



Sault Ringette Club

Emergency Response Plan for COVID-19

Return to Ringette Guidelines

(Updated September 2021)

Returning to the Rink for the Love of the Ring!

Sault Ringette Club - Emergency Response – COVID-19

The Sault Ringette Club (SRC) would like to acknowledge the unprecedented times and challenges that the COVID-19 pandemic has presented not only to our association but to the world. As we move forward and navigate this new time our focus remains to be the health and safety of all SRC participants, team members, and volunteers.

This emergency response plan is a guideline for SRC participants and is meant to keep everyone as safe as possible during this time. The guidelines and protocols were developed under Ringette Ontario's "[Return to Ringette Guidelines](#)" and in consultation with Algoma Public Health.

It is important to acknowledge that during these times participants may be in different states of readiness to return to play. SRC supports all participants and invites individuals back when they feel they are safest to do so. If participants or their parents/guardians have any concerns, they are encouraged to bring them forward to one of the SRC executive members.

We also acknowledge the tremendous effects that the COVID-19 pandemic can have on the mental health of our youth. We hope that by safely getting back to social activities, such as ringette, we can have a positive effect on the mental health of our participants. Please see Appendix L for available mental health supports for youth during this time.

We would like to thank all players, coaches, volunteers, parents, and guardians for their understanding as we learn and address concerns as the situation and recommendations continue to evolve and change.

The SRC will adapt and follow the [Ringette Ontario COVID-19 Vaccination Policy](#).

For more information on COVID-19 please visit algomapublichealth.com or <https://covid-19.ontario.ca/>

Last Updated: August 20, 2020



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COVID-19 Roles and Responsibilities for Coaches

Prior to SRC Activities:

- 1) Coaches will not attend any SRC activities if they have any symptoms of illness.
- 2) Coaches will complete the SRC Attestation Form and acknowledge they have completed it prior to every SRC activity. Coaches will complete the SRC Attestation form in Google Forms to assess for COVID symptoms. If you have symptoms of COVID-19 you must not attend SRC activities for 10 days post date of symptom onset, or if tested for COVID 19 until your test result is negative and your symptoms have resolved for 24 hours. If you become a close contact with an individual who tests positive you need to follow the advice of your local health unit and not attend any SRC activity for 10 days after your last exposure to the individual.
- 3) Any coaches with pre-existing or chronic health conditions that can be impacted by COVID-19 (asthma, diabetes, immune system disorders, etc.) should seek medical advice from their health care provider prior to starting SRC activities.
- 4) All coaches and SRC staff and volunteers must be fully vaccinated against COVID-19 (or follow applicable exemption guidelines). [See Ontario Ringette COVID-19 Vaccination policy.](#)
- 5) Coaches will be familiar with and follow Ringette Ontario's Return to Ringette Guidelines and Modified Game Format Guidelines.
- 6) Coaches will plan all activities to promote as much physical distancing as possible and no intentional contact (high fives, handshakes, etc.).

During SRC Activities:

- 7) Coaches will follow all guidelines and directions set out by city, municipal and private facilities.
- 8) Coaches will sign in with the team manager/designated marshal at the start of each activity and acknowledge they have completed the SRC Attestation Form and passed with no concerns.
- 9) Coaches will wear a mask/face covering in the public areas of the facility. They may remove their mask just prior to putting on their helmet before stepping on ice (masks should be stored in a clean paper bag or container). When on the ice, coaches should maintain 6ft of physical distance from participants. Coaches and other SRC staff/ volunteers will wear a mask at all times when not on the ice including on the bench.
- 10) Coaches will maintain physical distancing of 6ft (2 metres) from others including players, coaches and other participants.
- 11) Coaches will maintain the Rule of Two at all times.
- 12) Coaches will have a team manager/designated marshal ensure all participants have acknowledged they have completed the SRC Attestation forms prior to SRC activity.



