



FOREST RINGETTE ASSOCIATION RETURN TO RINGETTE PLAN

An "Xtreme" Plan for "Xtreme" Times



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REVISION 0.1

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Forest Ringette Return to Play Plan

The Forest Ringette Association (FRA) is eager to get back on ice while keeping the safety and health of our players, bench staff, officials and our community as the overarching priority. Our return to play program includes the following components:

1. Collaboration with Ringette Ontario (RO) and Western Region (WRRA).
2. Collaboration with Lambton Public Health (LPH)
3. Collaboration with Lambton Shores (Facility), as well as ice users with adjoining ice times (Minor Hockey, Skating Club).
4. Assisting our Coaches & Bench Staff with implementation of the new practice & scrimmage protocols.
5. Assisting our Players & Parents with understanding of and compliance to the new protocols that involve or impact them.
6. Clear Communication & Transparent Reporting

Collaborating with the Provincial, Regional and Local partners

Forest Ringette will follow all provincial and regional guidelines related to Covid-19.

- Provincial Health Guidelines will be monitored and administered
<https://www.ontario.ca/page/how-ontario-is-responding-covid-19>
- Lambton Public Health Unit Guidelines will be monitored and administered
<https://lambtonpublichealth.ca/2019-novel-coronavirus/>
- Ringette Ontario Return to Play Guidelines will be monitored and administered
<https://ringetteontario.com/rtr-covid19/>
- Tryouts and A team formation will not take place until the guidelines for conducting tryouts and team formation is provided by Ringette Ontario and/or Western Region.
- Forest Ringette will request consideration for approval to play in a mini league in stage 3 against teams outside our health unit, as there are no other Ringette associations within Lambton Public Health. This currently creates a situation of inequality for our association relative to other associations in the Province.

Collaborating with Lambton Shores

Collaboration with the Municipality of Lambton Shores, as well as ice users with adjoining ice times is a key component of our Return to Play plan.

- Forest Ringette is working closely with Lambton Shores and will continue to monitor and respond to changes in the situation. We will remain flexible and follow all guidelines communicated by the facility. See Lambton Shores Return to Play Covid-19 Facility Guidelines for Ice Users for the [Shores Recreation Centre](#) (Link J).
- We will work with other ice users to communicate specific expectations for times when Forest Ringette's ice times proceed or follow other user groups. FRA will continually monitor the state of the Lambton Shores Facilities for any changes to the information provided on the RO Risk Management & Safety Audit Form (Attachment B).

Assisting our Coaches & Bench Staff

Support from our coaches and bench staff to ensure protocols are understood and adhered to will be critical. The following will be key areas of focus for our bench staff:

- Each team/group will be required to name a Team COVID Rep to liaise with the FRA Covid Safety Leader (CSL) and act as the main point of contact for COVID tracking and ensure sign-in requirements for each ice time are followed. The CSL and Team Rep will both be considered as positions that fulfill a family's volunteer obligations for the year.
- 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.
- All Bench Staff will wear masks when on the bench for a scrimmage, and until they put on their helmet to go on the ice for practices per [Lambton Shores By-Law 50 of 2020](#) (Link L).
- Physical Distancing on the ice must be maintained. Coaches will be directed to ensure practice plans minimize gathering of players and close contact.
- To attend practice, the player must confirm attendance at least 48 hours in advance using our RAMP health app which will be monitored by the Team COVID 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 will complete a COVID health questionnaire using the paper form (Attachment C) or RAMP Health App and be tracked using the [Ringette Canada Template for Contact Tracing during Sanctioned Ringette Activities](#) (Link F).
- Before the first ice time, all bench staff will be required to sign* the following:
 - [RO Declaration of Compliance](#) (Link A)
 - [RO Informed Consent and Assumption of Risk Agreement](#) (Link B)
 - [\(via online registration\)](#)
 - [RO Release of Liability, Waiver of Claims and Indemnity Agreement](#) (Link C)
 - [\(via online registration\)](#)
 - [RO Bench Staff Code of Conduct](#) (Link D)
 - RO Daily COVID-19 Attestation and Agreement (Attachment C)
 - *FRA will attempt to use paperless options in lieu of handling signed copies of these documents where permitted.*
- Only players and coaches registered with FRA and listed on insurance will be allowed on the ice.
- Ice times may be changed by Lambton Shores as the season progresses.
- 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.
- The rule of two is required for change rooms and on ice activity.
- Any off-ice activities need to be reviewed with the COVID Safety Leader for approval.
- Bench Staff will keep the rings and other equipment clean and sanitized as noted in the [RO Team Staff Protocols](#) document (Link N). 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 teams first aid kits by the Association.
- The RTR committee recommends that the association provides masks for the bench staff as required to carry out their coaching duties in compliance with local guidelines and by-laws.

