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VERSION 1.0

RETURN TO RINGETTE ACTIVITY PLAYBOOK

RINGETTE MANITOBA



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R^{MB} INTRODUCTION

Ringette Manitoba has striven to be a leader in developing a Return to Ringette Plan that seeks to get people participating in our sport in the safest possible manner during this COVID-19 pandemic. As one of the first Provincial Sport Organizations in Manitoba to cancel activity, we were one of the first to start planning on how to safely return to activity. We appreciate your patience as we undertook the planning process. The Return to Ringette Plan was developed by Ringette Manitoba after consulting Sport Manitoba, Ringette Canada, other Manitoba Provincial Sport Organizations, the City of Winnipeg's Arena Sport Working Group, and various health authorities and submitted to the Provincial Government. As of August 19th, 2020 Ringette Manitoba has been approved for Phase 3 by the Provincial Government to return to the ice as of September 1st, 2020. Ringette Manitoba's return plan outlines the phases ringette will be able to return within Manitoba, with documents supported by Ringette Canada's Guidelines.



The timeframe of the navigation through the stages of each phase will be dependent on the Provincial regulations as well as municipal considerations for facilities. Ringette Manitoba worked closely with other members of the national ringette community to develop a general framework to guide each PSO as they develop their own Return to Ringette plan, to ensure the 2020 Ringette experience will be similar across Canada. Please note that each progression will only be implemented once your local and provincial public health authorities have deemed that it is safe to do so. The timing of Progressions 1 thru 3 (RMB Phases 1-5) will be communicated and approved by Ringette Manitoba and is specific to our province's recovery plan. The movement to Progression 4 will involve Ringette Canada and will be a Canadian-wide decision.

LEGAL DISCLAIMER

The Return to Ringette guidelines included in this document are intended to be used for the purposes outlined in this document. Ringette Canada and Ringette Manitoba strive to provide relevant and timely information; however, information known about COVID-19 and recommended health and safety measures can rapidly change and no guarantee can be given at this time to the accuracy of the document. This information is accepted on the condition that errors or omissions shall not be made the basis for any claim, demand or cause for action. This is not a legal document and the Return to Ringette Activity is 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. This is not a substitute for actual legislation or orders of the Provincial Health Officers throughout Canada. In the event of ambiguity or conflict between the Return to Ringette Guidelines and the Public Health Act of a Province, regulations and orders within that Act will prevail. Due to the continually evolving nature of COVID-19 information, any information about COVID-19 and the engagement in physical activity, fitness, recreation and/or sport should be obtained from the Provincial Health Authority. Ringette Manitoba's member organizations will comply with the requirements of each individual Provincial and local governments and health officials to maintain good standing

SANCTIONING FOR INSURANCE COVERAGE

Sanctioning for Insurance Coverage Associations and 18+ teams registered with Ringette Manitoba will receive an RMB-Approved designation when all the required documents are submitted. This designation shows to the community the group is PSO Approved with Insurance Coverage and the group is COVID-19 response ready. Member Organizations must apply for sanctioning for the Ringette Manitoba Insurance to be extended. Included in the application the Membership must appoint and identify a Safety Supervisor(s). Contact details of the individual(s) must be provided to Ringette Manitoba to resume activity. [See Wuffoo form here.](#)








RINGETTE CANADA'S RETURN TO RINGETTE PROGRESSIONS

VERY IMPORTANT: TO ADVANCE TO PROGRESSION 3 AND BEYOND, PHYSICAL / SOCIAL DISTANCING RESTRICTIONS MUST BE EASED BY THE MANITOBA GOVERNMENT, ALLOWING FOR SOME BODY CONTACT.

COMMUNICATION AS TO WHEN THE COMMUNITY MAY MOVE THROUGH PROGRESSIONS AND PHASES WILL BE PROVIDED VIA RINGETTE MANITOBA IN RESPONSE TO THE DEPARTMENT OF HEALTH'S REGULATIONS.



Continued 

	Progression 1	Progression 2	Progression 3	Progression 4
Indoor / Outdoor activities 	<ul style="list-style-type: none"> Training at home or outdoors 	<ul style="list-style-type: none"> Limited access to indoor facilities, based on restrictions imposed by local public health authorities Outdoors remains the safest option, with training at home also strongly encouraged 	<ul style="list-style-type: none"> Greater access to indoor facilities as public health restrictions are loosened 	<ul style="list-style-type: none"> All restrictions to indoor facilities lifted
Participants 	<ul style="list-style-type: none"> Individual activities in small groups 	<ul style="list-style-type: none"> Small group activities only Number of spectators based on public health guidelines 	<ul style="list-style-type: none"> Group sizes may increase, and some modified game play permitted Limited spectators, based on public health guidelines 	<ul style="list-style-type: none"> Full games permitted No restrictions on the number of spectators
Contact vs. non-contact 	<ul style="list-style-type: none"> No contact during off-ice activities (including high-fives, hugs, handshakes) 	<ul style="list-style-type: none"> No contact 	<ul style="list-style-type: none"> Expanded training with pair or small group contact drills and games 	<ul style="list-style-type: none"> No restrictions on contact, both on-ice and off-ice
Training and Competition 	<ul style="list-style-type: none"> Off-ice training only 	<ul style="list-style-type: none"> Modified small-sided games may be introduced within clubs or associations 	<ul style="list-style-type: none"> Inter-association/club or regional game play may be considered if public health guidelines allow it 	<ul style="list-style-type: none"> Provincial competitions and larger scale events may return Regular game play is permitted National programming reintroduced across the country
Travel 	<ul style="list-style-type: none"> No travel 	<ul style="list-style-type: none"> Only within the community 	<ul style="list-style-type: none"> Based on provincial and federal health guidelines 	<ul style="list-style-type: none"> Domestic travel permitted. International travel as dictated by federal guidelines

