [How to Wash Your Hands fact sheet \(PDF\)](#) (<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>).
  - Reminding patrons and workers to refrain, to the extent possible, from touching their eyes, nose, mouth, and other parts of their face during activity.
  - Providing alcohol-based hand rub (ABHR) or hand washing stations and ensuring they are readily available in all key areas of the facility, including in high-traffic areas such as the lobby area, patron services, change rooms, washrooms, and throughout the various workout and class areas.

- Removing equipment that may be difficult to clean and disinfect (e.g., soft equipment such as foam rollers, yoga blocks, yoga mats, straps, ropes, etc.).
  - Encouraging patrons to bring their own equipment, if possible (e.g., yoga mat, ball, racket, towels).
  - Limiting the use of shared equipment or shared activities unless participants engaged in the same activity are from the same household or social circle.
  - Increasing the frequency of cleaning and disinfecting of frequently touched surfaces and common or shared spaces, such as washrooms, lobbies, change rooms, areas for workouts and classes, and workout equipment. Refer to PHO's [Environmental Cleaning fact sheet \(PDF\)](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en) (<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>).
    - The surfaces most likely to become contaminated include door handles, handrails, toilet and faucet handles, counters, pin pads, and touch screens.
    - Fitness and sports equipment should be cleaned and disinfected frequently, such as between uses or at the end of play. This includes free weights, weight machines, treadmills, rowing machines, stationary bikes, classroom areas, balls, rackets, gloves, and other sports gear - including having a dedicated worker to ensure cleaning between use.
    - Work out areas with weights and equipment, studios, classes, and rooms, courts, change rooms, and spectator areas should be cleaned and disinfected as is necessary to maintain a sanitary condition after each session or timeslot.
  - Utilizing only cleaning and disinfectant products that have a Drug Identification Number (DIN), are not expired, and are appropriate for use on the item that is to be cleaned and disinfected. Low-level hospital grade disinfectants may be used. Always follow the manufacturer's instructions.
  - Considering additional enhanced cleaning and disinfection protocols for the facility overnight.
  - Decreasing touchpoints such as keys and lockers, and consider contactless check-in and touch-free payment systems.
  - Removing or putting out of service hand dryers in washrooms or change rooms.
  - Considering the suspension of towel and other rental services.
    - If offered, towels should be clearly separated (clean and used), appropriately laundered (hot water 60° to 90° and dried well).
    - All other rented materials disinfected between use.
  - Limiting the use of water fountains to be used only to re-fill water bottles, not for individuals to drink directly from them.
2. Ensure physical distancing of at least two metres between individuals by:
- Using visual cues (e.g., signs, posters, floor markings, stanchions, etc.) to guide patrons from outside to throughout the facility (including hallways, common areas) to exit.
  - Developing procedures that allow for uncongested entry and exit (e.g., dedicated one-way entry and exit pathway for each activity area).
  - Designating workers to oversee the physical distancing and line-ups of patrons prior to entering the facility, inside common areas such as lobbies, locker rooms and workout areas.
    - If patrons are waiting outside or are in line, a two-metre distancing should be maintained.
  - Reviewing and coordinating the use of all amenities to ensure physical distance of at least two metres can be maintained in common areas if the facility is a community centre, multi-purpose facility, or other complex with multiple uses.
    - The ability to maintain physical distance of at least two metres in common areas may not be possible if the permitted limit in each room, area, or amenity is utilized.
  - Staggering schedules for the use of all the amenities in the facility (e.g., workout areas, classes, rinks, courts, spectator viewing, etc.) to support patron flow and physical distancing in common areas (including entrances, exits, stairwells, elevators). This also includes amenities that are part of a community centre, multi-purpose facility, or other complex with multiple uses that are not for sport and recreational fitness.
    - Consider using online pre-booking for schedules.
    - Consider blocked times for the use of amenities that are staggered in order to minimize crowding in common areas within the facility.
    - Enough time should be allocated to allow for the cleaning and disinfecting of sport and recreational fitness areas and equipment at established intervals (i.e., between bookings).
    - Ensure that once the activity is completed, patrons exit the facility.
  - Limiting each sport and recreational fitness room or area, including spectator areas, to up to 50 patrons at any one time.
    - In areas for recreational fitness and individual sports, physical distance of at least two metres distance must be maintained between patrons and between patrons and instructor(s) at all times. The total number of persons in a room will depend on the ability to maintain physical distancing within the room.
    - In areas for spectators, at least two metres must be maintained at all times.
    - Consider limiting spectators if there is not sufficient space in common areas such as washrooms, hallways, and other areas or amenities.
    - Large areas, such as weight rooms, gymnasiums and sports courts, can be subdivided into one or more separate rooms, separated by a non-permeable barrier to allow each room to have a capacity of 50 patrons at any one time. Patrons should be restricted to one sport or recreational fitness room or area for the duration of their scheduled activity.
  - Arranging machines and equipment to facilitate at least two metres distance between patrons within a workout or class area, including the removal or blocking of machines and equipment to prevent their use.
    - Installation of non-permeable barriers between machines and equipment (covering the entire space between the machines or equipment) if they cannot be moved to accommodate physical distancing, as well as at customer service counters and screening locations.
    - For high-intensity physical activity (e.g., rows of treadmills and elliptical machines), consider a physical distance of more than two metres between equipment.
  - Encouraging patrons playing team sports that are not part of a league to play with patrons in their household or social circle if they cannot maintain physical distance of at least two metres.
  - Considering physical distance greater than two metres in all directions for fitness activities with high intensity (e.g., rapid inhalation, deep exhalation) and/or range of movement (e.g., dance fitness, medicine ball or kettlebell exercises), which may include reducing the number of people in a room.
    - For classes with significant movement, it is recommended that patrons be assigned a designated area in which they can move freely without impeding on other participants. Floor markings, such as a taped outline, can be used to visualize these boundaries. Patrons should stay in their designated area. Class sizes should be adjusted accordingly to ensure physical distancing can be maintained at all times.
  - Ensuring that for class instruction:
    - Instructors follow physical distancing requirements and remind patrons of adhering to physical distancing and following infection prevention and control practices.
    - Instructors consider the use of microphones to support physical distancing and reduce the need for shouting or walking around. If used, they should be sanitized between each use or individual ones assigned to each instructor.
    - Patrons should not be permitted to sing along to the music or shout back at the instructor.
  - Encouraging patrons to arrive prepared and appropriately attired to begin their activity and limit exposure to others in common areas, such as change rooms before or after their activity.
    - Patrons should be encouraged to wait either in a vehicle or physically distanced outside before their activity. Wearing a face covering is highly recommended for those waiting in line to enter the facility.
  - Arranging change rooms and washrooms to facilitate physical distancing while in use, including blocking of alternating lockers, showers, sinks, stalls, urinals, and other amenities.
  - Considering expanding online offerings (e.g., online fitness classes) to reduce the burden on in-person activities.
  - Considering offering longer business hours to smooth out peak demand.
  - Staggering workers' schedules and breaks and providing sufficient space for staff to remain physically distanced on breaks and while on the job, to the extent possible.
  - Encouraging remote-capable workers to continue these practices.
3. Ensure adherence to guidance on the usage of partitions and room separation.
- Use, to the extent possible, existing rooms to support operations.