Assisting our Players & Parents

All players and parents are required to understand and adhere to all new rules and protocols related to Covid-19 as well as local health guidelines. Non-compliance will result in players being removed or suspended from participation in FRA activities.

- 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 50 of 2020](#) (Link L).
- Players may not enter the facility until 15 minutes before the scheduled ice time. Entrance is through the main doors.
- Anyone entering the facility will use the hand sanitizer provided at the entrance.
- 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 change 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.
- 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).
- 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 Participant Protocols](#) document (Link P) and [Ringette Bag Essentials](#) List (Link Q).
- 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.
- Before the first ice time, the player/parent must sign the following documents:
 - [RO Declaration of Compliance](#) (Link A)
 - [RO Informed Consent and Assumption of Risk Agreement](#) (Link B)
 - (via online registration)
 - [RO Release of Liability, Waiver of Claims and Indemnity Agreement](#) (Link C)
 - (via online registration)
 - RO Daily COVID-19 Attestation and Agreement (Attachment C)
 - *FRA will attempt to use paperless options in lieu of handling signed copies of these documents where permitted.*
- Anyone entering the arena facility must be tracked on the [Contract Tracing during Sanctioned Ringette Activities](#) form (Link F), and complete a COVID health questionnaire; either the RO Daily Covid-19 Attestation and Agreement form (Attachment C) or RAMP Health Check.
- Only players and bench staff registered with FRA and listed on insurance will be allowed on the ice.
- Only 1 parent per child will be allowed per ice time, and 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.
- 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).
- Outside food or beverage may be permitted when in accordance Lambton Shores Return to Play Covid-19 Facility Guidelines for Ice Users for the [Shores Recreation Centre](#) (Link J).
- 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 the [RO Discipline & Complaints policy](#) (Link R).

Communication, Information Sharing, and Reporting

Communication will be a critical component of the Return to Play Process. We will ensure all our members, and our local, regional, and provincial partners have the latest information at all times. This will include but not be limited to:

- The name of the COVID Safety Leader for the Association be posted in a news article on our website, and on our social media platforms (Facebook, Instagram). Their contact info will also be added to the website.
- The FRA COVID Safety Leader will report any incidents to Lambton Shores, Lambton Public Health, and Ringette Ontario
- Forest Ringette webpage (www.forestringette.com) will have a dedicated area for COVID communication including:
 - Required Waiver Forms and Tracing Sheet
 - Contact information for the COVID Safety Leader
 - Link to the Ringette Canada COVID-19 Resource Hub
 - Link to the Ringette Ontario COVID-19 Resources webpage
 - Link to the Lambton Public Health Unit
 - Link to the Lambton Shores Face Coverings Webpage
- Each team will have a designated Team COVID 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 Ringette Ontario Participant and Team Protocols and Ringette Bag Essentials will be sent via email to all members before the first practice and posted on the website and social media. (Link N, P, Q).
- Players and Parents will be asked to review the FRA COVID health questionnaire (Attachment D) before the first practice. Coaches and the Team Covid Rep should perform a “Test Run” via RAMP Health in advance of the first practice.

Communication Matrix:

An established path for information sharing will allow of FRA to respond immediately and appropriately to any changes in guidelines related to Covid-19.