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- 13) Coaches will arrive at the facility dressed and ready to put skates on and take off at the end of activity.
- 14) Coaches will run activities and drills that allow for physical distancing and follow the RO Modified Game Format Guidelines.
- 15) Coaches will ensure a team PPE kit (hand sanitizer, disposable masks, face shield, disposable gloves) is present at all activities. Facemasks, disposable gloves and a face shield (googles) will be used whenever there is a risk of exposure to any body fluids (i.e. respiratory secretions, nose bleeds, etc.). Refer to the Government of Ontario COVID-19 website for information on the [use of face masks](#). Refer to Public Health Ontario resources for how to properly [wear and takeoff masks and eye protection](#).
- 16) Coaches will require participants label water bottles and ensure bottles are stored where they are accessible but spread out.
- 17) When taking breaks consideration should be given to do this in smaller groups so that physical distancing can be maintained.



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COVID-19 Roles and Responsibilities for Players

Prior to SRC Activities:

- 1) Players will not attend any SRC activities if they have any symptoms of illness.
- 2) Any players with pre-existing or chronic health conditions that can be impacted by COVID-19 (asthma, diabetes, immune system disorders, etc.) should seek medical advice from their health care provider prior to starting SRC activities.
- 3) Players will complete the SRC Attestation Form and acknowledge they have completed it prior to every SRC activity. Players will complete the SRC Attestation form in Google Forms to assess for COVID symptoms. If you have symptoms of COVID-19 you must not attend SRC activities for 10 days post date of symptom on set, or if tested for COVID 19 until your test result is negative and your symptoms have resolved for 24 hours. If you become a close contact with an individual who tests positive you need to follow the advice of your local health unit and not attend any SRC activity for 10 days after your last exposure to the individual.
- 4) All players 18 years or older must be fully vaccinated against COVID-19 (or follow applicable exemption guidelines). [See Ontario Ringette COVID-19 Vaccination policy.](#)
- 5) Players will follow directions from SRC coaches, volunteers and officials as well as facility officials at all times including physical distancing requirements and wearing of masks or face coverings in public areas.

During SRC Activities:

- 6) Players will come to the facility no earlier than 15 minutes prior to the start of the SRC activity (you may need to come earlier if vaccine verification delays entry into facilities).
- 7) Players are to attend all SRC with a fully COVID vaccinated guardian. It is the responsibility of the players family to arrange for a guardian.
- 8) Players will not congregate at the facility entry points, lobbies, parking lots or any other areas of the facility.
- 9) Players will sign in with the team manager/designated marshal at the start of each activity and acknowledge they have completed the SRC Attestation Form and passed with no concerns.
- 10) Players will follow all guidelines and directions set out by city, municipal and private facilities.
- 11) Players will wear a mask/face covering in the public areas of the facility. They may remove their mask just prior to putting on their helmet before stepping on the ice.
- 12) There will be no prolonged or intentional contact (i.e. high fives) during games or practices. Physical distancing of 6ft (2 metres) should be maintained as much as possible.
- 13) Players will come to the facility dressed and ready to put skates on and take off at the end of activity. Limited numbers of players will be allowed in each dressing room as designated by the facility. See the manager/ marshal to see what dressing room you are assigned for the activity.



- 14) Players will fill water bottles at home and clearly label them with their name. Do not share water bottles at any time.
- 15) It is important to wash your hands and not touch your face, specifically your eyes, nose and mouth. See Appendix H for Sault Ringette Club: Ringette Bag Essentials. Follow these hygiene protocols:
- Wash your hands prior to leaving your home and when returning home after activities. Ensure you wash all areas of your hands for at least 20 seconds using soap and dry with paper towel or a clean cloth.
 - Wash hands with hand sanitizer immediately when entering facilities, during scheduled breaks, and at the end of the activity.
 - Do not spit at any time.
 - Clearly label your own water bottle. Do not share bottles.
 - Carry hand sanitizer to enable good personal hygiene.
 - Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze, and then immediately wash your hands.
 - Avoid touching eyes, nose or mouth.