- If additional space is created to offer specific activities (e.g., workout classes, separated exercise machine areas), a partition can be placed to divide a large room into more than one distinct space to accommodate a hub of up to 50 patrons by:
  - Ensuring the height and width of the partition reflects the room dimensions and ability to effectively physically separate groups (i.e., floor to ceiling). The height of the partition should ideally be above the breathing zone of individuals to prevent the spread of droplets expired by patrons.
  - Ensuring that the partition does not interfere with ventilation and airflow and meets fire code regulations.
  - Installing a partition that is made of materials that are of a hard, non-porous surface that can be easily and routinely cleaned and disinfected (i.e., between use). For optimal infection protection and control, there should be no physical contact with the partition.
  - If ceiling fans are present, the location of the fans should take into consideration the air blowing from the fans to prevent droplets blowing from one person to another within or between the partitioned sections.
  - Ensuring that partitions are secured appropriately, following fire and building code requirements to allow for evacuation of all individuals from a building in case of an emergency.
  - Ensuring that there is no contact with the partition.
- Consider placing employees at these points to prevent patrons from crossing into other areas.
- 4. Use of face covering and personal protective equipment (PPE).
  - Patrons should use a face covering inside common areas including the lobby, washrooms, and change rooms while entering and exiting the facility or at any time not engaging in intense physical activity, where not otherwise required by local public health officials or municipal by-laws.
    - Exceptions for the face covering requirement include children under the age of 2, individuals with a medical condition that make it difficult to wear a face covering, individuals who are unable to put on or remove a face covering without assistance, people who require accommodation in accordance with the Ontario Human Rights Code.
  - Surgical/procedural masks and eye protection must be worn by all workers in sport or recreational fitness rooms or areas.
    - If patrons are wearing face coverings and physical distancing is maintained, the employer may determine that face coverings are appropriate for workers (if tolerated).
    - Surgical/procedural masks may also be determined to be appropriate by the employer if patron masking is voluntary.
    - Workers who work in sport or recreational fitness rooms or areas of the facility should be encouraged to keep wearing a surgical/procedural mask outside of those areas instead of switching to a non-medical face covering to prevent contamination.
    - Exceptions for the PPE requirement include individuals with a medical condition that make it difficult to wear PPE, individuals who are unable to put on or remove PPE without assistance and people who require accommodation in accordance with the Ontario Human Rights Code.
  - Instructors leading a fitness class who cannot wear PPE should have a transparent, non-permeable barrier between themselves and patrons.
- 5. Reinforce safe food handling practices and ensure cafes, restaurants, drink bars or other concession stands within the facility follow [applicable guidelines and regulations \(https://www.ontario.ca/page/restaurant-and-food-services-health-and-safety-during-covid-19\)](https://www.ontario.ca/page/restaurant-and-food-services-health-and-safety-during-covid-19).
  - Food should be consumed in a designated dining area or spectator area while seated.
  - Food should not be consumed in sport or recreational fitness rooms or areas.
  - Limiting the use of water fountains to be used only to re-fill water bottles, not for individuals to drink directly from them.
  - Kitchen food prep workers should wear gloves when required.
  - Hand washing should take place before handling food, when hands are soiled, and in between tasks.
- 6. Facility ventilation systems should be both operational and appropriate for the activities practiced within.
  - Avoiding stagnant air conditions. Bring in fresh air by maximizing the outdoor air ratio of the heating, venting and air conditioning (HVAC) system settings or by opening windows. If this is not possible or practical for the whole facility, focus them in places where crowding may be an issue or areas used for group exercise classes.
  - Avoiding recirculation of air as far as practically possible.
  - Ensuring HVAC systems are maintained as required, such as regular filter replacement.
  - Limiting the blowing of air across people and surfaces. The use of fans should be limited as they blow people's exhaled droplets to others.
    - Ceiling fans high up in the room (e.g., 25 feet up in a gym), are less of a concern than ceiling fans on low ceilings.
    - Pedestal fans or high-powered fans on/near the floor should not be used as they generate strong air currents across people at head level (breathing zones) or across surfaces (possible resuspension of particles). This would be exacerbated if people working out cool off in front of the fan.

## Recommendations for screening

1. All individuals (workers, patrons, spectators, contractors, etc.) entering the facility should be actively screened.
  - For patrons: consider using online screening methods before their pre-booked visit, such as with an app, SMS, or email through which they attest or confirm.
  - For workers: in addition to active screening on site, they should be encouraged to self-monitor by checking for symptoms compatible with COVID-19 before each shift.
2. Active screening should include asking about COVID-19 symptoms (see [COVID-19 Reference Document for Symptoms \(PDF\)](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf) ([http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf))) as well as exposure risks (e.g., recent travel, contact with a suspected or confirmed case of COVID-19) and COVID-19 status (including awaiting test results).
  - Facilities may consider using Ontario's COVID-19 [self-assessment tool \(https://covid-19.ontario.ca/self-assessment/\)](https://covid-19.ontario.ca/self-assessment/) or using/adapting existing self-assessment tools. can design their own screening tool.
3. Staff who conduct screening should ideally be behind a physical barrier (e.g., plexiglass) to protect from droplet and contact spread or stand at least two metres (6 feet) away from an individual. Where screening cannot occur behind a barrier or must involve contact with a patron or visitor, at a minimum a surgical/ procedural mask and eye protection are required when screening at the door. ABHR, tissue, and a lined no-touch waste basket or bin should also be available.
4. All those who do not pass the screening should not be permitted to enter the facility.
5. Anyone with symptoms of COVID-19 at screening or who has not passed the screening, should be told to [self-isolate \(https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en\)](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en) immediately and encouraged to get tested. [Information about assessment centres can be found here \(https://covid-19.ontario.ca/covid-19-assessment-centres/\)](https://covid-19.ontario.ca/covid-19-assessment-centres/). If they have questions related to COVID-19, they should contact their primary care provider or Telehealth Ontario (1-866-797-0000) or visit Ontario's [COVID-19 website \(https://covid-19.ontario.ca/\)](https://covid-19.ontario.ca/).
6. [Signage \(http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019\\_guidance.aspx\)](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx) should be posted on the entry doors and throughout the facility to prompt individuals to self-identify if they feel unwell or exhibit symptoms of COVID-19.
7. Keep a record of all individuals (including names, contact information, dates and times) who enter the facility. These records must comply with privacy requirements and could support case and contact tracing by the local public health unit the event of an outbreak.

