



LACOMBE RINGETTE ASSOCIATION

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

Updated 4 October 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.

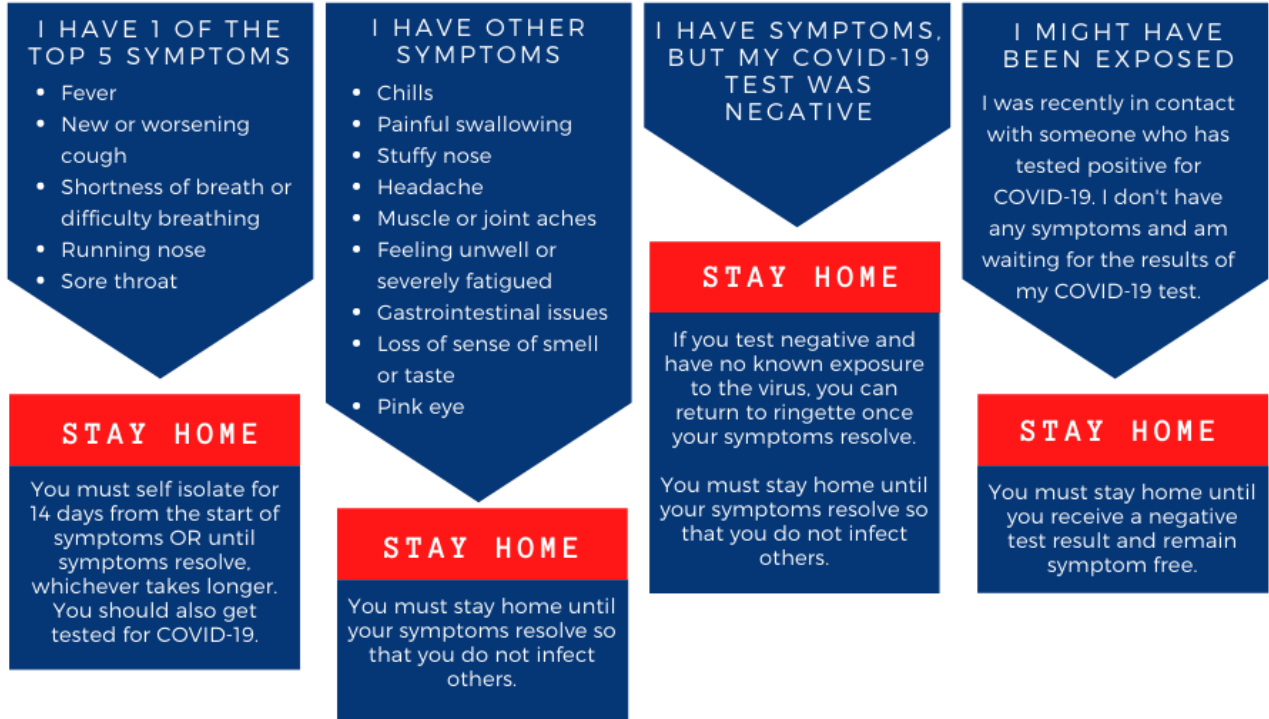


LACOMBE RINGETTE ASSOCIATION

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

SHOULD I ATTEND RINGETTE?

WHAT TO DO WHEN...



GENERAL HEALTH AND SAFETY GUIDELINES

All participants must adhere to all health and safety regulations.

Team staff will have full authority to send a participant or their family member home if they attend an event with any symptoms. Anyone who becomes symptomatic during an event will immediately put on a face mask, isolate from others, and return home as soon as possible.

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. See above chart for details. Failure to comply will result in suspension from all ringette activities.



LACOMBE RINGETTE ASSOCIATION

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

If participants have come in close contact with someone who has tested positive for COVID-19 they are not permitted to attend any ringette event until:

- they have remained symptom free for 14 days from date of contact, OR
- they receive a negative COVID-19 test result and remain symptom free.

For each ringette event such as an ice-time, dryland, meeting, etc., each participant must confirm through the Health Check function on the RAMP Team app that they have 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 through the RAMP Team app prior to the event's commencement, and if they do not do so they will be denied entry to the event. Attendance should not be confirmed more than 48 hours before the event.

Names of spectators that attend with a participant should be included through RAMP Team app.

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. Rules for each facility will be posted on the BGL website, and Team Safety Officers will ensure their team is aware of rules before attending an event at a new facility.

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.



LACOMBE RINGETTE ASSOCIATION

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

TEAM STRUCTURE AND COHORTS

In adherence with the Government of Alberta Guidance for Cohorts, Lacombe Ringette will work with BGL and 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 12 U14A teams registered in the BGL. Four 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, and so on. After 4 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 newly formed cohorts will recommence after 14 days.

Government of Alberta Guidance for Cohorts recommends that people should limit the number of sport or performance cohorts they belong to. Limiting the number of cohorts you participate in will decrease potential exposure for everyone. Participants should advise their Team Safety Officer if they are a member of another sport or performance cohort.

Ringette cohort participants are limited to a maximum of 2 ringette cohorts, as follows:

Cohort 1	Cohort 2
Player	Coach OR Official
Coach	Coach OR Official
Official	Coach OR Official
Player	Player not allowed
Player	Junior Coach not allowed
Junior Coach	Junior Coach not allowed

Any cohort member found to be participating in another ringette cohort not expressly allowed in this list, or in a third ringette cohort, will be suspended for a minimum of 14 days from all ringette activities.

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 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 will be levied for non-compliance. See the Consequences for Non-Compliance section of this document for more information.



LACOMBE RINGETTE ASSOCIATION

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

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 safety 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 RAMP Team app.
 - Ensuring COVID-19 health checks and attendance are completed through RAMP Team app for each participant prior to the commencement of each event.

OUTBREAK RESPONSE

If a participant tests positive for COVID-19, the following steps should 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, 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 positive participant will be required to refrain from further ringette activities for a minimum of 14 days and until they are symptom free, whichever is longer.



LACOMBE RINGETTE ASSOCIATION

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

EVENT ATTENDANCE AND HEALTH CHECKS

Participants are required to complete a Health Check through the RAMP Team app no more than 24 hours in advance of each ringette event. The Team Safety Officer and / or Head Coach will ensure this has been completed before each ringette event (practice, game, dryland training), as required by Ringette Alberta.

Participants that do not complete the attendance and health check prior to the commencement of the event will not be allowed to participate. No exceptions.

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

Spectators that accompany a participant to a ringette event must be listed in the RAMP Team app.

If participants choose to carpool to a ringette event, this must be noted in the RAMP Team app.

CONSEQUENCES FOR NON-COMPLIANCE

To ensure the safety of all participants, we will strictly enforce the Consequences and Safety Measures as set out by Ringette Alberta. This document can be found on the LRA website.

When participating at an “away” game, a failure to follow that facility’s rules by any participant or participant family member / spectator will result in suspension to the entire team.

Violations of safety protocols in this document or as set out by Ringette Alberta will result in suspension from all ringette activities for 14 days on a first offense, 30 days on a second offense, and the remainder of the season on a third offense.

Participants that receive a season suspension will forfeit their registration fee.