Communication Type	Partner Contact	Method of Communication	FRA Contact:
Ringette Ontario Updates and Reporting	Pamela Julian Karla Xavier	BaseCamp Email RO COVID-19 Resources Webpage	COVID Safety Leader
Lambton Shores (Facility) Updates and Reporting	Shannon Prout Randy Shaw Ashley Farr	Email Lambton Shores website Facebook	COVID Safety Leader & Ice Scheduler
Lambton Public Health Unit Updates and Reporting	Lambton Public Health	Website updates Facebook updates	COVID Safety Leader

Forest Ringette RTR Plan (For RO Approval)

FRA Protocol Changes and Reminders. Changes to FRA Groups or "Teams"	Return to Ringette Chair CSL President	E-mails via New Article on FRA Website FRA Facebook & Instagram	All Forest members
Team Concerns or Reports	Team COVID Rep	Email preferred. Phone/text if urgent.	COVID Safety Leader

**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 Team COVID Reps.

Team COVID Rep Role Profile

Each group or “team” must assign a Team COVID Rep and set-up the team RAMP profile as a way to track practice attendance and Health Checks. The responsibilities of the Team Covid Rep are as follows:

- Set-up RAMP/Team Snap to track all practices and responses from players for attendance. Can also be used for Health Check.
- Association COVID Leader to provide email of all families on the team that have completed the required COVID waivers before player steps on ice.
- 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
- For any families not having completed the waivers 48 hours prior to the first practice, they are not allowed on the ice.
- Track attendance using the COVID tracking sheet at the beginning of each practice including players, bench staff, and parents/spectators. 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 age 9 and over entering the arena are wearing masks and everyone regardless of age is using hand sanitizer.
- Ensure all players complete the COVID Health Questionnaire. Keep all records for 4 weeks and consult The Covid Safety Leader (CSL) for storage/shredding beyond that time.
- Be aware of the reporting protocols and report any COVID concerns to the Association CSL as soon as you are notified.

Reporting Flow Charts

Prompt and forthright reporting of symptoms and confirmed cases of COVID-19 is critical to the success of our season and achieving our goal of keeping our players, bench staff, families, and community safe.

- See attached FRA COVID-19 Reporting Flow Charts #1-3.