## Recommendations for symptomatic patrons or workers

1. Patrons or workers who become unwell while at the facility should be instructed to immediately separate themselves from others. They should be told to go home immediately (if possible, with private transportation, avoiding taxis, ride shares, and public transit) and encouraged to get tested. [Information about assessment centres can be found here \(https://covid-19.ontario.ca/covid-19-assessment-centres/\)](https://covid-19.ontario.ca/covid-19-assessment-centres/). If they have questions related to COVID-19, they should contact their primary care provider or Telehealth Ontario (1-866-797-0000) or visit Ontario's [COVID-19 website \(https://www.ontario.ca/page/covid-19-support-people/\)](https://www.ontario.ca/page/covid-19-support-people/).
2. Workers who become unwell while at work should notify their supervisor immediately.

## Occupational health & safety

1. Employers have obligations under the *Occupational Health and Safety Act* (<https://www.ontario.ca/laws/statute/90o01>) to protect the health and safety of their workers, including from the transmission of infectious disease in the workplace. All workplace parties have a responsibility for promoting and ensuring the health and safety of all workers in the workplace.
2. Employers must employ the appropriate protection for their workers, such as:
  - A transparent, non-permeable physical barrier between the worker and other individuals, if a physical distance of at least two metres cannot be maintained.
  - Ensuring that a physical distance of at least two metres between the worker and other individuals.
  - A surgical/procedural mask and eye protection when the above controls are not sufficient (i.e., when unable to maintain physical distance of at least two metres between other individuals and a physical barrier is not possible).
3. A training program to support the safe implementation of recommended precautions must be provided to all workers. It is the employer's responsibility to ensure all workers are instructed and trained on the safe use, limitations, conservation, as well as proper maintenance and storage of supplies and equipment, including but not limited to:
  - ~~ABHR~~
  - personal protective equipment (PPE); and
  - cleaning supplies and equipment.
4. PPE that is appropriate in the circumstances must be provided by the employer and worn by workers working with cleaning and disinfection chemicals. If towel service provided, gloves should be worn.
5. Employers should have written policies and procedures in place that support worker safety, including policies and procedures for infection prevention and control, dealing and addressing COVID-19 in the workplace (including privacy, absenteeism, reporting, communication, etc.).
6. A facility's joint health and safety committee (JHSC) or health and safety representatives should play a role in reviewing and revising health and safety policies with the employer.
7. If workers are unwell or are aware that they have been in close contact with someone with COVID-19, they should notify their manager/supervisor, and should not come to work. They should also be encouraged to get tested. [Information about assessment centres can be found here \(https://covid-19.ontario.ca/covid-19-assessment-centres\)](https://covid-19.ontario.ca/covid-19-assessment-centres). If they have questions related to COVID-19, they should contact their primary care provider or Telehealth Ontario (1-866-797-0000) or visit Ontario's [COVID-19 website \(https://www.ontario.ca/page/covid-19-support-people\)](https://www.ontario.ca/page/covid-19-support-people).
8. If a worker is confirmed by the local public health unit as a "close contact" of an individual who has tested positive for COVID-19, it is recommended that:
  - The worker and employer should follow the facility's policies and procedures.
  - The employer and worker must follow advice from the local public health unit.
9. If COVID-19 is suspected or confirmed in a worker:
  - Return to work should be determined in consultation with their health care provider and, where appropriate, the [local public health unit \(https://www.phdapps.health.gov.on.ca/phulocator/\)](https://www.phdapps.health.gov.on.ca/phulocator/).
  - The employer and worker must follow the facility's policies and procedures, including but not limited to:
    - Worker reporting to the department responsible for occupational health and safety or notify their supervisor prior to return to work.
    - Management conducting a risk assessment, await guidance from public health and act on any public health recommendations.
10. If the worker's illness is determined to be work-related, in accordance with the *Occupational Health and Safety Act* (<https://www.ontario.ca/laws/statute/90o01>) and its regulations, the employer must provide a written notice within four days of being advised that a worker has an occupational illness, including an occupationally-acquired infection, or if a claim has been made to the Workplace Safety and Insurance Board (WSIB) by or on behalf of the worker with respect to an occupational illness, including an occupational infection, to the:
  - Ministry of Labour, Training and Skills Development;
  - Joint health and safety committee (or health and safety representative); and
  - Trade union, if any.
11. Any instances of occupationally acquired infection must be reported to WSIB within 72 hours of receiving notification of said illness.

Updated: August 14, 2020

Published: August 14, 2020

## **Appendix O – Township of Centre Wellington Waiver**



## Release of Liability, Waiver of Claims and Assumption of Risks

**BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION**

**PLEASE READ CAREFULLY!**

In consideration of the Corporation of the Township of Centre Wellington (the "**Township**") permitting the individual named below ("**I**" or "**me**") to participate in Township programs and activities and/or rental programs (the "**Activities**") on any Township property, including those identified on the Township Recreation and Leisure web page at [www.centrewellington.on.ca](http://www.centrewellington.on.ca) (the "**Premises**"), and for other good and valuable consideration, I agree to all the terms and conditions set forth in this agreement (this "**Agreement**").

