



COVID-19 SAFETY PLAN

September 3, 2020

This COVID-19 Safety Plan is an evolving document that is subject to change at any time. It will be updated throughout the season as the pandemic situation and stages of return to play change.

The plan outlines the safety aspects that Portage Ringette members, players, bench staff, volunteers and parents will follow.

SAFETY SUPERVISOR

- The Safety Supervisor for Portage Ringette Association is:
Leslie Peterson
pra.safety@hotmail.com

- The role and responsibility of the safety Supervisor is outlined on the Ringette Manitoba website at the following link:
<http://ringettemanitoba.ca/safety-supervisors-and-safety-officers/>

SAFETY OFFICERS

- Portage Ringette will assign a minimum of 1 Safety Officer per team. This will be filled by parent volunteers. The names of the safety officers have yet to be determined.
- It is recommended that each team have at least 2 Safety officers in case one cannot attend. They must be present at every event. Teams cannot participate in any team activities without a safety officer present.
- Portage Ringette Board will support the Safety officers in their role. The roles and responsibilities of the safety officer is outlined on the Ringette Manitoba website at the following link:
<http://ringettemanitoba.ca/safety-supervisors-and-safety-officers/>

COMMUNICATION TO PLAYERS/PARENTS

Portage Ringette Association sent out a detailed email which you should have received.

The communication letter included:

- Participant agreement link
 - Attestation Form link
 - Cancellation of preseason skate, power skating and goalie training.
 - Registration times per age group and payment information
 - Tournament update
 - Fundraising information
 - Safety/hygiene
 - Safety officer roll
 - Spectators
 - Arena information
 - Ringette Manitoba resources
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- In addition to the detailed email, all links will be posted to our website at the following link: www.portageringette.com
 - Should any parent or player have additional questions or concerns, you can email pra.safety@hotmail.com

RINGETTE MANITOBA COVID-19 PARTICIPATION AGREEMENT

- All association board members, bench staff, and parents/players will have to complete the Ringette Manitoba COVID-19 Participation Agreement prior to engaging in any activity held by Portage Ringette Association. The link to the online form is below.
<http://mbringette.wufoo.com/forms/m8ym2880xfz3v8/>

RETURN TO ACTIVITY PLAYBOOK

- Ringette Manitoba released a return to Activity Playbook that concisely defines the approach to Return to our sport. The link to the playbook is below. The playbook will be shared with all of the Portage Ringette members.

<http://ringettemanitoba.ca/wp-content/uploads/2020/08/Return-to-Ringette-Play-Book02-1.7MB-.pdf>

PORTAGE RINGETTE WEBSITE

- Information and links for COVID-19 can be accessed through the Portage Thunder website. Link below

www.portageringette.com

PARENT/PLAYER RESOURCES

- Ringette Manitoba has resources available on their website for both parents and players. The link is below

<http://ringettemanitoba.ca/player-parent-resources/>

- We all play an important role when it comes to our Return to Play during COVID-19. The safety of everyone must be our number one priority as we go through these phases together. Ringette Manitoba has provided a definition of the roles and responsibilities of players and parents. These roles will be communicated to all players and parents. The link to these roles and responsibilities is below:

<https://ringettemanitoba.ca/roles-and-responsibilities-player-parents/>

- Parents/spectators, players, Coaches and bench staff must make sure they educate themselves on the symptoms of COVID-19 and positive test procedures. Information related to this can be found on the Ringette Manitoba website at the link below:

<http://ringettemanitoba.ca/wp-content/uploads/2020/08/COVID019-symptoms-and-positive-test-procedures-pdf-1.pdf>

- Parents/spectators, players, Coaches and bench staff must be aware of proper hygiene during COVID-19. Ringette Manitoba has provided a hygiene check list on their website at the link below:
<https://ringettemanitoba.ca/wp-content/uploads/2020/08/Hygiene-Checklist.pdf>

BENCH STAFF RESOURCES

- Ringette Manitoba has a number of resources available on their website for bench staff. These resources will be provided to our bench staff prior to any activities held by PRA. The link can be found below:
<https://ringettemanitoba.ca/officials-bench-staff-resources/>
- Ringette Manitoba has put together a number of socially distancing drills for the current stages of return to Ringette. They are available on the Bench staff resources website at the link above.

DAILY SELF ASSESSMENT TRACKING

- All players and coaches will be responsible for completing a daily self-assessment prior to engaging in any activities held by Portage Ringette Association.
- Portage Ringette is planning on using team snap as a way to complete the daily attestation forms. This will create a simple way to track players.
- The attestation form must be completed by all **Players and Coaches** within 8 hours of the start of the event.

TRAINING FACILITIES, FACILITY PROTOCOLS & EMERGENCY ACTION PLAN

-Stride Arena
-Portage Mutual
-BDO

- The arena protocols and policies for the above facilities will be included with this Safety Plan.
- Emergency Action plans for each facility will also be included with this safety plan.
- All protocols and emergency action plans will be provided to the Coaches and bench staff, as well as safety officers associated with each training group.

