Ringette Ontario - Running a Distanced Practice

Before getting on the ice, plan:

- Talk to your athletes/parents and do as much as possible to explain the requirements for spacing between themselves and others.
    - Spread water bottles out on the boards, unsure they are labelled prior to arrival.
    - Divide group into different colours/groups and stagger water breaks.
    - Mark spots on the ice (or use pylons) that block off various areas and draw your athletes' attention to them.
    - Demonstrate what a 3m bubble looks like. Have athletes show you they understand.
    - Explain that there could be consequences for not following these instructions. Do not create fear, but stress responsibility and awareness.

- How many on-ice helpers will you have? Anyone on the bench? If a child needs their skates tightened/loosened, or a helmet/hair fix, who will help them?
- What are the facility guidelines regarding spectators?
- Who is your safety officer? Has everyone completed the check-in?
- Are instructors/coaches/helpers wearing masks?

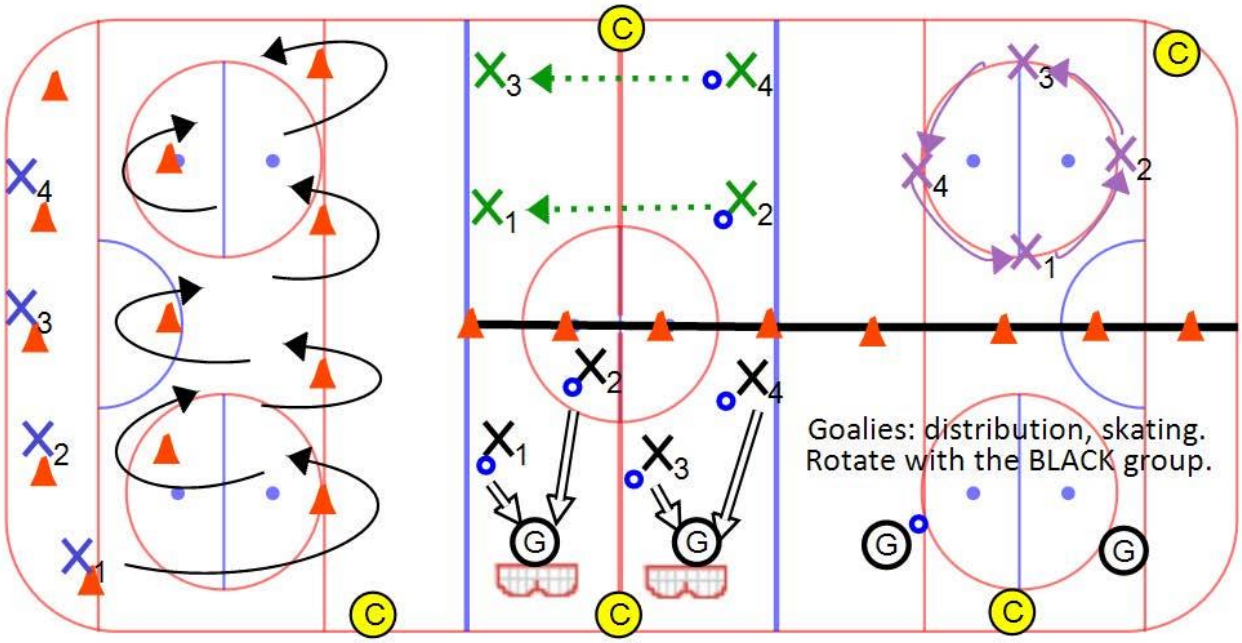
What on-ice activities to do:

- Have a practice plan in place, communicate it with other coaches or on-ice helpers, parents/ athletes. Even assign athletes a group/colour well ahead of time to decrease confusion and save time once you are at the rink.
- Make use of the whole ice. Depending on numbers permitted more than one group may be on the ice together, coaches need to review plans with other groups prior to arrival.
- Create a series of stations to avoid athletes waiting in long lines. a. This also means fewer athletes trying to see a coaching board. Athletes may do better with a demonstration of the activity at that station rather than a drawing.
- Where possible, create stations that can be adapted to various skills – this allows for athletes at different stages of development to work through the same areas. This can be easily accomplished with the skills suggested in #6.
- Ask for more than 2 nets on the ice if applicable, even the small nets for older athletes allow for spatial awareness and can help them get into a more game-like mentality.