### **ASSUMPTION OF RISKS**

I AM AWARE AND UNDERSTAND THAT THE ACTIVITIES INVOLVE MANY RISKS, DANGERS AND HAZARDS, INCLUDING BUT NOT LIMITED TO THE RISK OF SERIOUS INJURY, DEATH OR PROPERTY DAMAGE. I ACKNOWLEDGE THAT I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITIES. I FREELY ACCEPT AND FULLY ASSUME ANY AND ALL OF THE RISKS, DANGERS AND HAZARDS INVOLVED AND THE POSSIBILITY OF INJURY, ILLNESS AND DISEASE, DISABILITY, DEATH OR PROPERTY DAMAGE, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

☐

Without in any way limiting the foregoing, I am specifically aware of the highly contagious nature of bacterial and viral diseases including the 2019 novel coronavirus disease (COVID-19) (collectively, the "**Disease**") and the risk that I may be exposed to or contract the Disease by attending on the Premises or engaging in the Activities. I understand and acknowledge that such exposure or infection may result in serious illness, personal injury, permanent disability, death, or property damage. I acknowledge that this risk may result from or be compounded by the actions, omissions, or negligence of others, including Township representatives, agents, employees, and/or volunteers. I understand that while the Township has implemented preventative measures to reduce the spread of the Disease, the Township cannot guarantee that I will not become infected with the Disease while on the Premises and that being on the Premises may increase my risk of contracting the Disease. NOTWITHSTANDING THE RISKS ASSOCIATED WITH THE DISEASE, I ACKNOWLEDGE THAT I AM VOLUNTARILY ENGAGING IN THE ACTIVITIES WITH KNOWLEDGE OF THE DANGER INVOLVED. I HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS AND DISEASE, DISABILITY, DEATH, OR PROPERTY DAMAGE, ARISING FROM MY BEING ON THE PREMISES OR ENGAGING IN THE ACTIVITIES, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

☐

I hereby expressly waive and release any and all claims which I have or may in the future have against the Township, its affiliates, and their respective elected officials, managers, officers, employees, members, agents, representatives, successors and assigns (collectively, "**Releasees**"), arising out of or attributable to the Activities, due to any cause whatsoever, including without limitation the negligence of the Township or any other Releasee, breach of contract, or breach of any statutory or other duty of care owing under occupiers liability legislation or otherwise. I covenant not to make or bring any such claim against the Township or any other Releasee, and forever release and discharge the Township and all other Releasees from liability under such claims.

☐

### **INDEMNITY**

I shall defend, indemnify and hold harmless the Township and all other Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including reasonable legal fees, in connection with any third-party claim, suit, action or proceeding arising out of or resulting from the Activities.

☐

Without in any way limiting the foregoing, in the event that any damage to equipment, facilities, or property occurs as a result of my willful actions, neglect or recklessness, or the willful actions, neglect or recklessness of someone for whom I am at law responsible, I acknowledge and agree to be held liable for any and all costs associated with any such actions or neglect or recklessness.



## **MEDICAL**

In the event that I should require medical care or treatment, I authorize the Township to provide emergency medical care deemed necessary, including but not limited to, first aid, CPR, the use of AED's, emergency medical transport, and sharing of medical information with medical personnel. I further agree to assume all costs involved and agree to be financially responsible for any costs incurred as a result of such treatment. I understand that this agreement extends to any liability arising out of or in any way connected with such medical treatment or transportation.



I further acknowledge that the Activities may involve a test of a person's physical and mental limits I agree that by participating in the Activities I am representing to the Township that I have the requisite ability, both in terms of technical and medical fitness, to do so. I acknowledge that the Township has the right, but not the obligation, to place limitations on, or to deny, my participation in the Activities and I agree to abide by the decision of any Township official or agent with respect to same.

## **ENTIRE AGREEMENT**

This Agreement constitutes the entire agreement of the Township and me with respect to the subject matter contained herein and supersedes all prior and contemporaneous understandings, agreements, representations and warranties, both written and oral, with respect to such subject matter. If any term or provision of this Agreement is held to be invalid, illegal or unenforceable in any jurisdiction, such invalidity, illegality or unenforceability shall not affect any other term or provision of this Agreement or invalidate or render unenforceable such term or provision in any other jurisdiction. This Agreement is binding on and shall enure to the benefit of me and my heirs, executors, administrators and next-of-kin, and the Township and its successors and assigns. This Agreement shall be governed by and construed in accordance with the laws of the Province of Ontario and the federal laws of Canada applicable therein. Any claim or cause of action arising under this Agreement may be brought only in the courts of the Province of Ontario, and I hereby consent to the exclusive jurisdiction of such courts.

I agree that an electronically scanned copy of a signature shall constitute and shall be deemed to be sufficient evidence of a party's execution of this Agreement, without necessity of further proof.

The Renter acknowledges being advised that the Township requires all participants to sign the Township's then-current Release of Liability, Waiver of Claims and Assumption of Risk Agreement. The Renter agrees that it shall ensure each participant has signed such document prior to their participation in the rental activities, and the Renter will provide all signed agreements to the Township on or before the date of the rental.

THIS WAIVER AND RELEASE OF LIABILITY SHALL REMAIN IN EFFECT FOR THE DURATION OF MY PARTICIPATION IN THE ACTIVITIES, DURING THIS INITIAL AND ALL SUBSEQUENCE EVENTS OF PARTICIPATION.

**I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD ALL OF THE TERMS OF THIS AGREEMENT AND THAT I AM VOLUNTARILY WAIVING SUBSTANTIAL LEGAL RIGHTS (ON MY BEHALF AND ON BEHALF OF MY HEIRS, EXECUTORS, ADMINISTRATORS AND NEXT-OF-KIN), INCLUDING THE RIGHT TO SUE THE TOWNSHIP AND THE RELEASEES. I AM NOT UNDER THE INFLUENCE OF ANY DRUGS, ALCOHOL OR OTHER INTOXICANTS. I AM NOT SUFFERING FROM ANY ILLNESS OR INCAPACITY.**

**Organization/Renter:**

**Participant Name:**

**Address:**

**PARTICIPANT SIGNATURE**

**OR**

**IF PARTICIPANT IS UNDER THE AGE OF MAJORITY:**

I am the parent or legal guardian of the minor named above. I have the legal right to consent to and, by signing below, I hereby do consent to the terms and conditions of this Agreement.

**Name:**

**Signature:**

**Name:**

**Date:**

**Date:**

**Witness Name:**

**Witness Signature:**

## **Appendix P - Ringette Ontario Return to Ringette Acknowledgement Form**



## Ringette Ontario Return to Ringette Acknowledgement Form

Association Name: Elora-Fergus Ringette Association

Association President Name: June Perry

Association President Email: juneperry.efra@gmail.com

Please read the *Ringette Ontario Return to Ringette Document* carefully to ensure that you understand the Protocols before signing this document.

### Acknowledgement:

- ☒ I have read and been informed about the content, requirements, and expectations of the Protocols. I hereby agree to abide by the Protocols as a condition of organizing ringette activities in the Province of Ontario.
- ☒ I understand that these Protocols may be updated at any time and that I have reviewed the most recent version posted at <https://ringetteontario.com/rtr-covid19/return-ringette-guidelines/>. Additionally, I hereby commit to abide by all future versions of the Protocols in the applicable timeframes.
- ☒ I agree to share these Protocols with activity participants via my organization's website and/or other method.
- ☒ I understand that if I have questions, at any time, regarding the Protocols I will contact the Ringette Ontario Association ([info@ringetteontario.com](mailto:info@ringetteontario.com)) for clarification.

