



RETURN TO RINGETTE GUIDELINES

January 2021

DISCLAIMER

These Return to Ringette guidelines are intended to be used for the purposes outlined in this document. Due to the rapidly changing status of COVID-19, the accuracy of this document cannot be guaranteed. As COVID-19 continues to evolve, Ringette PEI will aim to provide the most up-to-date information.

This is not a legal document nor is it meant to provide legal advice. This document is intended to be used as a guide for returning to ringette safely on Prince Edward Island.

This document is not intended to replace Public Health measures put in place by the Prince Edward Island Chief Public Health Office.

Ringette PEI and our member organizations will comply with the requirements put in place by the federal, provincial, and local health organizations and all health officials.

The links provided in this document are for convenience purposes only. These links may be updated without notice. Ringette PEI does not monitor these links and is not responsible for the changes or updates occurring on these sites.

INTRODUCTION

Ringette PEI's Return to Ringette Guidelines will provide our local and provincial associations the tools they need to return to a safe and fun ringette environment. These Return to Ringette Guidelines will coincide with the measures put in place by the Chief Public Health Office (CPHO) of Prince Edward Island as well as Ringette Canada's National Direction for Return to Ringette.

Ringette PEI will be adopting the progression format as outlined in the Ringette Canada document above. Some progressions will require sub-progressions to help with easing into a new normal for ringette.

All associations will be required to read this document carefully and abide by all guidelines put in place for each progression and timeline. As all facilities on the Island will be operating under different operational plans, it is advised that all associations be in frequent contact their respective facilities. This is to determine what will be required of each team to be able to use the facility safely.

Additions and/or changes to this plan may be required as the season progresses. It will be the associations responsibility to be sure they are working with the most current version of the plan. The newest version of the plan will be made available on the Ringette PEI website under the COVID-19 Updates tab.



COVID-19

COVID-19 is an illness caused by a coronavirus. There are many different types of coronavirus, some can cause no symptoms or mild illness while others can be severe. COVID-19 can have a wide variety of effects on the human body. One of the main areas it effects is the respiratory system.

SYMPTOMS

Symptoms may include:

- 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 sense of smell or taste



SICKNESS AND TESTING

Individuals who are experiencing any of the symptoms listed above will be required to remain at home.

In addition, individuals who are concerned about possible COVID-19 exposure, must report this to their association COVID Safety Officer (if they were recently at a ringette activity) and follow the direction of the CPHO.

For athletes/parents/coaches/volunteers/officials who display symptoms, please arrange for testing and remain home until results are confirmed. If the test results are negative for COVID-19, but the individual remains ill and/or symptomatic, they should refrain from returning to ringette activities until symptoms subside and they are cleared to return to school or work.

COVID-19

TRANSMISSION

The virus is most commonly spread through droplets from an infected person's cough or sneeze landing in the nose or mouth of nearby persons. The droplets can also be inhaled through the lungs.

The virus can also be spread from touching something with the virus on it, then touching your eyes, nose, or mouth, before washing your hands.

PREVENT THE SPREAD



**Wash your
hands
frequently**



**Cough and
sneeze into
a tissue or
your elbow**



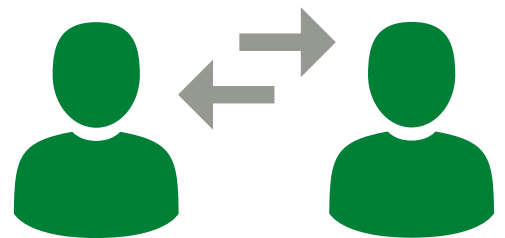
**If you feel
sick, get
tested, stay
home**



**Avoid
touching
your face**



**Wear a non-medical
mask when physical
distancing is not
possible**



**Keep a physical
distance of 6 feet
from others**

**For more information about COVID-19 on Prince Edward Island please visit
the [Government of PEI COVID-19 web page](#).**

RETURN TO RINGETTE PROGRESSIONS

Ringette PEI is using Ringette Canada's progression approach for returning to ringette. This will allow for better control over moving associations forward or backward depending on the guidelines in place by the CPHO. The shutdown progression and four operational progressions are below with a brief outline of what is to take place during each progression. The progressions are explained in depth on the following pages.