RETURN TO ACTIVITY - AGE SPECIFIC GUIDELINES

This table linked below outlines the Return to Activity (Practice) Guidelines for all ringette participants, coaches, volunteers and parents/spectators. It follows the principle: Get In, Train & Get Out and applies to Progressions 1-4, Manitoba Phases 2-4.

[Return to Activity - General Guidelines Table](#)
[Return to Activity - Age Specific Guidelines Table](#)

PARTICIPATION GUIDELINES

DISCLAIMER: The section for participants outlines the recommended participation guidelines for all ringette divisions. These are guidelines and should be adapted based on facility guidelines and regulations. If Social Distancing cannot be maintained or the facility regulations require that groups adapt their participation size to be smaller than those identified, the Association **MUST** adhere to the regulations of the facility. If associations feel the participants in certain age categories are unable to properly maintain social distancing in their current group size, they should adjust their programming to make the groups smaller. Bumpers or other ice dividers do not break the ice surface into two distinct areas.

MANAGING EXPECTATIONS

There are many benefits to participating in sport, both physically and emotionally. The coach has a role in building the whole person by ensuring that playing our game is an enjoyable experience in the player's life journey. We should all understand the impact which this pandemic has had on everyone, and that our return will be gradual, and we should adopt a long-term development approach. Greater importance should be placed on being physically active, social interaction and a player's emotional wellbeing while navigating potential anxiousness by participants and their families when returning to group activities.

RETURN TO COMPETITION - GENERAL GUIDELINES

The table linked below outlines the Return to Competition Guidelines for all ringette participants, coaches, volunteers and parents/spectators. It follows the principle: Get In, Train & Get Out and applies to Progressions 2-4, Manitoba Phases 3-5. Spectators must follow facility protocols and refrain from breaching the minimum 2-metre distance from team designated areas.



POTENTIAL FACILITY RULES:

- No showering
- Players may be required to dress before arrival at the arena
- Two dressing rooms per team if dressing at the facility is permitted
- Users must vacate the dressing rooms and facility within fifteen (15) minutes of ice time
- Spectators must sign in, wear a face mask and wash/sanitize hands upon arrival
- Spectators are limited to one per participant
- Spectators must spread out and ensure social distancing in the stands

All Ringette Groups larger than one registered team, 2 registered squads, must have a minimum of one Safety Supervisor. A key responsibility of the Safety Supervisor will be to oversee and monitor their organization's Return to Ringette Plan based on the Provincial Approved Plan, in addition to regional facility regulations and protocols. This individual will be responsible for ensuring that all relevant association information is shared across the membership in a timely fashion, including Safety Officers.

RETURN TO RINGETTE PROGRAMMING PROTOCOLS - ASSESSMENT OF TRAINING ENVIRONMENT

All local Ringette Associations will need to assess and take inventory of the facilities they use to determine if the facility will be able to be used when ringette can return to activity. This resource is part of a series of resources and tools that are being developed as part of our Return to Ringette plans. As user groups of the municipal recreation facilities, the Associations know their facilities best and work directly with the municipality to access facilities. All Associations will need to recognize what their facilities have as local guidelines and how each facility is using their spaces for the public and for user groups. This resource is designed to assist with planning and guideline creation and applicability.



RETURN TO RINGETTE PROGRAMMING PROTOCOLS - RISK ASSESSMENT

[Member Organization Risk Assessment Tool & Mitigation Checklist](#)

- If movement restrictions (provincial, local) and physical distancing measures remain in place, the Risk Assessment may not apply as public health restrictions (e.g., max number of people together, quarantine post-movement, etc.) take precedence and may prevent any training or restricted activities.
- Routine planning includes conducting risk assessments to determine the overall risk of disease spread. Given the current outbreak of COVID-19, a disease-specific and sport-specific risk assessment and mitigation checklist has been developed.
- To accurately provide answers to the following risk assessment, those responsible must be knowledgeable on the current COVID-19 outbreak (i.e. Member Organization COVID Safety Coordinator).
- The tool must be completed in an Excel spreadsheet, as the scores are automatically calculated.

CLICK FOR RINGETTE MANITOBA'S HYGIENE CHECKLIST





RETURN TO RINGETTE PROGRAMMING PROTOCOLS: MEMBERS

For Ringette Manitoba's Return to Ringette Plan to be successful and keep the Government of Manitoba's approval every member of the organization will need to come together and do their part - WE ARE A TEAM!

