

# NAVIGATING RINGETTE IN OUR “NEW NORMAL” ON PEI

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## A GUIDE FOR ALL RINGETTE PARTICIPANTS

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Note: This guide is a supplement to our Return to Ringette Guidelines, both should be followed when attending ringette activities.

# CPHO UPDATE: AS OF FRIDAY, NOVEMBER 20TH, NON-MEDICAL MASKS AND/OR FACE COVERINGS WILL BE MANDATORY IN ALL PUBLIC LOCATIONS ON PRINCE EDWARD ISLAND

The world is a little different right now. We are seeing the effects of COVID-19 everywhere we go and it has added extra precautions to our everyday activities. From work, school, shopping, and everything in between, things are a little different. Sport has been no exception. All Island sporting

organizations as well as sport facilities have developed return to sport guidelines and operational plans. All of this info can be overwhelming. We have put together this guide to help those participating in ringette activities navigate a little easier. Outlined in this document is a timeline of what should be happening before, during, and after ringette events for all involved. There is also a link to facility guidelines, which will be updated as needed.



NOTE: If you are experiencing any symptoms of COVID-19 you must **stay home** and contact the CPHO for guidance.

# TIMELINE TO RINGETTE

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## SUNDAY/BEFORE WEEKLY ICE TIMES BEGIN

### Associations/COVID Safety Officer:

- Send out an email reminding members of points in waiver/questions they should be considering before attending ringette (questions available in the appendix)
- Set up e-transfer payment for officials, if possible



## TWO DAYS BEFORE ICE TIME

### Team Staff (coaches/assistant coaches/managers):

- Remind parents to confirm if their child will or will not be attending the ice time.
- Send out rough practice plan/game plans if possible to prevent crowding and extended time in the dressing rooms

### Athletes:

- Let team staff know if you will not be attending the ice time



## DAY OF ICE TIME

### Team staff:

- Print contact tracing sheet (available on the Ringette PEI website [here](#))

### Notes on contact tracing:

- it is recommended that teams pre-fill the sheets and then mark athletes as present or absent.
- If parents are accompanying the athlete and staying for the duration of the ice time, the athlete can be marked as having a +1 or +2, etc.
- Parent attendance could also be confirmed before arriving at the rink. A rotation could be set up as not all parents are going to be able to attend every ice time due to capacity restrictions.

**IT IS VERY IMPORTANT NOT EXCEED THE CAPACITY GUIDELINES IN PLACE BY THE FACILITIES, AS OF RIGHT NOW MOST HAVE A LIMIT OF 50 PER COHORT.**

### Athletes:

- Make sure all gear is in gear bag, skates are sharpened, and any equipment needing to be fixed i.e. helmet, skates is done before arriving to the rink.
- If sticks need to be taped, do it at home
- Bring a water bottle marked with your name and already filled as most canteens are closed and some rinks may not have fountain or vending machine access.



# ALL PARTICIPANTS MUST ARRIVE AT FACILITIES NO MORE THAN 20 MINUTES BEFORE THEIR ICE TIME. PARENTS SHOULD ENTER ONCE THE ICE TIME HAS STARTED

## BEFORE ENTERING FACILITY

### Team staff:

- Bring a non-medical mask
- Sanitize hands

### Athletes:

- Recommended to come to the rink dressed in gear
- Bring a non-medical mask
- Sanitize hands
- Bring own water bottle marked with name

### Parents/Spectators:

- Sanitize hands
- Bring a non-medical mask
- Make sure to use the correct entrance and exits for parents

### Officials:

- Try to come dressed in officiating clothing
- Bring a non-medical mask
- Sanitize hands

## WHILE IN FACILITY

### Team staff:

- Wear medical mask until helmet goes on
- **Must appoint someone to meet athletes as they enter the facility and take attendance. This person will stay at the door until the ice time starts.**
- All contact tracing must be completed inside of the facility, not in the parking lot.

### Athletes:

- Once signed in, go straight to assigned dressing room.
- Keep mask on until helmet goes on
- Exit the dressing room only when the ice is ready to limit the possibility of mixing with participants of the previous ice time
- No spitting

### Parents/Spectators:

- Must sign in with team volunteer and go straight to their assigned section of the stands, there will be no standing along the glass in any arena.
- Maintain a physical distance of 6 feet from other parents
- Keep mask on during the event.
- Be sure to use the proper washrooms as well as exit designated for parents and spectators.