SHUTDOWN PROGRESSION

This progression will only be required if there happens to be an outbreak of COVID-19 cases on the Island and the CPHO demands businesses, schools, etc. to be closed.

PROGRESSION 1

On-ice skill based activities



Timeline:

August 25 - September 30

- Registration can open
- Ringette camps with up to 50 individuals and operational plan submitted
- No contact drills

PROGRESSION 2

League practice, skill based with small contact drills



Timeline:

October 1- October 31

- No more than 50 in a facility (unless stated otherwise by facility)
- Ice times will be mostly skill based
- Inter-team scrimmages

PROGRESSION 3*

League play across all associations



Timeline:

November 1 - March 31

- No more than 50 within each cohort (unless stated otherwise by facility)
- Small contact drills
- Regular season games with 5 vs 5 format

PROGRESSION 4

Large scale events, increased travel



Timeline:

When restrictions are lifted

- All restrictions to indoor facilities lifted.
- No restrictions on the number of spectators
- No restrictions on contact, both on-ice and off-ice.
- Large scale events may return

*Progression 3 will have three sub-progressions.

SHUTDOWN PROGRESSION

If an outbreak of COVID-19 cases occurs and the ringette season has to be cut short, we will fall back into the Shutdown Progression. This decision would be made with Chief Public Health Office guidance.

PROGRESSION 1: AUGUST 25-SEPTEMBER 30

LEAGUE PLAY:

- Associations can hold jersey and equipment drop off days to collect outstanding equipment
- Association registration can open
- Skill based ringette camps with facility gathering number guidelines in place and an operational plan (template can be provided) submitted to CPHO
- Associations can start on ice practices with skill based drills

HIGH PERFORMANCE PLAY:

- Dryland training with Chief Public Health guidelines in place for group gatherings, 20 max outdoors and 15 max indoors
- Call for coaches early September
- Tryouts to start in September
- Registration for tryouts will be required

PROGRESSION 2: OCTOBER 1-OCTOBER 31

LEAGUE PLAY:

- Number of participants on ice will depend on facility, the standard will be no more than 50 within the facility, this includes: athletes, coaches, volunteers, and spectators
- Limited spectators (will depend on facility guidelines)
- Ice times will be skill based learning, shooting, skating, passing, and drills where physical distancing can be followed
- Inter-team scrimmages, with physical distancing enforced

HIGH PERFORMANCE PLAY:

- Tryouts will continue into October
- Registration will be required for all ice times

- Number of tryouts will depend on number of athletes registered
- Tryouts will be skill based, shooting, skating, passing and drills where physical distancing can be maintained
- Chosen teams will be small (11-13 individuals)

PROGRESSION 3.1: NOVEMBER 1-DECEMBER 31

LEAGUE PLAY:

- Number of participants within the facilities will depend on facility guidelines
- Limited number of spectators in the rink stands, as long as physical distancing is in place (will depend on facility guidelines)
- Small contact drills i.e. 3 on 3, stick checking, etc. during practices
- Regular season games will start for U10 and up with 5 versus 5* round robin format with physical distancing encouraged
- U8 will continue to practice for the month of November
- Jamborees for the U8 division will have to be re-formatted so no more than 50 individuals mix within a day

HIGH PERFORMANCE PLAY:

- Team practices with mostly skill based training and some close contact drills
- Inter-league games, Wave vs Edge, U14 vs U16, etc.
- Atlantic Bubble travel as long as travel is permitted for groups under CPHO guidelines. Game schedules and info is to be submitted to and approved by RPEI. Travel permit requests must be submitted for off Island travel.
- For events on the Island with three or more teams, an operational plan must be submitted to RPEI to be submitted to the CPHO.