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COVID-19 Roles and Responsibilities for Parents/Guardians/Spectators

Prior to SRC Activities:

- 1) Parents/Guardians will plan for no more than three vaccinated spectators per player to attend the facility.
- 2) Parents/Guardians/Spectators will not attend any SRC activities if they have any symptoms of illness.
- 3) Parents/Guardians/Spectators will complete the SRC Attestation Form and acknowledge they have completed it prior to every SRC activity. Parents/Guardians/Spectators will complete the SRC Attestation form in Google Forms to assess for COVID symptoms. If you have symptoms of COVID-19 you must not attend SRC activities for 10 days post date of symptom onset, or if tested for COVID 19 until your test result is negative and your symptoms have resolved for 24 hours. If you become a close contact with an individual who tests positive you need to follow the advice of your local health unit and not attend any SRC activity for 10 days after your last exposure to the individual.
- 4) All spectators 12 years of age and older must be fully vaccinated against COVID-19 (or follow applicable exemption guidelines). [See Ontario Ringette COVID-19 Vaccination policy.](#)
- 5) Parents/Guardians/Spectators will follow directions from SRC coaches, volunteers and officials as well as facility officials at all times including physical distancing requirements and wearing of masks/face coverings in public areas.

During SRC Activities:

- 6) Parents/Guardians/Spectators will come to the facility no earlier than 15 mins prior to the start of the SRC activity (vaccine verification may delay entry to a facility and you may need to come earlier).
- 7) Parents/Guardians/Spectators will not congregate at the facility entry points, lobbies, parking lots or any other areas of the facility.
- 8) Parents/Guardians/Spectators will sign in with the team manager/designated marshal at the start of each activity and acknowledge they have completed the SRC Attestation form and passed with no concerns.
- 9) Parents/Guardians/Spectators will follow all guidelines and directions set out by city, municipal and private facilities.
- 10) Parents/Guardians/Spectators will wear a mask/face covering in all areas of the facility.
- 11) Physical distancing of 6ft (2 metres) should be maintained at all times.
- 12) Parents/Guardians/Spectators will ensure players fill water bottles at home and clearly label them with player name. Water bottles will not be shared at any time.



COVID-19 Roles and Responsibilities for Trainers/Officials/Marshals

Trainers:

- 1) Trainers will not attend any SRC activities if they have any symptoms of illness.
- 2) Trainers will complete the SRC Attestation form in Google Forms to assess for COVID symptoms. If you have symptoms of COVID-19 you must not attend SRC activities for 10 days post date of symptom on set, or if tested for COVID 19 until your test result is negative and your symptoms have resolved for 24 hours. If you become a close contact with an individual who tests positive you need to follow the advice of your local health unit and not attend any SRC activity for 10 days after your last exposure to the individual.
- 3) All trainers 12 years of age and older must be fully vaccinated against COVID-19 (or follow applicable exemption guidelines). [See Ontario Ringette COVID-19 Vaccination policy.](#)
- 4) Trainers will wear a mask/face covering in the public areas of the facility.
- 5) Trainers will ensure that the PPE kit is on the bench during each activity. The kit must contain medical gloves, medical masks, hand sanitizer, and a face shield.
- 6) Full PPE (surgical face mask, face shield, and disposable gloves) will be used whenever there is a risk of exposure to body fluids (i.e. respiratory secretions, blood (including nose bleeds)). Refer to the Government of Ontario COVID-19 website for information on the [use of face masks](#). Refer to Public Health Ontario resources for how to properly [wear and takeoff masks and eye protection](#).

Officials:

- 1) Officials will not attend any SRC activities if they have any symptoms of illness.
- 2) Officials will complete the SRC Attestation Form and acknowledge they have completed it prior to every SRC activity. Officials will complete the SRC Attestation form in Google Forms to assess for COVID symptoms. If you have symptoms of COVID-19 you must not attend SRC activities for 10 days post date of symptom on set, or if tested for COVID 19 until your test result is negative and your symptoms have resolved for 24 hours. If you become a close contact with an individual who tests positive you need to follow the advice of your local health unit and not attend any SRC activity for 10 days after your last exposure to the individual.
- 3) All officials 12 years of age and older must be fully vaccinated against COVID-19 (or follow applicable exemption guidelines). [See Ontario Ringette COVID-19 Vaccination policy.](#)
- 4) Officials will come to the facility dressed and ready to put skates on and take off at the end of activity.
- 5) Officials will wear a mask/face covering in the public areas of the facility. They may remove their mask just prior to putting on their helmet before stepping on ice (masks should be stored in a clean paper bag or container). When on the ice, officials should maintain 6ft (2 metres) of physical distance from participants.
- 6) Officials will have their own labelled water bottle if needed.



