



**COACHES PACKAGE**

U14A and U19B Provincials  
March 19 – 22, 2026

## **Weekend Information**

All games are played at Servus Credit Union Place

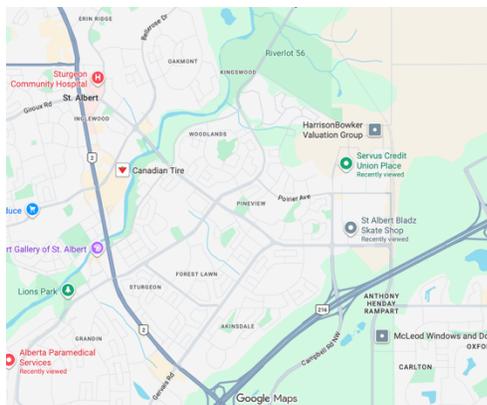
**Arenas:** Mark Messier Arena, Troy Murray Arena, Performance Arena (Formerly Go Auto)

400 Campbell Road  
St. Albert, Alberta T8N 0R8  
Phone: 780-418-6088  
Closest Intersection: Campbell Rd and Poirier Ave

Take Campbell Road Exit from Anthony Henday

Please see the attached Team Warm Up Guideline for Servus Place. If the weather is favorable, warm-ups can also be completed outside.

**Hotels:** There are no designated host hotels. A list of hotels have been provided on the website <https://www.rabprovincials.com/content/host-information-u14a-u19b>



St. Albert Ringette Provincial Planning Committee Contact Person Is **Leigh Pastor, 780-238-3271**

## **Skate Sharpening**

St. Albert Bladz Skate Shop #103, 200 Carnegie Dr.

Thursday and Friday – 11am – 7pm, Saturday 9am – 3pm, Sunday Closed  
*\*note these hours make change per season.*

St. Albert Source for Sports #10, 580 St. Albert Trail

Thursday and Friday – 9am – 8pm, Friday 9am-5pm, Sunday 11am-4pm

## **Emergency Action Plan**

### **St. Albert Ringette Association**

2026 U14A / U19B Provincials (March 19 – 22, 2026)

**All games will be held at Servus Credit Union Place, 400 Campbell Road, St. Albert  
Emergency Number: 9-1-1**

#### **Charge Person Contacts:**

- 1. On Site FSA (Facility Service Associate), rotating scheduled duty. Call 780-935-3441, or notify the front desk at Servus Credit Union Place**
- 2. St. Albert Ringette Provincial Planning Committee Contact Person, Leigh Pastor 780-238-3271**

To effectively respond to any emergency a plan must be prepared in advance the responsibilities understood by all involved. For the duration of this event:

- Each participating team is responsible for establishing its own Team Emergency Action Plan
- Each team is to identify:
  - o Main Point of Contact, Team Manager is assumed unless noted otherwise
  - o Alternate Contact, Head Coach is assumed unless noted otherwise
  - o Team First Aid Representative.
- Ensure everyone knows their roles well ahead of time
- Ensure your team has up to date emergency contact information & medical forms for all players. *Note this information is confidential, and should only be used in emergencies*
- Each team shall have at least 2 charged cell phones on the bench, and one first aid kit, and a copy of this emergency action plan for the phone numbers and addresses
- Be prepared to offer your designated first aid representatives to other teams in emergency situations.

In the event of an emergency, the first priority is athlete safety. If required, or in doubt, call an ambulance (9-1-1-), stabilize and provide an needed first aid.

#### **Team Coach and/or Team First Aid Representative Persons Responsibilities**

- Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements.
- Decide if advanced care is needed and designate cal to 9-1-1- as such.
  - o If an ambulance is called, designate who is to notify the FSA and Provincial Planning Committee Person
  - o Designate who is meeting the ambulance staff at the facility entrance
- Designate who is in charge of the other participants
- Protect yourself (wear gloves, etc.)
- Assess the ABCs (checks the airway is clear, breathing is present, a pulse is present and there is no major bleeding)
- Wait by the injured person until EMS arrives and the injured person in transported.
- Complete accident reports as required.

#### **Coach Responsibility**

- Call the players emergency contact person, if they are not on site.