PROGRESSION 3.2: JANUARY 1-MARCH 31

LEAGUE PLAY:

- Round robin play will continue in accordance with CPHO guidelines
- Provincial playoffs will have to be spread out over more days to accommodate the gathering guidance guidelines
- 5 versus 5* play with physical distancing encouraged
- Year-end jamborees for U8 and U10 will have to be modified

HIGH PERFORMANCE PLAY:

- Continue playing inter-league games
- Continue to focus on skill based training
- Off Island travel will not be permitted (province to re-assess on January 25th)

PROGRESSION 3.3: APRIL 1-APRIL 31

LEAGUE PLAY:

- Regular league play including playoffs and championships will finish by the end of March
- All teams should collect jerseys, wash them, and return to their respective association
- All rings and cones should be sanitized before returning
- Year end team parties will be permitted as long as CPHO guidelines in place during this progression are followed

HIGH PERFORMANCE PLAY:

- Atlantic Championships will be held the first weekend of April as long as Atlantic Bubble travel is permitted
- The Eastern Canadian Ringette Championships will not occur
- The Canadian Ringette Championships will not occur

PROGRESSION 4

- All restrictions to indoor facilities lifted.
- No restrictions on the number of participants
- No restrictions on contact, both on-ice and off-ice.
- Large scale events may return
- National programming reintroduced across the country
- Domestic travel permitted.

Will only occur when all health restrictions have been lifted

*In ringette, only three players from each team are allowed in the offensive and defensive zones at once. It is very rare that all 10 athletes on the ice would ever occupy the same zone. This aids in the ability to physically distance, which is why we decided to stick with a traditional 5 versus 5 format.



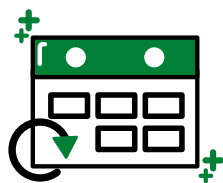
GUIDELINES FOR ALL PROGRESSIONS:

The following guidelines are to be in place for all Return to Ringette Progressions. There are general health guidelines as well as guidelines as they pertain to each member of the ringette community: associations, team staff, athletes, officials, volunteers and minor officials, and parents and spectators.



GENERAL HEALTH

- Physical distancing, a separation of 6 feet, must be maintained off ice, on ice, and on the benches
- No contact (high fives, hugs, handshakes)
- If you feel sick, **stay home**
- Do not share water bottles or equipment
- **Update from the PEI CPHO: As of Friday, November 19th, 2020 non-medical face masks must be worn in all public locations on Prince Edward Island**
- Practice good hand hygiene and avoid touching your face
- All participants and spectators must sanitize their hands before and after all events
- No spitting
- Leave the rink as soon as possible after each ice time



TEAM STAFF

- **Up to 5 team staff** can occupy the bench during games, one must be a certified female
- Non-medical masks must be worn by all staff on the bench
- Will keep attendance of each ice time and submit to the COVID Safety Officer
- All teams will carry hand sanitizer, wipes, and/or hand soap to all events
- Stagger water breaks to keep crowding at the benches limited
- Use a common platform (email, Messenger, TeamSnap) to determine beforehand who will be attending all ice times
- Practice plans should be sent out beforehand to reduce crowding during practice
- Sanitize equipment as much as possible, especially high touch objects such as rings, cones, and whistles
- Gloves and masks will be provided in First Aid kits to be used when injuries occur
- Only one person from each team should handle the game sheet
- Must have own pen to fill out the game sheet before each game



ASSOCIATIONS

- Must appoint someone as the COVID Safety Officer (description of position available on page 13)
- Team sizes of 10-12, where possible
- A required waiver will have to be completed by each athlete and/or parent before the season starts
- A COVID questionnaire/reminder will be sent out each week to members
- Recommended that teams sharing ice times be separated by a barrier
- Associations should be in frequent contact with their home facilities to determine operational guidelines and on going updates
- Will provide teams with wipes and/or hand sanitizer
- Must provide masks and gloves in First Aid kits



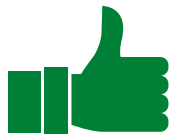
ATHLETES

- Athletes can come dressed in gear, when and where possible but it is not required. All arenas are will have dressing room access for all age divisions
- All athletes must wear non medical masks except when on the ice.
- Athletes should arrive no more than 20 to 15 minutes before ice time and leave as soon as possible after the ice time
- Name or a distinguishing feature must be clearly marked on water bottle
- Celebrate goals by tapping sticks, no contact with other players
- Encouraged to have own hand sanitizer
- No team handshakes at end of games
- No handshakes between athletes and officials at the end of games