Each member of our team has a role (or two) with associated responsibilities. To ensure there is no confusion amongst the membership, the following outlines the roles and responsibilities of Association Boards, Bench Staff, Trainers, Participants and Parents during this pandemic season.

RETURN TO RINGETTE PROGRAMMING PROTOCOLS: LEAGUE AND PARTICIPANTS CHECKLISTS

To aid our member organizations and participants in fulfilling their roles and responsibilities, Ringette Manitoba has developed checklists for leagues and participants.

[Click for ASSOCIATION, LEAGUE AND PARTICIPANT CHECKLISTS](#)



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COVID-19 SYMPTOMS AND POSITIVE TEST PROCEDURES

The following are recommended guidelines for coaches, Safety Officers, parents and guardians for participants who are sick or showing symptoms of COVID-19. It is important to remember that public health authorities and advice from physicians must be followed in any situation where a participant is sick. [Click for more info.](#)

PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY:

a) The participant advises the team staff and Safety Officer immediately.

b) The participant receives a mask and immediately wears it. Anyone caring for the participant should also wear a mask.

c) Parents/Guardians are advised and take the participant home. If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, they should find an area to isolate.













d) Contact a physician and call the local public health line. Follow isolation requirements of the public health authorities.

e) The participant will require a note from their physician to return to activity.





PROCEDURES FOR A SUSPECTED INFECTED PERSON OR A POSITIVE TEST RESULT

Protocol for Persistent or Worsening Symptoms of COVID-19 If any individual who has attended in-person ringette activities within the last 14 days is experiencing persistent or worsening symptoms of COVID-19, the following steps must be taken:

RINGETTE CANADA'S HYGIENE FUNDAMENTALS

-  Wash hands with soap and water for at least 20 seconds.
-  Promote strict hand hygiene (washing and sanitizing) before and after ringette activity.
-  Avoid touching your face with your hands. Sneeze or cough into your elbow.
-  Use alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available.
-  It is recommended that all participants bring their own hand sanitizer to all ringette activities.
-  Athletes, coaches and officials should arrive dressed in their on-ice uniform as much as possible.
-  Helmet and skates can be put on inside the facility.
-  Team Staff must bring their own coaching equipment: boards, cones, etc. and sanitize it after every session.
-  All teams must carry wipes, hand sanitizer, and pump soap in their equipment bags.
-  Athletes, parents and coaches should avoid handling equipment with their bare hands.
-  Ringette sticks can be used to move equipment.
-  Take a shower at home instead of at the facility.

PROTECTING YOUR HEALTH AND THOSE AROUND YOU

-  Participants should not return to sport if they have been feeling sick (even mild symptoms), have had contact with a person who has tested positive for COVID-19, or have travelled outside the country in the previous 14 days.
-  For anyone at an increased risk of more severe outcomes, they should review their specific health concerns with a primary healthcare provider before attending any ringette activity. Those at increased risk include people aged 65 and over as well as those with compromised immune systems and/or underlying medical conditions.
-  Besides the physical health considerations, we must all be sensitive to the complex mental health issues that may go with the return to ringette. Each of us will respond differently to changing conditions – some will embrace the “new normal” with excitement and anticipation, while others will be fearful of the unknown. The way we adapt to new developments will be as individual as we are, and will vary depending on the person, context, and environment.
-  Only 1 parent or spectator per player should attend each ringette-related activity. Some exceptions may be permitted under public health guidelines due to the age and ability of the athlete(s).

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PROTECTING YOUR HEALTH - cont.

-  Participants may be asked to complete a written health screening form before ringette activities and/or before entering a facility.
-  A team staff member or association designate will have full authority to send a participant home if that player is showing symptoms of illness.
-  When travelling to and from ringette activities, avoid any non-essential stops along the way. Leave promptly after the ringette activity and avoid unnecessary interactions with others.
-  Leave promptly after the ringette activity and avoid unnecessary interactions with others.
-  Our commitment to safe sport remains steadfast. All return to ringette plans must follow existing Ringette Canada requirements to create safe, fun and welcoming environments for all participants. Details on Safe Sport Practices can be found on our website.
-  Guidelines are being developed to provide team trainers with guidance on the use of personal protective equipment (PPE) when attending to an injured athlete. The guidelines will be posted on the Ringette Canada COVID19 Resource Hub.



CONCLUSION

Ringette Manitoba has striven to be a leader in developing a Return to Play Plan that seeks to get people participating in sport and recreation in the safest possible manner during this COVID-19 pandemic. We recognize that this is an organic document that can and will be adjusted accordingly throughout the season with the approval of the Department of Health, Seniors and Active Living.

Any members requesting concessions to the guidelines set forth by Ringette Manitoba in this document must do so in writing to the Executive Director for consideration.

For more information click the following:

[Association Resources](#) [Player/Parent Resources](#) [Officials/Bench staff Resources](#)

For further information about COVID-19 and ringette, please visit: Ringette Canada's COVID-19 hub for resources at <https://www.ringette.ca/covid-19-resource-hub/>

[Ringette Manitoba Website](#)

[Ringette Canada Website](#)