- Examples of stations that would not require close contact:
  - Shooting – forehand/backhand can become target practice for power and aim.
  - Passing – off the boards or with a partner(s). Can be quick passes, long passes, backhand etc.
  - Skating – there are many aspects of power skating which rely more on technique than outright power. You do not need a big space to practice edgework and pivots, both of which will lead to improved agility.
  - Goalies – can be at a shooting station(s), or their own station(s), or alternate back and forth.
    - Skating – telescoping, shuffling, t-pushes.
    - Positioning – side to side, angles, down & up maintaining balance and staying square to the shooter.
    - Distribution – could be at a passing station working with skaters, throwing and stick passes.
  - Games – many games could be played if properly adapted and communicated by coaches. Know what your athletes can handle and will be able to execute without breaking the 2-3-meter bubble.
    - Asteroids/hit the skate: space everyone out evenly.
    - Shipshape (kind of like Simon says): space everyone out and follow the leader
    - Mirror: with a partner, copy what they do while keeping a distance. Define the space they can use so they do not bump into others.
    - Baseball: Make sure the skating lane is far enough away from the passers. Instead of skating around the passers, have them skate elsewhere. Passers can call out a word when they are done etc.

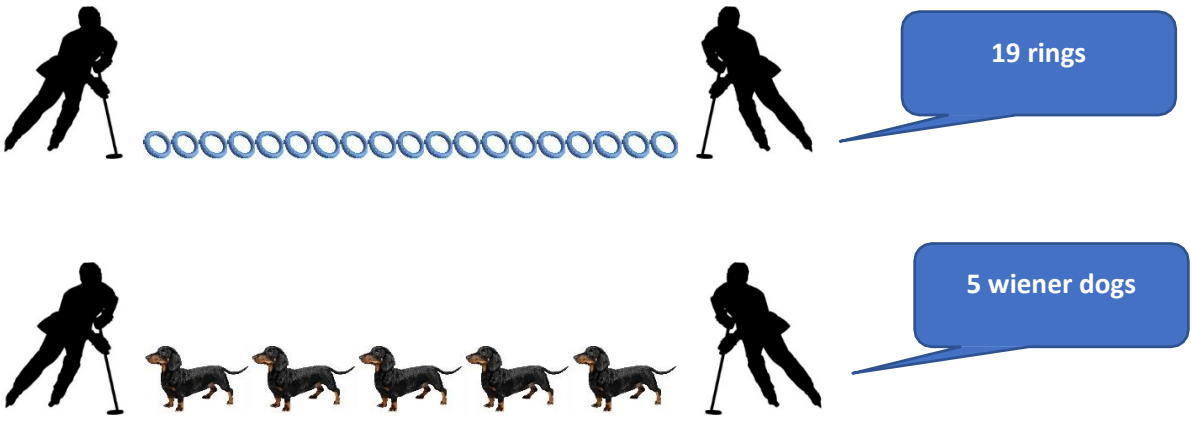
Diagrams:

EXAMPLE of an ice setup where everyone maintains a 3m distance from each other. Activities at each station can be changed and adapted as needed.
How many stations may depend on the age of the athletes and how many coaches/instructors are available.



Key points :	BLUE: skating (tight turns, pivots)	GREEN: passing	BLACK 3: shooting	PURPLE: skating (outside edge work, t pushes)

Examples of a 3m distance between participants for physical distancing:



*Adapted from Ringette Alberta, working together to get our athletes back on the ice!