Association Signature: \_\_\_\_\_

Association Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

*June Perry*  
JUNE PERRY  
Sept. 16/2020

## Appendix Q – EFRA Risk Assessment and Mitigation Checklist Tool



## Risk Assessment for Ringette Associations/Clubs

Date of Risk Assessment	September 15 2020
Club/Association Name	Elora Fergus Ringette Association
City	Township of Centre Wellington
Province	Ontario
Activity(s) which Sanction(s) are being requested for	Ringette related activities - skills and drills while maintaining social distancing
Location of Activity(s) which Sanction(s) are being requested for	Township of Centre Wellington
Activity(s) dates:	October 8 to December 20, 2020
Present re-open phase/stage/level (local and provincial):	RO Stage 2; we are in Provincial Phase 3
Public Health Contact Number (Provincial / Territorial):	Colin Murphy, Public Health Inspector Wellington-Dufferin-Guelph Public Health 490 Charles Allan Way, Fergus, ON N1M 2W3 T: 1-800-265-7293 ext. 2652 F: 519-836-7215 colin.murphy@wdgpublichealth.ca www.wdgpublichealth.ca
<b>COVID Safety Leader</b> (see Mitigation Checklist for responsibilities)	
Name of Person Completing this Tool	Bruce Parkin
Person's Relationship to Club/Association (e.g. Board Member, Club Admin)	Board Member
Name of Communication Lead (if applicable)	
Name of Medical Lead (if applicable)	
Name of Operations Lead (if applicable)	
Primary Club/Association Contact Name and Email	Bruce Parkin, bparkin@centrewellington.ca

### STEP 1 - Initial Risk Assessment

The questions below will enable clubs/associations to review the additional considerations specific to return to sport, and thus inform their risk checklist for COVID-19. This will help staff and volunteers to understand and manage any additional risk from COVID-19.

The risk assessment should be reviewed and reassessed regularly during the planning phase and updated immediately prior to the transition to the operational phase, especially in light of the rapidly evolving nature of the outbreak.

The risk assessment for COVID-19 must be coordinated and integrated with the local risk assessment for COVID-19. The person completing the questionnaire should include input from the local public health authorities, consult WHO's latest technical guidance, and ensure that there is an up-to-date evaluation of the epidemiological situation.  
(Your Provincial Ringette Organization and/or Ringette Canada is able to provide support and guidance in completing this risk

**Initial Risk Assessment**

Please answer Yes (1) or No (0) to the following questions to determine a risk assessment score that incorporates factors specific to club/association training activities.			
Additional risk of COVID-19 to return to group training at your club	Yes (1)/No (0)	Score	Comments
Will the training be held in a province that has documented active local transmission of COVID-19 (community spread) in the last 14 days?	1	1	NOTE: If there are physical distancing measures in place or gathering size restrictions in your area - answer YES.
Will the training be held in venues/facilities with access by multiple user groups or clubs at the same time?	1	1	
Will the club have members relocating from areas outside the area they reside that have documented active local transmission of COVID-19 (community spread)?	0	0	If members join the group from outside the area they should self isolate for 14 days (to minimize the risk of introducing COVID-19 from outside the group).
Will the club include participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g. people over 65 years of age or people with underlying health conditions)?	0	0	
Is the training considered at higher risk of spread for COVID-19?	0	0	
Will any club training (e.g. weights) be held indoors?	0	0	While there are still public health restrictions in place, all weight training should be done at home.
<b>Total initial COVID-19 risk score</b>		<b>2</b>	

<b>Total Initial Risk Assessment Score</b>
0 - Negligible
1 - Very Low Risk
2 - Low Risk
3 - Moderate Risk (low-moderate)
4 - Moderate Risk (high-moderate)
5 - High Risk
6 - Very High Risk

<b>STEP 2 - Modified Risk Assessment</b>			
If you have answered yes to any of the questions above, then reconsider whether you are able to modify any of the answers to modify the risk assessment score that may be used to inform your club/association checklist.			
Modified Risk Assessment			
Additional risk of COVID-19 to return to group training at your club/association	Yes (1)/No (0)	Score	Risk Mitigation Strategies: Please make sure you include a description of steps you will take to mitigate the risk.

Will the training be held in a Province that has documented active local transmission of COVID-19 (community spread) in the last 14 days?	1	1	<i>In our phase 2 plan ringette activities will be following social distancing requirements. Our facilities require the use of facemasks inside facilities. Players can only remove facemasks when they put their helmets on. Coaches and bench staff</i>
Will the training be held in venues/facilities with access by multiple user groups or clubs at the same time?	1	1	<i>We use multi use facilities, however, the Municipality is restricting access in the facility. Participants using 1 ice pad are not able to access any other area of the facility.</i>
Will the club have members relocating from areas outside the area they reside that have documented active local transmission of COVID-19 (community spread)?	0	0	<i>e.g. If members join the group from outside the area they should self isolate for 14 days (to minimize the risk of introducing COVID-19 from outside the group).</i>
Will the club include participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g. people over 65 years of age or people with underlying health conditions)?	0	0	<i>e.g. If you are able to restrict or eliminate high risk individuals access to the club - answer NO.</i>
Is the training considered at higher risk of spread for COVID-19?	0	0	<i>e.g. If training is restricted to single athletes answer NO, if 2 or more athletes are allowed as mitigated in the checklist - answer YES.</i>
Will any club training (e.g. weights) be held indoors?	0	0	<i>e.g. If all training takes place in isolation at home, e.g. via Zoom, answer NO.</i>
<b>Total modified COVID-19 risk score</b>		<b>2</b>	

Total Modified Risk Assessment Score	
<b>0 - Negligible</b>	Modified risk of transmission and further spread of COVID-19 in relation to training is considered <u>negligible</u> .
<b>1 - Very Low Risk</b>	Modified risk of transmission and further spread of COVID-19 in relation to training is considered <u>very low</u> .
<b>2 - Low Risk</b>	Modified risk of transmission and further spread of COVID-19 in relation to the resumption of training is considered <u>low</u> . Recommend checking whether mitigation measures can be strengthened.
<b>3 - Moderate Risk (low-moderate)</b>	Modified risk of transmission and further spread of COVID-19 in relation to the resumption of training is considered <u>moderate</u> . Recommend <u>significant</u> efforts to improve mitigation measures or reduce risk of transmission (decrease risk assessment score).
<b>4 - Moderate Risk (high-moderate)</b>	Modified risk of transmission and further spread of COVID-19 in relation to the resumption of training is considered <u>moderate</u> . Recommend <u>significant</u> efforts to improve mitigation measures or reduce risk of transmission (decrease risk assessment score) and postpone resumption of club rowing activity until appropriate measures are in place. Contact your Provincial Ringette Organization for advice and support prior to commencing activity.
<b>5 - High Risk</b>	Modified risk of transmission and further spread of COVID-19 in relation to the resumption of training is considered <u>high</u> . Recommend <u>significant</u> efforts to improve <u>both</u> mitigation measures and reduce risk of transmission (decrease risk assessment score). CLUB ACTIVITIES SHOULD NOT BE PURSUED UNTIL FURTHER MITIGATION CAN REDUCE OVERALL RISK.
<b>6 - Very High Risk</b>	Overall risk of transmission and further spread of COVID-19 in relation to the resumption of group training is considered <u>very high</u> . CLUB ACTIVITIES SHOULD NOT BE PURSUED UNTIL FURTHER MITIGATION CAN REDUCE OVERALL RISK.



