

FRA COVID-19 Protocol

FRA MEMBER INFORMATION PACKAGE

FOREST RINGETTE ASSOCIATION RETURN TO RINGETTE PLAN

An “Xtreme” Plan for “Xtreme” Times



INTRODUCTION

With all the changes this year due to COVID-19, the FRA RTR Committee have put together this document for our membership. This document outlines the current restrictions and policies that FRA will need follow for the 2020-21 season.

The FRA is working hard to modify our programming to comply with Ringette Canada, Ringette Ontario, Lambton Public Health, and the Municipality of Lambton Shores and their facility requirements.

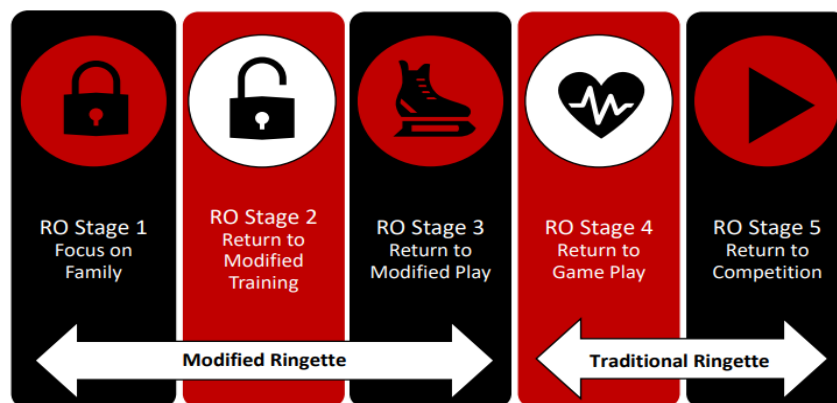
The FRA wants to be as transparent as possible as we work through the many requirements to safely get back on the ice. We also understand that our members have questions. Please review this document and visit our website for the most current and up to date information, as we progress throughout the season. If you have additional questions, please email Vice President and RTR Chair; Shae Stanbra, (vicepresident@forestringette.com) or COVID Safety Leader; Rachel Orvis (CSL@forestringette.com).

RINGETTE ONTARIO – RETURN TO RINGETTE GUIDELINES

Ringette Ontario (RO) has provided extensive information about their Return to Ringette (RTR) Guidelines. This information can be found on their website. (link provided on our page under COVID information)

Based on RO's RTR Guidelines, FRA is currently in STAGE 2.

Ringette Ontario is following a graduated return to ringette. The process will allow for ringette activities to restart in accordance with the Provincial Health Authorities and Regional Health Guidelines. The progressions of returning to ringette could change throughout the season if restrictions by Provincial and Regional Health Authorities lessen or increase.



STAGE 2 – Return to Modified Training

This progression allows ringette activities to begin once the association has completed their own Return to Ringette Activity package and had it approved by Ringette Ontario. FRA has submitted this package and received approval on Sept 2, 2020

This progression is focused on individual training and practicing but does allow participants to get back on the ice, under the facilities restrictions on number of participants and local health regulations. This progression should emphasize smaller groups and focuses on development of fundamental skills.

Moving Forward to Stage 3

Ringette Ontario requires that where physical distancing is not possible, such as during ringette competition and any training or practice that requires athletes to come within 3 metres (recommended for moderate to intense physical activity) of one another, cohorts must be used. Cohorts help mitigate the risk of widespread transmission by limiting the number of people that come into close contact with one another. This allows sports teams to return to action in a manner that most closely resembles regular practices and game play. Cohorts may be organized to form mini leagues to enable competition. Each mini league may consist of multiple teams, up to a maximum of 50 people. Game play is limited to the teams in each mini league. Associations are not permitted to create official teams for competition until they reach Stage 4 and Team Formation for Sanctioned Tournament play is required.

FRA RTR Committee will be working to include cohort requirements in their 2020-21 ringette programming as we progress further into the season, based on approval and recommendations from Lambton Public Health, Municipality of Lambton Shores and Ringette ON.

Registration and Participation

Ringette ON advises that players U19 and under should register in their local association. If you have been a member with FRA for 3 years, FRA is considered your home association.

FRA is requesting all members wanting to play for the 2020-21 season complete their registration by Sept. 30th. 2020. Any members wanting to register past this date will be placed on a wait list till Oct 31st, 2020 and the RTR Committee will reassess the current season and protocols available for number of participants and available ice at that time.

Before first ice time players and parents must complete the following: (via submission online at registration or by signed hard copy submitted to RTR Committee)

- RO Declaration of Compliance
- RO Informed Consent and Assumption of Risk Agreement
- RO Release of Liability, Waiver of Claims, and Indemnity Agreement

In accordance with recommendations from Ringette ON and policies in place with the Municipality of Lambton Shores and the use of their facilities, FRA has organized an attendance confirmation process for each session. This list should include all participations, coaches, other on-ice helpers, and the parent/guardian that attended. The following process must be completed prior to attendance at each FRA ice event.