CHECK IN/CHECK OUT AT RINK FACILITIES

- Maximum number of people permitted indoors is 50 unless groups can be separated to prevent contact with other groups
- Players can enter the dressing rooms **20 mins** prior to ice time. You will not be allowed in earlier so dress at home if you require more time.
- Players must exit the facility **20 mins** after ice session.
- Designated doors will be used for entering and exiting the facility as well as the ice surface.
- Hand Hygiene stations will be placed at entrances and exits as well as outside of change rooms.

SPECTATORS

- Must Sign in and out
- Safety officer will collect sign in / out sheets and provide to safety supervisor. These will be kept on file for a minimum of twenty-one days.
- Recommended 1 spectator per child
- 50 spectators is maximum capacity

- Spectators must not enter the facility if they are feeling ill.
- Pre screen
- Allow physical distancing of 2 meters(6ft) at all times
- Avoid congregating in shared areas (lobby, hallways)
- Use hand sanitizer when entering/exiting building
- Follow guidelines from Ringette Manitoba and facilities
- Exit within 20 mins of ice

DRESSING ROOMS

- Cannot enter dressing rooms until 20 mins before ice time
- **No parents are permitted in changing rooms. Teams will assign volunteers to assist younger ages.**
- Must exit dressing room 20 mins after ice time
- No parents are permitted to stand/wait outside of change rooms.
- Spots will be marked for players to sit to ensure social distancing can be maintained.
- Showers are closed
- Hand sanitizer located outside of dressing room

PLAYER PICK-UP

- One parent/guardian per player can wait in the lobby for their child. Social distancing mandatory. No congregating in the lobby. We ask if possible, to please wait for your child outside the facility.
- All parents and spectators must adhere to the instructions from the team safety officer and/or Safety supervisor.
- This Player Pick-up policy is subject to change at any time.

MASKS

- anytime physical distance cannot be maintained.

SANITIZATION

- Hand Sanitizer will be placed at all entrances and exits at each facility.

- Hand sanitizer will be placed outside of dressing rooms
- Each team will have their own hand sanitizer available.
- Rink staff will be sanitizing rooms in between users
- High touch areas will be cleaned frequently by rink staff.

PLAYER EQUIPMENT

- Each player will have their own equipment and will not share with other players.
- Each player must have their own water bottled, clearly labelled. NO SHARING!
- Water bottles must be filled at home.

TEAM EVENTS

- Any team events must adhere to Manitoba Health rules put in place for COVID-19.
- Bench staff will stay within their team
- No mixing with other teams

Please remember that this is frustrating times for everyone involved and not what any of us want to deal with. Please be respectful of our coaches, bench staff and facility staff. We are all in this together. Any disrespectful behavior will not be tolerated. Please see below for arena-specific guidelines and protocols.

Yours in sport,

Portage Ringette Association
pra.safety@hotmail.com



Stride Place – Portage la Prairie, MB
Covid-19 Restoring Services: Phase 3 Site Plan
Effective: July 6, 2020

Guidelines for all facility users:

- Stay home if you are experiencing symptoms, even if they are mild.
- Screen participants, staff and volunteers daily for symptoms prior to work or participation in activities. Individuals who are ill with Covid-19 symptoms will not be permitted on site for work or scheduled activities.
- Allow physical distancing of two meters (6ft) at all times; except brief exchanges and when they are actively participating in a sport or activity.
- Only conduct necessary and brief exchanges within two meters of others.
- Avoid congregating in shared areas, such as the lobby of the facility.
- Use of hand sanitizer when you enter and exit the facility.
- Follow guidelines from sport organizations and facility site plans to minimize physical contact and risk of Covid-19 transmission between participants.
- All users are asked to bring their own filled water bottled.
- All users must adhere to their Provincial Sport Association guidelines.

Flow of People and Physical Distancing

The maximum number of people permitted indoors is 50, except where distinct groups of 50 can be separated to prevent contact with other groups through the use of separate exits, staggered schedules, as well as sufficient space to avoid congestion.

Users will need to check into reception 8am – 4pm/ /door attendant (after 4pm) PRIOR to going to their dressing rooms.

All bookings will continue to go through the Facility Scheduler via email or phone. Non-contact forms of payment are appreciated.

No large drop-in activities such as public skating or shinny hockey will be allowed at this time.

Signage

- Covid-19 guidelines signage will be posted at the entrance of Stride Place. Signage will be placed throughout the facility reminding all patrons of physical distancing measures, hand hygiene and cough etiquette.

Care & Control

- Each facility user will be required to keep a list of the members of their group and contact information for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to Covid-19.
- The renter of the facility is responsible for the actions of their group members.
- The renter is responsible for pre-screening the group members: ie if they have been out of the province in the last 14 days or showing symptoms of Covid-19.
- Anyone displaying signs of Covid-19 are not allowed to enter the facility.
- People who are ill should NOT participate in or be spectators of recreational activities.
- Encourage participants to shower at home.
- Encourage participants to bring their own water bottles and not to share with others.