### Officials:

- Sign in with one of the team volunteers as well as the facility
- Keep mask on until helmet goes on
- Go straight to the referee dressing room.
- Exit dressing room when the ice is ready

## WHILE ON THE ICE

### Team staff:

- Masks must be worn when on the bench during games, masks do not need to be worn during practice.
- Try to run drills where physical distancing can be maintained.

### Athletes:

- Do not share water bottles and keep sharing of sticks limited.
- Try to keep a distance between yourself and others
- Space water bottles out on the bench.
- Do not shake hands with opponents or officials after games.
- When playing games, help the refs out by placing the ring for free passes with your stick

### Officials:

- Keep a distance from other officials and athletes.
- Do not shake hands with athletes after games.
- Try to keep player pile ups on the ring short, Move it or Lose it should be strongly enforced.
- Try to limit touching the ring with your hands, can wear gloves or ask players to place ring with their stick.
- Penalties will be served as normal



## LEAVING FACILITY

### Team staff and Athletes:

- Leave the rink within 15 minutes of exiting the ice surface
- Put on mask once helmets are off and keep them on until outside of the rink.
- No showering at the rink

### Parents/Spectators:

- Leave the rink as soon as the ice time is over using the proper exits.
- Do not crowd in lobbies or other common areas.

### Officials:

- Move nets for Zamboni after the game and go straight to dressing room.
- Leave the rink within 15 minutes
- Do not shower at rink
- Wear mask out of the rink



## POST ICE TIME

### Team staff:

- Submit contact tracing form for house league teams:
  - **Practice**- Contact tracing form goes to your association's COVID Safety Officer
  - **Home Games**- Contact tracing forms from both teams must be sent to the COVID Safety Officer for the home association
  - **Away Game**: Away team must provide a copy of their contact tracing form to the home team to be submitted to the home team's COVID Safety Officer



- Submit contact tracing forms for High Performance teams:
  - Contact tracing sheets can be sent to [rpeihealthandsafety@gmail.com](mailto:rpeihealthandsafety@gmail.com)

#### **Athletes:**

- Wash your water bottle
- Recommended that equipment such as sticks, helmet (especially the chin strap) and gloves be sanitized or washed frequently.

#### **Officials:**

- Sanitize/wash equipment such as water bottle, whistle, ref jersey, and helmet frequently
- Follow up with home teams for payment, ideally have e-transfer set up prior to games starting.

## **FACILITY GUIDELINES**

**PEI Health and Wellness has developed a page with arena information sheets, it can be accessed [here](#)**

**Facility maps and other resources will still be available here:**

**[Facility Resources](#)**



## **COVID-19 Screening for Ringette Activities As of October 27, 2020**

'Participant' includes all athletes, parents, coaches, officials, and volunteers who plan to attend weekly ringette activities.

### **Is the participant experiencing any symptoms of COVID -19 Including:**

- New or worsening cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Sore throat
- Runny nose, sneezing, congestion
- Headache
- Muscle aches
- Unusual fatigue
- Acute loss of smell or taste

If yes, the participant will not attend ringette activities.

### **Is the participant required to self-isolate for any reason?**

If yes, the participant will not attend ringette activities.

### **Has the participant traveled outside of the Atlantic Bubble in the last 14 days?**

If yes, is the participant an essential worker?

If the participant is not an essential worker, they will not attend ringette activities and should be self-isolating for 14 days

If the participant is an essential worker, they should be complying with CPHO guidelines for essential workers who have traveled.

If they are not, they should not be attending ringette activities

### **Has the participant been in close contact with someone who has returned to Prince Edward Island from outside the Atlantic Bubble in the past 14 days and who has a fever, a new cough or cough that's getting worse?**

Close contact with someone means:

- Providing care
- Having close physical contact
- Living with someone (who isn't able to properly and consistently socially distance)
- Having close lengthy contact
- Having contact with bodily fluids

If yes, the participant should not attend ringette activities.