- 7) Officials will not speak directly through the hole in the glass when reporting penalties or goals (should speak from a distance).
- 8) Officials will maintain physical distance of 6ft (2 metres) from players and other officials (including in the dressing room). Intentional contact is not permitted (handshakes etc.).
- 9) Off-ice officials should have access to hand sanitizer and disinfectant wipes to clean controls and equipment as needed.

Marshals/Managers:

1. Marshals/Managers will not attend any SRC activities if they have any symptoms of illness.
2. Marshals/Managers will complete the SRC Attestation Form and acknowledge they have completed it prior to every SRC activity. Marshals/Managers will complete the SRC Attestation form in Google Forms to assess for COVID symptoms. If you have symptoms of COVID-19 you must not attend SRC activities for 10 days post date of symptom on set, or if tested for COVID 19 until your test result is negative and your symptoms have resolved for 24 hours. If you become a close contact with an individual who tests positive you need to follow the advice of your local health unit and not attend any SRC activity for 10 days after your last exposure to the individual. ** Paper copies of the Assessment Google Form will be on hand with the marshals/managers in case a participant needs to take on site and has no on line access to the questionnaire.
3. Marshals/managers will complete the SRC Attendance Form ensuring all coaches, players, and participants have signed in and have acknowledged they have passed the SRC Attestation Form.
4. All marshals/managers 12 years of age and older must be fully vaccinated against COVID-19 (or follow applicable exemption guidelines). [See Ontario Ringette COVID-19 Vaccination policy.](#)
5. Marshals/Managers will wear a mask/face covering in the public areas of the facility.
6. Marshals/Managers will observe the SRC activity and encourage and remind people of public health guidelines as needed (physical distancing, masks, etc.).



COVID-19 Return to Ringette Guidelines for Hygiene, Cleaning, Personal Protective Equipment Use, and Controls for Reducing Infectious Disease Transmission

1. Any Ringette activities must comply with the health and safety protocols as outlined by Ringette Ontario along with any new protocols issued by the Province of Ontario and local health authorities (Algoma Public Health).
2. General Hygiene:
 - Alcohol-based hand sanitizer is available at the entry and exit points of facilities and should be used upon entry and exit
 - Do not spit at any time.
 - Water bottles must be filled at home and should be clearly labeled with first and last name. Water bottles should not be shared.
 - Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
 - Avoid touching eyes, nose or mouth.
3. Equipment Cleaning:
 - Follow [Public Health Ontario's Cleaning and Disinfecting for Public Settings](#) for cleaning and cleaning product recommendations. Only use cleaning and disinfectant products that have a Drug Identification Number (DIN). Low-level hospital grade disinfectants may be used; Check expiry dates of cleaning and disinfectant products used and always following the manufacturer's instructions. Ensure that the products used are compatible with the item to be cleaned and disinfected. See Algoma Public Health information on [Proper Cleaning and Disinfection practice for reference](#).
 - Match Officials and coaches will not share pens, cards, whistles, etc. Where required, wipe down pens with sanitizing wipes after use.
 - Avoid touching gates, boards, benches, etc. Hand washing or hand sanitizer should be used after touching any objects.
 - Electronics and board controls should be used by one individual and cleaned between use (shot clocks if used). Follow the facility and manufacturer's instructions for all cleaning and disinfection of electronics. When possible, consider the use of wipeable covers for electronics. If no manufacturer guidance is available and when possible, consider the use of alcohol-based wipes or sprays containing at least 60% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.