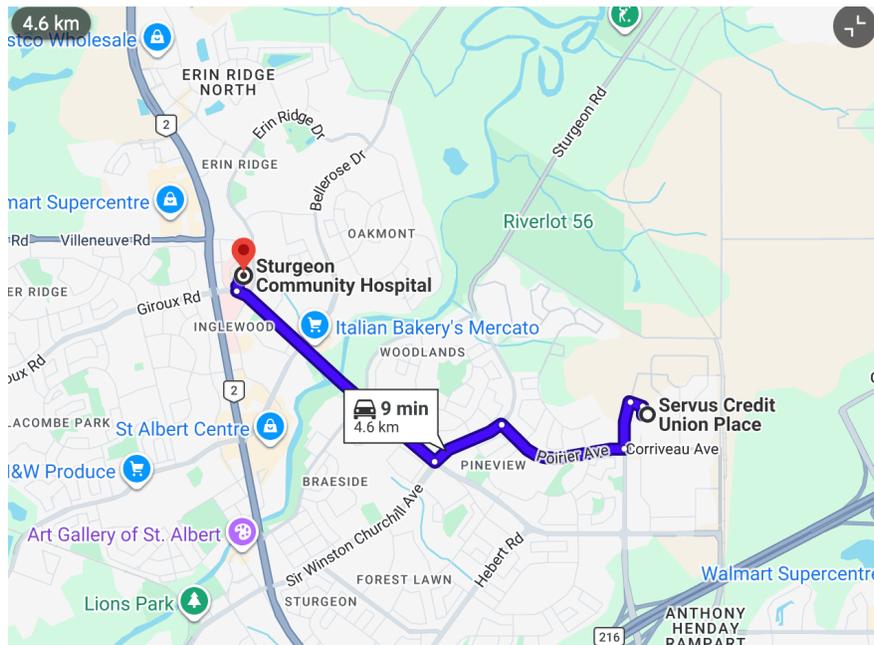
### When Injury Occurs

- Take Control and assess the situation
- Remember the basic first aid rule: do not move the injured athlete. If the athlete cannot start a movement their self, do not move the body part for them
- Tell bystanders to leave the athlete alone
- Leave the players equipment in place
- Evaluate the injury. Once you have assessed the severity of the injury, decide whether further assistance is required. If an ambulance is required dial 9-1-1
- If an ambulance is not needed, decide on how to remove the injured athlete from the ice surface.

### Nearest Hospital : Sturgeon Community Hospital

201 Boudreau Road

St. Albert, Alberta T8N 6C4



### Directions to Hospital from Servus Place

1. Head south on Carnegie Dr. turn right onto Corriveau Ave
2. Continue through intersection onto Poirier Ave
3. Turn left onto Sir Winston Churchill Avenue
4. Turn right onto Boudreau Rd
5. Take Boudreau Rd about 2.3km to Hospital
6. Turn right into Emergency Entrance and follow to Emergency Drop Point

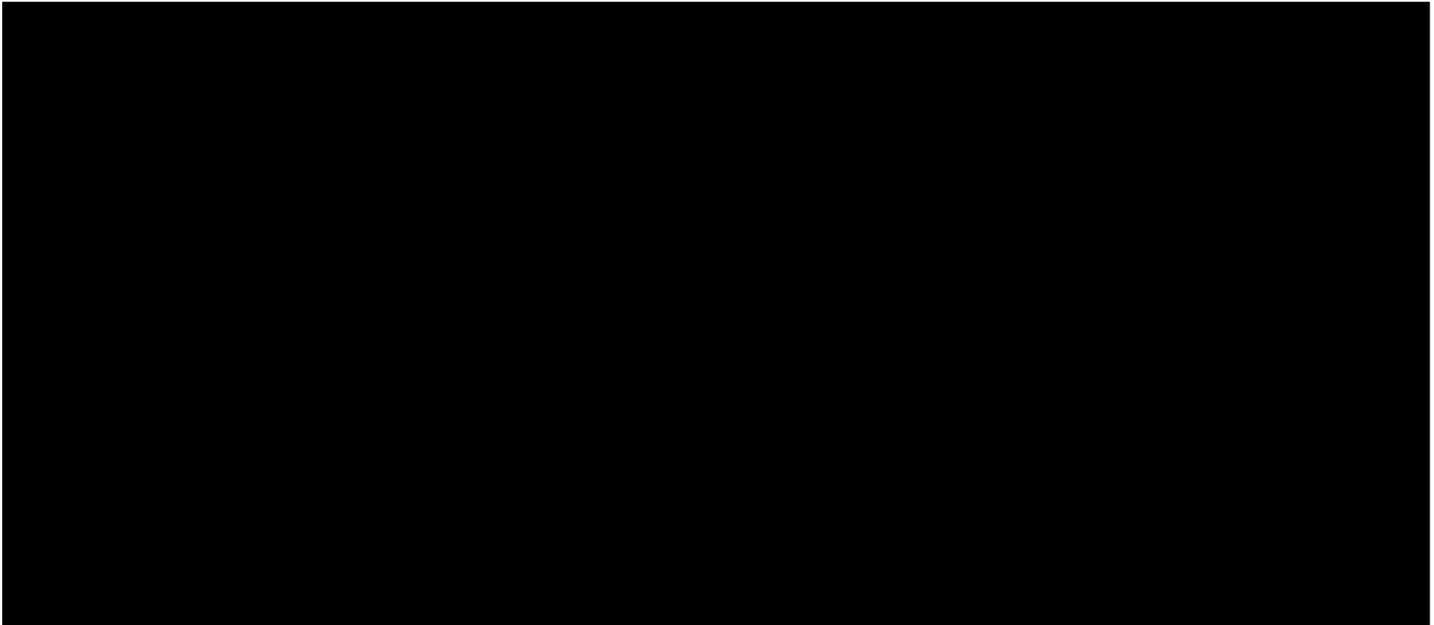
**Refer to attached Event Safety Information – Servus Place for additional non-injury information**