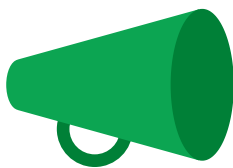
OFFICIALS

- Encouraged to have own hand sanitizer
- Can wear some type of gloves to handle the ring or have players place ring with their sticks
- If possible, come to facility dressed to go on the ice, put on skates at the facility
- Sanitize whistle and equipment after each use
- Physically distance from other officials, minor officials, and athletes
- Do not shake athletes hands at the end of games
- Should have own pen to sign the game sheet
- Penalties will be served as normal



MINOR OFFICIALS/VOLUNTEERS

- Encouraged to have own hand sanitizer
- Shot clock operators should position themselves in a location that distances them from others and works for the facility
- Must physically distance from officials and other minor officials
- Should have own pen to fill out the game sheet
- Masks must be worn



PARENTS AND SPECTATORS

- Physical distancing must be maintained in the stands
- No standing along the boards
- Try to keep yelling and cheering to a minimum as this may project droplets further
- Avoid gathering in crowds in lobbies, outside the rink, and other common areas
- If possible, drop athlete off and then enter the facility yourself when the ice time has started
- If your child requires help getting dressed in their gear, do it before arriving to the rink, skates and helmets can be put on once at the rink
- Non-medical masks must be worn by all spectators
- Be sure to touch base with team staff to ensure you were recorded as part of the contact tracing



ANY MEMBER OF THE RINGETTE PEI COMMUNITY REPORTED TO NOT BE FOLLOWING THE RETURN TO RINGETTE GUIDELINES OR GUIDELINES PUT IN PLACE BY FACILITIES COULD FACE A FINE, GAME SUSPENSIONS, OR BOTH.

EXTRA PRACTICES OR EXHIBITION GAMES NOT APPROVED BY AN ASSOCIATION OR RINGETTE PEI ARE PROHIBITED.



COVID SAFETY OFFICER

Each association will be required to appoint someone as **COVID Safety Officer**.

This individual will be responsible for overseeing and monitoring Ringette PEI's Return to Ringette Guidelines as they pertain to their association. This individual will also be responsible for ensuring that all relevant information is shared across their association in a timely manner.

Ringette PEI will also be adding a **Health and Safety Director** to the board. This person will be responsible for monitoring the COVID-19 situation in the Ringette PEI community as well as collecting reports on concussions and other severe injuries as they occur throughout the season. Contact email is rpeihealthandsafety@gmail.com



Specific responsibilities of the COVID Safety Officer may include but are not limited to:

- Accessing the latest available information and guidance on the COVID-19 outbreak (e.g., Health Canada websites, provincial health departments and local public health authorities).
- Liaison with Ringette PEI to facilitate updates related to the Return to Ringette Guidelines and to fully understand the consequences of non-compliance.
- Liaison with local facilities to confirm guidelines, protocols, and updates.
- Ensuring teams are following the guidelines set by Ringette PEI and the local association
- Collecting and maintaining attendance logs that list all participants attending and/or participating in every ringette-related activity within their association. The logs must be kept on file for a least 6 weeks
- Reminding Team Staff that unsanctioned activities are not permitted.
- Ensuring that any COVID-19 cases are reported to the appropriate public health authority, Provincial Ringette Organization, local association, league, club and facility.



APPENDIX

This section of the Return to Ringette Guidelines offers links to resources and documents that can be used by associations as well as team staff, athletes, officials, and parents.

If you or your association have any questions on the material presented in this document or you have a resource you would like to share, please send it to the Ringette PEI office by email at ringettepei@gmail.com

RINGETTE CANADA

[Association/Club Checklist](#)

[Sample Questions to ask Facilities](#)

[Recommended Guidelines for Officials](#)

[Other resources are available here](#)

RINGETTE PEI

[COVID-19 Updates](#)

[RPEI Contact Tracing Attendance Sheet](#)