# City of Winnipeg Club Risk Mitigation Checklist

THIS CHECKLIST IS SUBJECT TO THE LOCAL, MUNICIPAL, PROVINCIAL AND FEDERAL public health regulations in force at that stage. These public health regulations take precedence over any club/association regulations and local access. **IF YOU DO NOT MEET THE MODERATE RISK CATEGORY, YOU DO NOT MEET THE MODERATE RISK CATEGORY, THEN ACCESS TO AND TRAINING FROM THE FACILITY IS PROHIBITED.**

Risk level from Assessment Tool	2
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Topic	Key Consideration	SCORE Yes/Completed (2) May/In Progress (1), No/Not Considered (0)	Implementation Expectation	Total score DO NOT CHANGE	Comments/Details	Supplementary Information and Links	Name of Responsible Person	Club Action Plan
Education	1) Will the relevant staff/volunteer be informed about the latest and date guidance on the COVID-19 outbreak and are they aware of national and local situation reports (official web resources available from BCCDC, WHO, CDC, Health Canada, Provincial Health, Local Public Health Authorities)?	2	Mandatory	6	Daily briefings on changes should be discussed and posted and any relevant adjustments made per OTC the next training group arrives.	<a href="https://www.atlanta.com/health/sports/atlanta-braves-2020-covid-19-testing">https://www.atlanta.com/health/sports/atlanta-braves-2020-covid-19-testing</a>	Covid Safety Leader (CSL) (Bruce Parker)	Communicate to relevant staff and senior volunteers through email and phone (if necessary)
	2) Will daily updates on changes and new information be arranged?	1	Mandatory	3	ANY transgression of the rules places not only themselves but the entire club, sport community and Rules and consequences should be clearly communicated and agreed to by all participants ahead of time in writing.		Covid Safety Leader (CSL)	Communicate to relevant staff and senior volunteers through email and phone (if necessary)
	3) Will consequences for non-compliance of any COVID-19 related rules be made clear and understood?	2	Mandatory	6	Information posters are reminders should be posted in the facility. All staff and volunteers should be informed of the immediate removal of all access to the facility and group training will be notified.		Covid Safety Leader (CSL) to relevant staff and senior representatives.	Consequences will be included in the Return to Play plan and will be communicated to coaches and senior staff through pre-season COVID-19 safety training.
	4) Do the responsible staff/volunteer understand the risks and transmission routes of COVID-19, the steps that training attendees can take to limit spread, the importance of wearing masks, social distancing, etc., and the travel or distancing restrictions that are in force for the team gathering to train?	1	Highly Recommended	2		<a href="https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play">https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play</a>	Covid Safety Leader (CSL) to take the lead	Initial communications through the Return to Play plan and continued education initiatives will ensure ongoing vigilance to follow best practice to reduce transmission.
Public Health Awareness of COVID-19	1) Will public health advice on clinical features of COVID-19 and preventive measures (social distancing, wearing masks, hand hygiene, etc.) be shared with staff, volunteers, athletes and personnel of all relevant facilities?	2	Mandatory	6	In the facility, daily visible (e.g. posters, infographics, etc.) No spitting or clearing of nasal passages except into a disposable tissue that is to be hygienically disposed of immediately.		Covid Safety Leader (CSL) to take the lead	Initial communications through the Return to Play plan and continued education initiatives will ensure ongoing vigilance to follow best practice to reduce transmission.
	2) Will information on the at-risk populations be provided to all athletes and others so they may make an informed decision on their attendance based on their personal risk?	2	Mandatory	6	All risk populations include anyone with compromised immune systems, older individuals (65+), those with co-existing medical conditions including, but not limited to: diabetes, cardiac disease, severe asthma, chronic lung conditions and autoimmune diseases.	<a href="https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play">https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play</a>	Covid Safety Leader (CSL) to take the lead	Combined with information as noted above on website, emails and other association communication.
	3) Will public advice including information on the monitoring of the following measures be shared: hand hygiene, self isolation and self-monitoring?	2	Mandatory	6		<a href="https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play">https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play</a>	Covid Safety Leader (CSL) to take the lead	Combined with information as noted above on website, emails and other association communication.
Athlete Specific Measures	1) Will pre-integration medical/self assessment checks be put in place?	2	Mandatory	6	Athletes and staff/coaches MUST be screened prior to entering the facility for any recent contact, risk factors or symptoms of illness. Screening may be virtual using Monitoring Self-Assessment App or through the athletes' family/team. Anyone with a history of "COVID-19 like" illness or close/sustained contact with someone with similar symptoms should not enter the training environment for at least 14 days after the last contact or 10 days after symptoms resolve. NO one should enter the facility or training area if they have any of the following symptoms: fever, cough, shortness of breath, loss of taste or smell, etc. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms.		Covid Safety Coordinator (CSC) and bench staff	Through RAMP Team App.
	2) Will there be daily self-assessment or self-monitoring of athletes/coaches/staff/volunteers?	2	Mandatory	6	NOTIFY anyone with symptoms of COVID-19. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms.	<a href="https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play">https://www.cdc.ca/en/about-cdc/public-health/covid-19/return-to-play</a>	Covid Safety Coordinator (CSC) and bench staff	Self-monitoring will be required of athletes/coaches/volunteers daily with self-screening assessment required before participating in in-person activities via RAMP Team App.
	3) Will there be a daily self-assessment or self-monitoring of athletes/coaches/staff/volunteers?	2	Mandatory	6	Reporting procedures and measures need to be clear and recorded (coach, manager, monitoring lead, etc.).		Covid Safety Coordinator (CSC) and bench staff	Reporting and recording measures for self-assessments will be conducted via the RAMP Team App.
	4) Will athletes be able to keep to a contained program training cluster?	2	Highly Recommended	4	Athletes should be maintained in as contained a note as possible. This includes living and communal areas. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms.		COVID Safety Leader (CSL)	Athletes will be organized into specific groups based on age and/or skill for the duration of Stage 2.
	5) Will there be measures in place to limit the sharing of equipment, water bottles, towels, etc.?	2	Mandatory	6	All athletes MUST have their own water bottles and towels, etc. Water bottles should be filled at home.		Covid Safety Coordinator (CSC) and bench staff	Expectations are communicated to participants in advance, including RO bag essentials. Bench staff and CSCs will monitor and prohibit sharing of equipment.
	6) Will higher risk athletes, staff/volunteer and coaches (those over the age of 65 and/or those with co-morbidities) be self-contained and protected?	1	Mandatory	3	Staff and coaches with high risk co-morbidities should preferably not be accessing common training facilities. Athletes at higher risk should have designated "safe" training times. All facilities and equipment must be thoroughly cleaned and disinfected after use. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms.		Covid Safety Coordinator (CSC) and bench staff	Higher risk athletes, staff/volunteer and coaches will be protected through social distancing, masks and hand-washing.
	7) Will athletes be able to arrive prepared, train and leave?	2	Mandatory	6	Athletes must arrive prepared to train, do as much preparation at home, and leave straight from training. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms.		Covid Safety Coordinator (CSC) and bench staff	Athletes will be instructed to arrive prepared, train and leave in accordance with established safety protocols.
	8) Will athletes be encouraged and able to practice physical distancing at all times?	2	Mandatory	6	Any wet or sweaty clothing is to be placed in a plastic bag, taken home, and washed/dried at home. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms. Athletes should be instructed to isolate and self-monitor for symptoms.		Covid Safety Coordinator (CSC) and bench staff	Numbers will be limited to ensure physical distancing at all times while in the facility.