4. Facility cleaning and controls (City of Sault Ste Marie):

- The City of Sault Ste Marie has been working with Algoma Public Health to develop procedures for local arenas in order to reduce the risk of exposure to infectious diseases. These procedures include limiting the numbers of people in the building to meet provincial guidelines. Limiting the number of people in the stands. Controlling entrances, exits and flow of traffic through the building. Providing hand sanitizers at the entrances\exits of facilities.
- Extra cleaning staff has been added to clean high touch surface areas and to clean between ice rentals.
- The City of Sault Ste Marie has ambassadors inside of the facilities to remind people about physical distancing and other facility protocols. Instructions from these ambassadors must be followed at all times.
- Parents are permitted into the room to tie skates if needed but must then leave the dressing room area once complete and ensure they are wearing a mask.

5. SRC Controls:

- Sault Ringette Club is working closely with the City of Sault Ste Marie and other arenas to put in place any further controls as needed (i.e. skate tying areas if needed for physical distancing).
- SRC is limiting spectators to three spectators per player to reduce the number of people present in the facility.
- A designated SRC team marshal or manager will be present at each activity to help monitor the players and physical distancing recommendations.
- An attendance record will be kept tracking everyone present during SRC activities. The record will include information that individuals present took the SRC Attestation Form prior to the event and passed. Contact information for all players, coaches, volunteers, and spectators will be stored for 4 weeks by the SRC Registrar. These records will be accessed if requested by local health authorities to conduct contact tracing.

6. Personal Protective Equipment (PPE):

- Face masks/face coverings will be used in all areas of the rink. Players and coaches will remove their face mask just prior to putting on their helmets. Masks should be stored in clean and dry paper bag or container.
- A COVID-19 PPE kit containing surgical facemasks, disposable gloves and face shield (or goggles) will be available at every SRC activity session. Full PPE (surgical face mask, face shield, and disposable gloves) will be used whenever there is a risk of exposure to body fluids (i.e. respiratory secretions, blood (including nose bleeds)). Refer to the Government of Ontario COVID-19 website for information on the [use of face masks](#). Refer to Public Health Ontario resources for how to properly [wear and takeoff masks and eye protection](#).



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COVID-19 Emergency Response Plan: Reports of COVID -19 Symptoms or Contact with Positive COVID-19 Individual Prior to a SRC activity

The following are the steps that will be taken in the scenario that a player, coach, volunteer or participant reports symptoms or close contact with a person positive for COVID-19 **prior** to an activity. It is essential that all SRC contact lists for players, coaches, volunteers, and participants are up to date. All SRC activities will have an attendance form that will be sent to SRC registrar (src.covidsl@gmail.com) immediately following each activity.

*** For privacy reasons the names of individuals who report illness or close contact to a positive case of COVID-19 will not be provided in SRC communications to other participants. The health information for all players, coaches, volunteers and participants will be protected at all times. ***

Responding to Individuals (Players, coaches, volunteers, participants) who report symptoms of COVID-19 or close contact of an individual Positive for COVID-19 PRIOR to attending a SRC activity:

1. If an individual indicates they have any symptoms that could be consistent with COVID-19 illness prior to attending a SRC activity they will be advised not to attend. This individual should self-isolate, contact the COVID assessment centre for testing, contact their health care provider and Algoma Public Health for further recommendations.
2. If an individual reports having close contact with someone who is a confirmed positive case of COVID-19 prior to attending a SRC activity they will be advised not to attend activities until 10 days after their last contact with the positive COVID-19 case. If the individual were to develop symptoms, they will need to continue to not attend SRC activities until 10 days have passed since symptoms started and until they are 24 hours symptom free (or as advised by Algoma Public Health).