Main Building

- Entrance through south doors; follow arrows for entrance and exiting procedures. (automatic accessibility door is available).
- Hand hygiene stations will be placed at the entrance and exit of the facility.
- Bathrooms will be open to public, with limited capacity, PRRA staff will sanitize frequently throughout the day and evening.

PRRA Offices

- Office are closed to public but can access at reception during office hours of 8:00am – 4:00pm or via email.
- Reception hours- Check In: Monday – Friday 7am – 9:00pm and Saturday 7am – 7:30pm.

Portage Mutual Arena

- Maximum people on the ice Under 18 = 40 (includes players, coaches, officials)
 - Maximum people on the ice Adult rental = 25
 - Maximum people in the stands = 50
 - Dryland training must be done outside
 - Dressing rooms will be marked with every 2nd stall blocked off. Dressing room user numbers are as followed
 - Dressing room 6 = 12
 - Dressing room 7 = 13
 - Dressing room 9 = 12
 - Dressing room 10 = 13
 - Dressing room 11 = 13
 - Dressing room 12 = 12
 - If additional dressing rooms are required, Stride Place arena dressing rooms will be used.
 - PRRA staff will sanitize all dressing room in between users.
 - Showers are closed until further notice
 - Ice Users must bring their own water bottle, all drinking fountains will be closed however the water bottle filler will remain open. The PRRA staff will clean high touch points frequently throughout the day and evening rentals.
 - Ice User will be allowed to enter dressing rooms 20 minutes prior to rental
 - Ice Users must exit the facility 20 minutes after their ice time is complete.
- PRRA staff will monitor all users and remind of social distancing, there will be no loitering in the facility until further notice.

Guidelines and protocols are subject to change.

BDO Centre for the Community – Portage la Prairie, Manitoba

Covid-19 Restoring Services: Phase 3 Site Plan

Effective: October 1, 2020

Guidelines for all facility users:

- Stay home if you are experiencing symptoms, even if they are mild.
- All users must pre-screen all players, coaching staff and family members for symptoms prior to entering and participating in activities.
- Allow physical distancing of two meters (6ft) at all times; except brief exchanges and when they are actively participating in a sport or activity.
- Avoid congregating in shared areas, such as the lobby of the facility.
- Use of hand sanitizer when you enter and exit the facility.
- Follow guidelines from sport organizations and facility site plans to minimize physical contact and risk of Covid-19 transmission between participants.
- All users are asked to bring their own filled water bottle.
- All users must adhere to their Provincial Sport Association guidelines.

All users to have a designated person for each group skating to remind of social distancing. There will be no loitering in the facility until further notice.

Flow of People and Physical Distancing

The maximum number of people permitted indoors is 50, except where distinct groups of 50 can be separated to prevent contact with other groups through the use of separate exits, staggered schedules, as well as sufficient space to avoid congestion.

All bookings will continue to go through the Facility Scheduler via email or phone. Non-contact forms of payment are appreciated.

No large drop-in activities such as public skating or shinny hockey will be allowed at this time.

- Ice User will be allowed to enter dressing rooms 20 minutes prior to rental
- Ice Users must exit the facility 20 minutes after their ice time is complete.

- Dressing rooms – spots will be marked for players to sit to ensure social distancing can be maintained.

Signage

- Covid-19 guidelines signage will be posted at the entrance of Stride Place. Signage will be placed throughout the facility reminding all patrons of physical distancing measures, hand hygiene and cough etiquette.

Care & Control

- Maximum people on the ice Under 18 = 40 (includes players, coaches, officials)

Maximum people on the ice Adult rental = 25

Maximum people in the stands = 50

Ensure parents and spectators practice physical distancing.

- Each facility user will be required to keep a list of the members of their group and contact information for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to Covid-19.
- The renter of the facility is responsible for the actions of their group members.
- The renter is responsible for pre-screening the group members: ie if they have been out of the province in the last 14 days or showing symptoms of Covid-19.
- Anyone displaying signs of Covid-19 are not allowed to enter the facility.
- People who are ill should NOT participate in or be spectators of recreational activities.
- Bring your own water bottles and refrain from sharing with others.
- Staff will sanitize all dressing rooms in between users.
- Showers are closed until further notice, we ask that participants shower at home.
- Bathrooms will be open to public, with limited capacity, staff will sanitize frequently.
- Staff will clean high touch points frequently throughout the day and evening rentals.
- Dryland room will be closed at this time.

Entrance – Exit

- Designated doors will be used for Entering and Exiting the facility as well as the ice surface.
- Hand hygiene stations will be placed at entrance and exit as well as outside dressing rooms.

Guidelines and protocols are subject to change