	3) Will coach specific equipment be assigned to specific individuals?	2	Mandatory	6	Coach equipment are to be assigned to a particular coach preferably for their exclusive use. If equipment are not possible, a schedule with sufficient cleaning and sanitation time between coaches is to be enforced.		Equipment Manager with COVID Safety Leader (CSL)	Coaches will be provided with all required equipment and instructed not to share.
	4) Will training group sizes be clearly stipulated?	2	Mandatory	6	Training group sizes depend on the public health rules in place at the time and maintain the 2m rule.		COVID Safety Leader (CSL)	Training group sizes will be established to comply with local regulations and recommendation in force.
	5) Will there be clear regulations for non-training facility equipment use?	1	Mandatory	3	All at times the use of home or non-training facility equipment, MUST adhere to public health regulations.		COVID Safety Leader (CSL)	Clear regulations for non-training equipment use will be established as per provincial and local health expectations on a case-by-case basis.

Medical and Public Health Response Plan	1) Will there be a specific medical response plan or modified EAP to address COVID-19 in place? Key components are listed in this section	2	Mandatory	6	The Medical Plan needs to be reviewed and approved by a suitably qualified health professional. Read the club specific plan will be developed by and in consultation with the designated medical lead. If a suitable person as above is not available then the designated medical lead MUST have close communication at all stages with such a qualified professional.		COVID Safety Leader (CSL)	See Appendix L - First Aid Communications
	2) Will there be a designated person(s) to lead medical activities?	2	Mandatory	6	As noted above, every athlete and coach/volunteer must be screened prior to starting at the SEE ATHLETE SPECIFIC MEASURES SECTION ABOVE.		COVID Safety Co-ordinator (CSO) and Bench Staff (i.e. Trainer)	A designated COVID Safety Co-ordinator will lead any medical activities as required.
	3) Will there be pre-integration medical/self-assessment checks in place?	2	Mandatory	6	NOTE: Serology is presently not widely available nor proven to be reliable for screening yet. There is a need for serology testing to accurately measure the level of immunity to COVID-19. If serology is not supported, Athletes will be screened using a rapid screening tool for detection of a range of health issues.		COVID Safety Co-ordinator (CSO)	Pre-integrated medical/self-assessments will be facilitated through RAMP Team App.
	4) Will there be established reporting and recording measures in place for daily self-assessment for ALL participants before arriving at the training facilities?	2	Mandatory	6	This needs to be monitored and enforced by a designated person. NOTE: The symptom checklist changes as we know more about the virus. An up to date list is also available from the Canadian Medical Association.	<a href="https://www.can.ca/eng/health/2019-03-20/covid-19-symptoms-checklist.html">https://www.can.ca/eng/health/2019-03-20/covid-19-symptoms-checklist.html</a>	COVID Safety Co-ordinator (CSO) and Bench Staff	Reporting and recording measures for self-assessments will be conducted via the RAMP Team App.
	5) Will there be a procedure for athletes or staff to clearly identify whom to contact and how to do so if a participant has a medical concern or injury in the club?	2	Mandatory	6	Contact numbers for the local Public Health Office should be included in the positive protocols. Athletes and staff must be aware of the designated person(s) who are responsible for medical issues in the isolation space (mask for the individual who is ill and masks, eye protection and gloves for individuals who are monitoring), be cleaned and sanitized after each use.		COVID Safety Co-ordinator (CSO)	Athletes will be directed to contact their designated COVID Safety Co-ordinator if they feel unwell whilst in the facility.
	6) Will there be isolation spaces available on-site until sick members are dealt with appropriately?	2	Mandatory	6	All non-essential members are to avoid the isolation room. If services are in place, they need to be clearly indicated.		COVID Safety Co-ordinator (CSO)	Athletes will advise their CSC and will be instructed to consult with Public Health and their family physician.
	7) Will there be first aid services in place?	2	Highly Recommended	4	If treatment areas are available, non-essential athletes and staff/coaches should avoid these areas. Applicable PPE should be available in the first aid area (masks, eye protection and gloves). Athletes and staff must wash hands upon entering the room.		Equipment Manager	The CSC will keep sick members in isolation areas maintaining social distancing measures as advised until they are dealt with appropriately.
	8) Where there are designated medical facilities or treatment rooms, will contact numbers and procedures be made clearly visible?	0	Enhanced	0	Bedside are to be covered with treatment paper rolls that are changed between patients. Linens should only include single use towels. Beds are to be covered with treatment paper rolls that are changed between patients. Athletes must wait outside the treatment area until the therapist or physician is able to see them. For manual treatment, e.g. massage and physio, athlete and therapist should wear masks. Practitioners may NOT attend the facility if unwell. Those with COVID-19 like symptoms must be isolated in a designated area and not attend the facility. All clinical areas will be cleaned and sanitized as per the Health Canada regulations in place at the time. The level of medical care available in the club on a non-urgent basis will be dictated by the public health regulations in force at the time. If medical treatment is permitted then follow the protocols below according to the risk assessment tool. High Risk - Tele health and avoid all non-essential manual therapy. Medium Risk - Tele health preferable, consultations to maintain 2m distance if possible, for essential manual therapy a single therapist should be used and masks worn as above. Low Risk - Single therapist should be used and masks worn as above.			
	9) Will there be a clear protocol for disposing of soiled material?	1	Enhanced	1	All single use towels are to be immediately placed in a large plastic bag and taken for laundering at the end of each day. Anyone handling the towels or biohazardous waste is to wear gloves. A detailed cleaning log should be kept. MAINTAIN IF A MEDICAL FACILITY IS IN PLACE.		COVID Safety Co-ordinator (CSO)	Participants will be instructed to safely dispose of soiled materials properly in provided waste containers.
	10) Where there are designated medical facilities or treatment rooms, will a cleaning schedule be developed to ensure the medical venue and equipment is clean and sanitized after each use? Will there be clear protocols for cleaning and disinfecting as recommended before, during (between athletes) and between each training group?	0	Enhanced	0	Environmental cleaning for the COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in hospitals and health care settings should be used. High level disinfection is recommended for prevention of COVID-19 and other viral respiratory illnesses.	<a href="https://www.canada.ca/en/health/2019-03-20/covid-19-symptoms-checklist.html">https://www.canada.ca/en/health/2019-03-20/covid-19-symptoms-checklist.html</a>		
	11) Will there be notification to the local public health authority and emergency services if a participant has a medical concern or injury in the club?	2	Highly Recommended	4	Contact numbers are to be clearly posted in the facility and treatment areas. Confirmation of integration with local public health protocols is essential PRIOR to re-opening.		COVID Safety Leader (CSL)	Ongoing consultation with Public Health and local municipality will ensure that our Return to Play plan meets with provincial and local public health requirements.