Important Contact Numbers

- Bruce Graham (President): Cell- 705-975-3376
- Blythe Carota (COVID Safety Lead): Cell- 705-541-1911
- Sault Area Hospital COVID-19 Assessment Centre: 705-759-3434 ext. 7152
- Algoma Public Health: 705-942-4646
 - Mike Park - Public Health Inspector ext.3321
 - General COVID information line ext. 5404
- Telehealth Ontario: 1-866-797-0000



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COVID-19 Emergency Response Plan: Reports of COVID-19 Symptoms during a SRC activity

The following are the steps that will be taken in the scenario that a player, coach, volunteer, or participant reports symptoms **during** a SRC activity. It is essential that all SRC contact lists for players, coaches, volunteers, and participants are up to date. All SRC activities will have an attendance record that is sent electronically after every activity to SRC registrar (src.covidsl@gmail.com) for easy retrieval if necessary.

*** For privacy reasons the names of individuals who report a positive COVID-19 test result will not be provided in SRC communications to other participants. The health information for all players, coaches, volunteers, and participants will always be protected. ***

Responding to Individuals (Players, coaches, volunteers, participants) who report symptoms of COVID-19 during a SRC activity:

1. If an individual indicates they have any symptoms* that could be consistent with COVID-19 illness during to an SRC activity they will immediately be isolated more than 2 metres away from others until they can go home (See Appendix C for [Ministry of Health COVID reference document for symptoms](#)). If the individual is a child, the coach will immediately contact the parent/guardian and inform them of the situation and the need to take the child home. The participant should be provided a mask if tolerated.
2. If a 2 metre distance cannot be maintained from the ill participant (i.e. first aid is needed) the person providing care will at minimum wear a surgical mask.
3. This sick individual should self-isolate for 10 days, contact the COVID assessment centre for testing, and contact their health care provider and Algoma Public Health for further recommendations.

* Participant's symptoms will be assessed to see if they are related to physical exertion or potential illness. For example, if a participant normally gets short of breath, or muscle aches while completing skating drills, and the symptoms improve when they stop skating this is not consistent with symptoms of illness. If unsure, always err on the side of caution and self isolate the player and follow this protocol.

**Close contact is defined as being less than 2 metres away in the same room, workspace, or area for over 15 minutes or living in the same home.

Important Contact Numbers

- Bruce Graham (President): Cell- 705-975-3376
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- Algoma Public Health: 705-942-4646



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- Mike Park - Public Health Inspector ext.3321
 - General COVID information line ext. 5404
- Telehealth Ontario: 1-866-797-0000



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COVID-19 Emergency Response Plan: Participant with Confirmed Positive COVID-19 Test Result

The following are the steps that will be taken in the scenario that a player, coach, volunteer, or participant reports a positive COVID-19 test result. It is essential that all SRC contact lists for players, coaches, volunteers, and participants are up to date. All SRC activities will have an attendance record that is sent electronically after every activity to SRC registrar (src.covidsl@gmail.com) for easy retrieval if necessary.

*** For privacy reasons the names of individuals who report illness or close contact to a positive case of COVID-19 will not be provided in SRC communications to other participants. The health information for all players, coaches, volunteers, and participants should always be protected. ***

Responding to Individuals (Players, coaches, volunteers, participants) who report a Confirmed Positive COVID-19 test result:

1. If an individual reports a positive COVID-19 test result they should self-isolate and contact their health care provider and Algoma Public Health for further recommendations.
2. The person receiving the report of the positive COVID-19 test result should ask the individual if they have attended any SRC activities within 48 hours of symptom onset and will note any dates and times of activities. The person receiving the report should also inquire if the sick participant has had any close contact with others who may attend SRC activities within 48 hours prior to symptoms starting (other coaches, other players, volunteers, etc.).
3. The person receiving the report will immediately notify the CSL and SRC President. This report will include any information on other SRC activities the individual may have attended prior to or during illness.
4. The SRC President will review all SRC attendance records to ensure the individual has not attended any SRC activities or to retrieve a list of names of others who were present at activities with the individual reporting the illness.
5. The CSL will contact Algoma Public Health for further directions.
6. All SRC activities that involve individuals that have had contact with the individual reporting the positive COVID-19 case will be cancelled until Algoma Public Health advises it is safe to resume.
7. Individuals who attended SRC activities and are identified as potential contacts of the sick individual may need be notified via email/phone that they have potentially come into contact with an individual reporting a positive COVID-19 test result. Any notifications will be directed as requested by Algoma Public Health.