## RECREATION & PARKS Event Safety Information – Servus Place

### **In an Emergency:**

- Call Facility Service Associate (FSA) C 780-935-3441
- Call 9-1-1 OR Non-Emergency 780-458-7700
- Listen for Public Address Announcements



### **Medical Emergency**

- Assist the injured individual if scene is safe
- NEVER MOVE the individual(s) unless essential for their safety
  - Provide first aid if possible & then
  - Contact the FSA OR
  - Call 9-1-1

### **Fire Alarm or Building Evacuation**

- If Fire is spotted, activate pull station
- Listen for Building Alarm
  - Stage 1 Alarm – Slow
  - Stage 2 Alarm – Quick
- Listen for PA Announcements
- Do not use elevators
- Gather belongings and evacuate through nearest exit door if directed
- Muster Stations are Main, West, South & North parking lots
- Remain outside of building until “all clear” is announced

## **Active Shooter/Armed Intruder**

1. Run
  - a. Only use main entrances if clear, or use all other emergency exit doors
  - b. Inform others to leave immediately as well
  - c. Do not re-enter the facility until given the all clear
2. Hide
  - a. Use any lockable/securable/safe space and/or the North Field House dressing rooms (#1-4) & Gym Court #2 (male & female change rooms)
3. Fight
  - a. If unable to run or hide, proceed to arm yourself with whatever you can and defend yourself

## **Thefts or Criminal Activity**

- For serious crimes in progress call 9-1-1
- For thefts, fights, threats or suspicious packages contact the FSA
- Leave the suspicious packages alone and inform FSA
- Record as much information about the assailant(s) and the circumstances as possible and provide to FSA

## **Shelter-in-Place**

- South & North Field House dressing rooms 1-4 can be used to shelter
- If active shooter/armed intruder are present lock door by thumb latch on field house dressing rooms
- Gym Courts 1-3 are used if extreme cold and building unable to evacuate
  - Pool patrons move to gym courts if pool deck is not an option
- Remain in place until first responders give the all clear status

## **Lockdown**

- North field house (dressing rooms #1-4) and Gym Court #2 (male & female change rooms) can be used in a lockdown
- Any securable spaces should be locked, lights off and individuals remain silent
- Silence any mobile devices

## **Extreme Weather**

- Move to open main floor foyer if directed by staff
- Move to gym courts in cold periods if unable to leave

## **Missing Person**

- Immediately contact the FSA (Facility Service Associate)
- FSA will initiate procedure steps.



# Team Warm-Up Guidelines

September 2024

## BACKGROUND

Teams performing pre-competition warm-ups using public areas of Servus Place & Jarome Iginla/Kinex (ex. hallways, stairwells, fitness track, concourse/bleacher areas) is an unsafe activity. A hazard assessment was conducted regarding this practice and determined that it was a high safety risk, and the activities cannot be allowed to occur in public or operational areas.

## LOCATIONS

**Team warm-ups are permitted in the following areas:**

**Servus Place** – designated corners of Performance Arena; north side concourse and north-east end of arena. See attached map. Please note, team warm-ups in the Performance Arena Concourse are accommodated as a courtesy and are only permitted as the conditions allow. Staff may stop a warm-up activity at any time.

**Jarome Iginla/Kinex** - designated to the 2 open warm-up spaces located between Jarome Iginla & Kinex Arenas, next to the Zamboni area.

Using these spaces removes teams from the main public area, and minimizes conflict with other activities. The warm-up activity must not be disruptive to the on-ice activity. If the activity is found to be disruptive by staff or complaints are received the activity will be stopped immediately and the team will be directed to leave the area.

Use of lacrosse sticks & balls is only allowed on the playing surface. Use in any other area is strictly prohibited. Lacrosse balls thrown against interior or exterior walls will not be tolerated. Please ensure sticks are carried/handled in a responsible manner throughout the facility.

## GUIDELINES

1. Team warm-ups or pre-game/practice activities are limited to static activities (no sprints or use of balls/pucks or sticks) in the assigned dressing rooms, and designated areas as identified above.
2. The Coach/Assistant Coach must be present during the duration of the warm-up to supervise the team. Any teams with no coach present will be asked to leave the area immediately.
3. Only two teams can warm-up in Performance Arena at a time. If there are other teams waiting, warm-ups will be restricted to 10 minutes per team.
4. Music is not permitted in the warm-up area.
5. Please walk to the warm-up area, refrain from running through the facility.
6. The City of St. Albert reserves the right to change or cancel this guideline without notice.
7. Teams/individuals not adhering to the guidelines or not obliging to staff direction may be suspended from the facility.

PERFORMANCE ARENA DESIGNATED WARM-UP AREA MAIN CONCOURSE

