



LACOMBE RINGETTE ASSOCIATION

5210-54th Avenue; Lacombe, Alberta; T4L 1H8

Updated 7 September 2020

2020 RETURN TO RINGETTE GUIDELINES

LRA Safety Plan in Response to COVID-19

DISCLAIMER

These Return to Ringette Guidelines are intended to be used for the purposes outlined in this document. Lacombe Ringette Association (LRA) strives to provide relevant and timely information; however, information known about COVID-19, also known as the coronavirus, and recommended health and safety measures can rapidly change. No guarantee can be given at this time to the accuracy of the document.

This is not a legal document and the Return to Ringette guidelines are to be used as a guide only. This document is not meant to provide legal advice. Do not rely on this document or treat it as legal advice.

Furthermore, this document is not a substitute for actual legislation or orders by the Provincial Government or the Provincial Chief Medical Officer of Health (CMOH). In the event of ambiguity or conflict between the Return to Ringette Guidelines and the Public Health Act, regulations and orders within the Act will prevail. Lacombe Ringette's Return to Ringette Guidelines comply with the Return to Play Guidelines set out by Ringette Alberta and Ringette Canada.

Lacombe Ringette and our members will comply with requirements of the federal, provincial and local governments and all health authorities (federal, provincial or regional).

Lacombe Ringette's Return to Ringette Guidelines are founded on an overriding principle of fostering and providing a safe environment for all participants.



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GENERAL HEALTH AND SAFETY GUIDELINES

All participants must adhere to all health and safety regulations.

If participants are experiencing any symptoms associated with COVID-19 including, but not limited to, coughing, sore throat, fever, shortness of breath, they must not attend activities.

Team staff will have full authority to send a participant or their family member home if they attend an event with any symptoms.

If participants have come in contact with someone who has tested positive for COVID-19, they are not permitted to attend any ringette event for 14 days from date of contact.

For each ringette event such as an ice-time, dryland, meeting, etc., the Team Safety Officer should confirm that each participant has not experienced any symptoms such as coughing, sore throat, fever, shortness of breath in the past 14 days prior to that participant entering the facility.

Participants must confirm attendance at an event a minimum of 24 hours prior to the event and if they do not do so they could be denied entry to the event. A team app will be set up to monitor attendance and daily health checks.

Frequent hand washing is recommended. Facilities should be able to provide each individual team (as well as the officials) a sink with warm water, automatic hand dryer or paper towel dispenser, soap, or hand sanitizer.

Each participant must have their own water bottle, clearly labelled with their first and last name. Absolutely NO sharing of water bottles. Ringette gear should also not be shared.

All participants should be prepared to arrive and leave facilities fully dressed (except gloves, skates, helmet) when required by facility regulations.

No touching or handshakes: waving and saying thank you to Officials and other players is an acceptable form of sportsmanship.

Coaches, Athletes and Officials should keep rings, equipment and other objects required for play in a clean, separate space at their own homes. Items should be cleaned and sanitized frequently.

Participants should avoid handling shared equipment, such as rings, with their bare hands. Sticks should be used to move equipment, such as rings or cones, whenever possible.

All participants should carry wipes, hand sanitizer or pump soap in their equipment bags.



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TEAM STRUCTURE AND COHORTS

In adherence with the Government of Alberta Guidance for Cohorts, Lacombe Ringette will work with other ringette associations to create cohorts of a maximum of 50 persons each for all participants. This will mitigate the risk of widespread transmission by limiting the number of people that come into close contact with one another.

Each cohort of up to 50 will include players, coaches and officials. Competition is only allowed within the cohort. In order to change cohorts, a quarantine period of 14 days will be required.

Example: There are 6 U14 teams in the Central Zone, made up of players from Lacombe Ringette and Red Deer Ringette. Two cohorts of 3 teams each, up to a maximum of 50 participants, will be created. Team A, B & C will be in a cohort, Team D, E & F will be in another cohort. After 6 weeks of game play between cohort teams, all competition will cease for 14 days, although team practices will continue. Team A, C & E will become a new cohort, Team B, D & F will become another cohort. Competition within the cohorts will recommence.

No participant, including athletes, coaches and officials, will be allowed to be in more than one ringette cohort at a time. Any ringette participant found to be participating in another ringette cohort will be blocked from attending subsequent ringette events for either cohort.

Government of Alberta Guidance for Cohorts recommends that participants should not be part of more than one sport or performance cohort. Limiting the number of cohorts you participate in will decrease potential exposure for everyone.

Only those within the cohort will be allowed in team dressing rooms and on team benches. Participants that require assistance with their equipment will need to come to the facility dressed to play (except skates, helmet, gloves) and have their skates tied outside the dressing room before joining their team in the dressing room.

These guidelines are not optional. Suspension from the Lacombe Ringette Association, Black Gold League, and Ringette Alberta may be levied for non-compliance.



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SAFETY OFFICERS

Lacombe Ringette will have a dedicated Association Safety Officer (ASO) who will be responsible for overseeing and monitoring our return to ringette guidelines in addition to specific facility regulations. The ASO will ensure that all relevant information is shared across the membership in a timely fashion. Each team will assign a dedicated Team Safety Officer (TSO).

The Association Safety Officer will be responsible to:

1. Monitor the latest available information and guidance on the COVID-19 outbreak.
2. Liaise with Ringette Alberta to facilitate updates related to the Return to Play Guidelines.
3. Liaise with local facilities to confirm guidelines and protocols, and provide this information to Team Safety Officers.
4. Ensure teams are following all guidelines as set out by the facility, Lacombe Ringette, Ringette Alberta, and Ringette Canada.
5. Follow up on any complaints or information related to failure by a member to adhere to COVID-19 guidelines and procedures, and relay this information to the Association President.
6. Ensure that any COVID-19 cases are reported to the appropriate public health authority.
7. Ensure that Team Safety Officers are completing their responsibilities:
 - Adding events and participants to Team App.
 - Completing COVID-19 health checklist for each participant 24 hours prior to each event.
 - Taking attendance at each event.

OUTBREAK RESPONSE

If a participant tests positive for COVID-19, the following steps will be taken:

1. The participant should inform the Team Safety Officer that they have tested positive within 12 hours of notification.
2. The Team Safety Officer will:
 - Notify the Association Safety Officer, Head Coach, LRA President and Facility Contact and provide the date, time and location of the last ringette event attended by the participant.
 - Confirm attendance for the event and provide it to the relevant health authority as required for contact tracing purposes. The public health authority will determine the communication protocol and tracing of all contacts.
3. The cohort members who were in attendance at the last ringette event attended by the participant will not be permitted to attend any ringette activities for 14 days from the date of that event.
4. The participant will be required to provide return to play clearance from a physician to the Association Safety Officer before they are permitted to attend any further activities.



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DAILY ATTESTATION

Participants will be required to complete a Daily Health Checklist no more than 24 hours in advance of each ringette event. This Checklist will be shown to the Team Safety Officer or Team Coach before each ringette event (practice, game, dryland training), as required by Ringette Alberta.

Once Team App is set up and operational, this action will be completed within the app.

TSOs and / or coaches will track and keep records of the Daily Health Checklists for all participants, as well as attendance at each ringette event. Records must be maintained for a minimum of 3 weeks.