	1) Will the plan include resources and protocols for managing all public health interventions as included in the plan (Appendix L - First Aid Communications)	6	Mandatory	2	As above this should include protocols to enable: Early screening and identification of individuals Appropriate disposition (home, public health screening, physician, hospital) as required by the clinical status This will likely be managed by a physician or public health unit in the high performance environment Follow up and contact tracing	COVID Safety Leader (CSL)	Resources and protocols for managing all public health interventions are included in the plan via Appendix L - First Aid Communications
	2) Will the plan include protocols to notify all participants of possible exposure to COVID-19 if any suspected or confirmed cases are identified?	2	Mandatory	2	It is essential that a detailed log of all athletes and staff/volunteers attending the club, their testing status, and any positive cases be maintained. This log should be readily accessible for review (as Google Sheets). ALL possible cases will need to be notified to public health as per the COVID-19 regulations (COVID-19 is an immediately notifiable disease). NOTE: IF A CASE OF COVID-19 IS CONFIRMED IN THE CLUB IT IS HIGHLY LIKELY THAT THE ENTIRE FACILITY WILL IMMEDIATELY BE CLOSED DOWN BY PUBLIC HEALTH UNTIL ALL INVESTIGATIONS ARE DONE AND IT IS DEEMED SAFE TO RETURN. It is worth producing a draft communication in advance of re-opening in case this eventually arises. The designated authority MUST have the ability to react immediately and have the authority to communicate in the event of a positive case at the club/association. COVID-19 Strategic Operations team should at a minimum include the Facility Manager, Covid Rep and Communications Lead.	COVID Safety Leader (CSL)	Local Public Health will perform contact tracing communications on any and all positive COVID-19 tests. Local Public Health will request our contact tracing records in the event of positive COVID-19 test.
Management of New or Suspected Cases	3) Will there be an established mechanism for collaboration and coordination with the local public health and recreation/parks sectors in the instance that any new cases arise?	2	Mandatory	2	4) Will there be a agreed plan and early notification procedures in place (depending on external multi-sectoral stakeholders (e.g. Ringette Canada, Provincial Ringette Organization etc.) and dissemination of risk communication messages (media)?	COVID Safety Leader (CSL)	Direct communications will be sent to Ringette Ontario for consultation on how to disseminate required communications to membership.
	5) Will there be a decision-making authority/body and an agreed procedure to notify, isolate and return to training facility access related to the suspected COVID-19 outbreak?	1	Mandatory	1	5) Will there be a process for the monitoring of national media and social media platforms for rumors to be able to counter them early?	COVID Safety Leader (CSL)	Individual cases will be handled as per Appendix L; more wide-spread cases could involve communication with our local municipalities, public health and the EPRF Board of Directors.
	6) Will there be arrangements to activate a strategic operations team if there are suspected COVID-19 cases in connection with the club/association?	1	Mandatory	1	6) Will there be a process for the monitoring of national media and social media platforms for rumors to be able to counter them early?	COVID Safety Leader (CSL)	The EPRF Board Executive with the CSL and CSOs will serve as a strategic operations team here is a suspected COVID-19 case.
	7) Will there be emergency mitigation measures (including those specifically listed in this checklist)?	2	Highly Recommended	2		COVID Safety Leader (CSL)	Training documents will be reviewed for mandatory virtual review (i.e. via zoom).
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Communication	1) Will there be a risk mitigation communication strategy in regard to COVID-19?	1	Mandatory	1	This should be produced before opening for training.	COVID Safety Leader (CSL)	A risk mitigation communication strategy in regard to COVID-19 will take a three pronged approach: early, rapid, and ongoing.
	2) Will there be a designated person(s) to lead media activities and tasked with managing all internal and external communications with your Provincial Ringette Organization, public health, government officials, the general public, and the media?	2	Mandatory	2	Social media photos of athletes and coaches not abiding with the public health regulations may result in the facility being closed again.	COVID Safety Leader (CSL) and Chair/Vice Chairs	The CSL, Chair and Vice-Chairs will manage all internal and external communications with your Ringette Ontario, public health, government officials, the general public, and the media.
	3) Will there be a process for the monitoring of national media and social media platforms for rumors to be able to counter them early?	2	Highly Recommended	2		Chair, Publicity and Social Media Directors	Members will be deterred from posting photos of athletes or personal social media that are not compliant with provincial and local public health requirements; association accounts will vet official posts to reduce reputational risks.

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Sum of mitigation measures		265	
Total	Mitigation Score		%
		100	
	Mandatory	45	90
	Recommended	6	92
	Enhanced	3	17