Reporting Flow Charts

Chart 1 – Player falls ill at facility

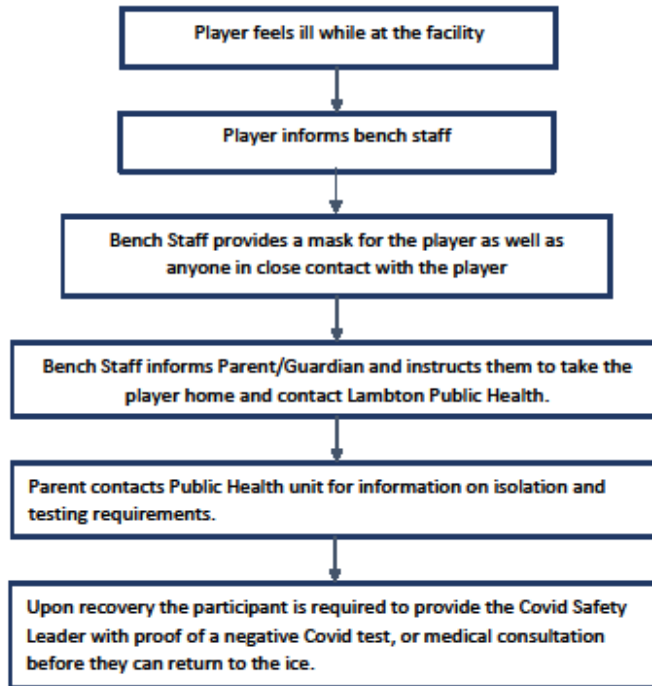
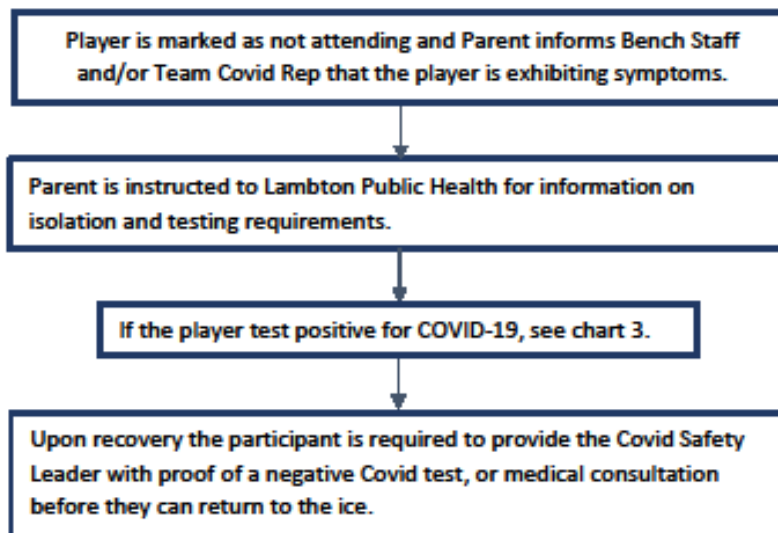
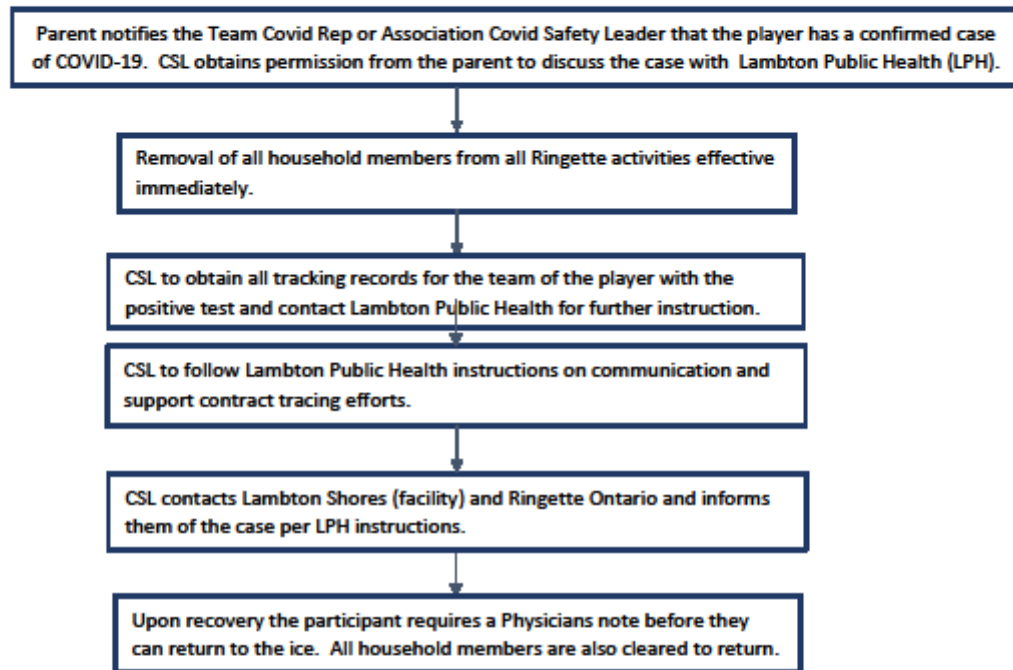


Chart 2 – Player has symptom(s) of COVID-19 and will not attend an ice time



Reporting Flow Charts

Chart 3 – Player has a confirmed case of COVID-19



Key Contacts

Forest Ringette Association

Contact Name: Rachel Orvis
Title: Forest Ringette COVID Safety Leader
Email: CSL@forestringette.com

Secondary Contact: Shae Stanbra
Title: FRA Vice President & Return to Ringette Committee Chair
Email: gnsnblue1@execulink.com

Alternate Contact: Sean Smith
Title: FRA President
Email: president@forestringette.com

Municipality of Lambton Shores

Contact Name: Shannon Prout
Title: Recreation and Leisure Assistant
Email: sprout@lambtonshores.ca
Phone: 519-243-1400 x 8310