- must confirm attendance at least 48 hours in advance using our RAMP app or email which will be monitored by the Team COVID Rep.
- must complete the Daily COVID-19 Attestation agreement no more than 8 hours prior to the ice time.
- must be tracked on the Contract Tracing Form for Sanctioned Activities

- must inform coach/COVID Team Rep/COVID Safety Lead of any symptoms or illness related to COVID

MUNICIPALITY OF LAMBTON SHORES ARENA FACILITY COVID-19 REQUIREMENTS

COVID-19 Facility Protocols

- Physical distancing is required at all times.
- Screening of all individuals entering the Shores facility is the responsibility of FRA. If anyone in participant group is feeling ill, they should not enter the facility.
- All Bench Staff will wear masks when on the bench for player contact (i.e. injured player), and until they put on their helmet to go on the ice for practices per Lambton Shores By-Law
- All players age 9 and over and all parents/spectators will wear masks while inside the arena until full ringette gear is on per Lambton Shores By-Law
- Teams/Groups will be formed allowing for a maximum of 25 players and bench staff (combined) on the ice surface at one time. These groupings can and most likely will change over the course of the season.
- Each player can be accompanied by one adult family member (no siblings) per ice time, as the seating area is limited to 25 spectators. Spectators are prohibited from viewing from the lobby and may only watch from the seating area. All spectators must be physically distanced by 2 meters.
- To attend practice, the player and parent must confirm attendance at least 48 hours in advance using our RAMP health app or email to COVID Team Rep. If this is not completed, the player cannot attend the ice time.
- Upon arrival, or no more than 8 hours in advance, the player and parent (if entering the facility) will complete the Daily Attestation form online or email/hardcopy to the COVID Team Rep.
- No warm-ups will be permitted inside the facility. Weather permitting, warm-ups can occur outside the facility in a safe location away from the flow of traffic and with physical distancing

Arrival at the Shores Facility

- Participants are not to arrive at the facility more than 15 minutes before their scheduled ice time and check in with the COVID Team Rep for tracing. Entrance is through the main doors.
- Players are to go to their assigned dressing room. Dressing rooms may have a maximum of 11 people inside them at any time, including players, coaches, and parents.
- Players will be encouraged to arrive at the arena with equipment already on and will only be required to use the dressing rooms to store equipment, tie skates, etc.
- Players need to remain in the dressing room until the coach leads them to the ice surface for practice

Equipment Requirements

- Participants **MUST** wear a face covering until they put on their helmet to begin training on the ice.
- All players will provide their own hand sanitizer and shall ensure it is in their equipment bag as well as all other items noted in the RO Ringette Bag Essentials List (found on website)
- Players will bring their own labelled 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 must not go on ice unless they are in full gear
- Bench Staff will keep the rings and other equipment clean and sanitized. They will ensure they have all the required equipment noted in the protocol document in their equipment bag.
- A first aid kit must be available all ice practices. Hand sanitizer, gloves, and masks will be added to each team's first aid kits by the Association.

While Inside the Facility

- You must practice physical distancing while entering/exiting the ice surface, as well as during your time on the ice.
- Outside food or beverage may be permitted when in accordance Lambton Shores Return to Play Covid-19 Facility Guidelines for Ice Users.
- All participants and spectators shall adhere to the requirements noted in the Lambton Shores Facility Guidelines for Ice Users noted above. FRA will track non-compliance and apply discipline as needed in accordance with police and guidelines.

Exiting the Facility

- Players need to exit the facility within 15 minutes of the end of their ice time. At the Shores, everyone shall exit the facility via the west door (between dressing room 6 and Zamboni room).
- At the Shores, spectators shall exit the facility within 15 minutes of the ice time ending via the west door (between dressing room 6 and Zamboni room).

FRA COVID Safety Leader and COVID Team Reps

- The FRA Ringette Association has appointed Rachel ORVIS as the COVID Safety Leader. (this is in accordance with Ringette Ontario guidelines and requirements). The COVID Safety Leader will be the main point of contact for Ringette Ontario, Lambton Shores and the Lambton Public Health Unit. The CSL will also be the main internal contact for the COVID Team Reps
- The COVID Safety Leader will report any incidents to Lambton Shores, Lambton Public Health, and Ringette Ontario
- Each team will have a designated COVID Team Rep to communicate to the team and be responsible for COVID protocols. This person will have dual reporting to the FRA CSL, as well as the coach.

- The COVID Team Rep will track attendance using the COVID tracking sheet at the beginning of each practice including players, bench staff, and parents/spectators.
- The COVID Team Rep will assign players to use a dressing room only allowing 10 people max per dressing room at any time (including coaches and parents that may need to enter).