Municipality of Lambton Shores

Contact Name: Randy Shaw

Title: Manager – Parks and Facilities

Phone: 519-243-1400 x 8314

Contact Name: Ashley Farr

Title: Manager of Community Development

Email: afarr@lambtonshores.ca

Phone: 519-243-1400 x 8313

Lambton Public Health

<https://lambtonpublichealth.ca/contact-us/>

publichealth@county-lambton.on.ca

519-383-8331

List of Attachments & Links

RO Return to Ringette Acknowledgement Form (Attachment A)

RO Risk Management & Safety Audit Form (Shores Recreation Centre) (Attachment B)

RO Daily COVID-19 Attestation and Agreement (Attachment C)

Lambton Shores Incident Report Form (Attachment D)

Forest Ringette Club-Risk-Assessment-and-Mitigation-Checklist-Tool (Attachment E)

RO Declaration of Compliance COVID-19 (Link A)

<https://ringetteontario.com/wp-content/uploads/2020/07/Ringette-Ontario-COVID-19-Declaration.pdf>

RO Informed Consent and Assumption of Risk Agreement (Link B)

<https://ringetteontario.com/wp-content/uploads/2020/07/Ringette-Ontario-Assumption-of-Risk.pdf>

RO Release of Liability, Waiver of Claims and Indemnity Agreement (Link C)

<https://ringetteontario.com/wp-content/uploads/2020/07/Ringette-Ontario-Waiver.pdf>

RO Bench Staff Code of Conduct (Link D)

<https://ringetteontario.com/wp-content/uploads/2018/11/Bench-Staff-COC.pdf>

(Link E) - Deleted

RC Template for Contact Tracing during Sanctioned Ringette Activities (Link F)

<https://www.ringette.ca/wp-content/uploads/2020/07/Contact-tracing-form.pdf>

Forest Ringette RTR Plan (For RO Approval)

Lambton Public Health Return to Sport Guidance for Associations, Coaches, and Volunteers (Link G)

<https://lambtonpublichealth.ca/wp-content/uploads/2020/08/GUIDANCE-COVID-19-COVID-19-Return-to-Sport-and-Recreation-Associations-Coaches-and-Volunteers-7.27.20.2.pdf>

Lambton Public Health Return to Sport Guidance for Participants (Link H)

<https://lambtonpublichealth.ca/wp-content/uploads/2020/08/GUIDANCE-COVID-19-COVID-19-Return-to-Sport-and-Recreation-Participant-Guidance-7.27.20.pdf>

Lambton Shores Return to Play Covid-19 Facility Guidelines for Ice Users for the Shores Recreation Centre (Link J)

<https://www.lambtonshores.ca/en/living-here/resources/Documents/Facilities/Shores-Guidelines-Ice-Users.pdf>

(Link K) - Deleted

Lambton Shores By-Law 50 of 2020 (Link L)

<https://www.lambtonshores.ca/en/our-government/resources/Documents/Bylaws/Face-Coverings-By-Law.pdf>

Ringette Canada Modified Game Format Guidelines (Link M)

<https://www.ringette.ca/wp-content/uploads/2020/08/Return-to-Ringette--Modified-Game-Format-Guidelines-v.2.pdf>

Ringette Ontario Team Staff Protocols (link N)

<https://ringetteontario.com/wp-content/uploads/2020/07/Ringette-Ontario-Team-Staff-Protocols.pdf>

Ringette Ontario Participant Protocols (Link P)

<https://ringetteontario.com/wp-content/uploads/2020/07/Ringette-Ontario-Participant-Protocols.pdf>

Ringette Bag Essentials List (Link Q)

<https://ringetteontario.com/wp-content/uploads/2020/07/Ringette-Ontario-Ringette-Bag-Essentials.pdf>

RO Discipline and Complaints Policy (Link R)

<https://ringetteontario.com/wp-content/uploads/2020/07/DISCIPLINE-AND-COMPLAINTS-POLICY-July-2020.pdf>