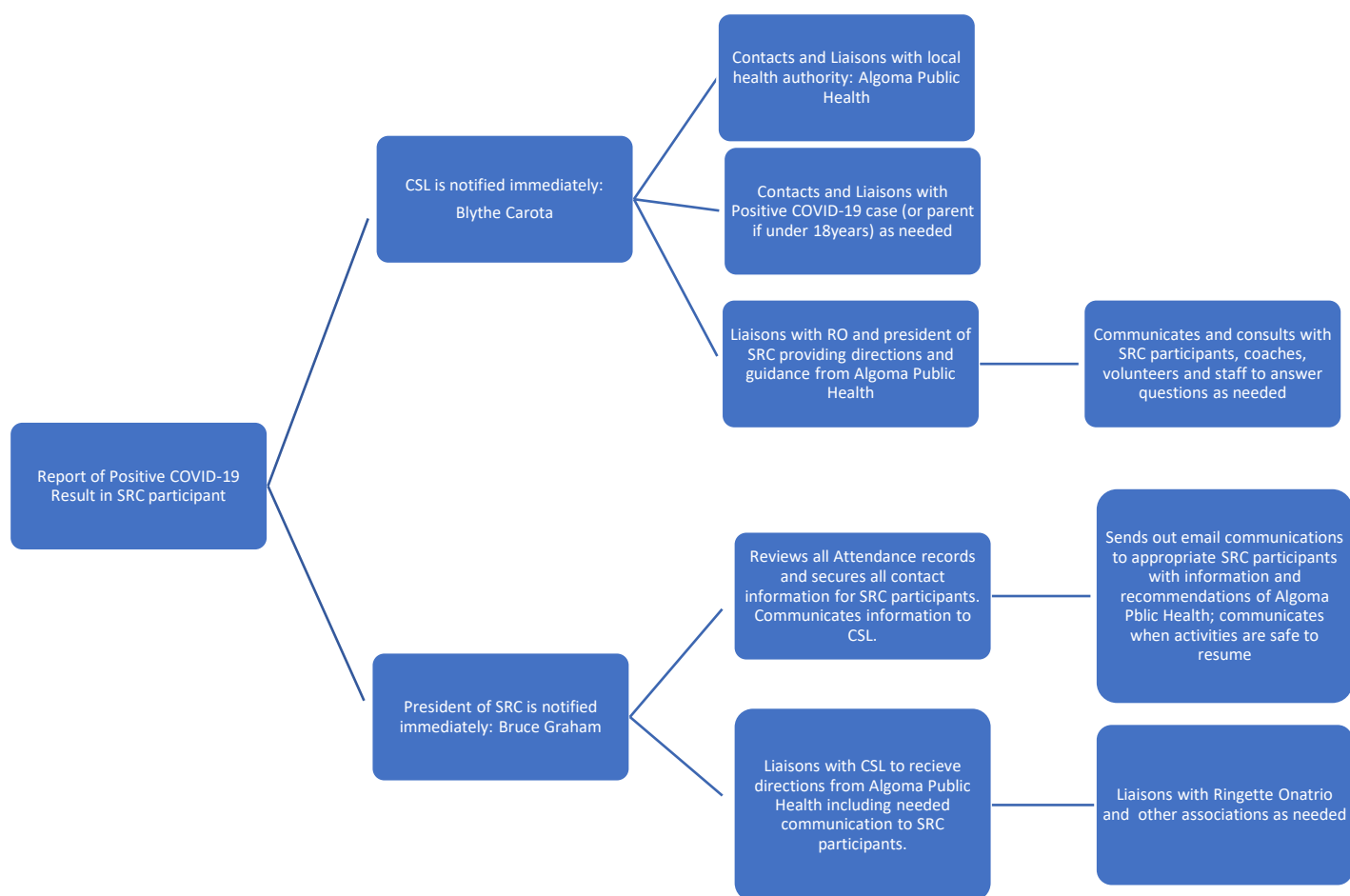


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COVID-19 Positive Case Communication Flow Chart



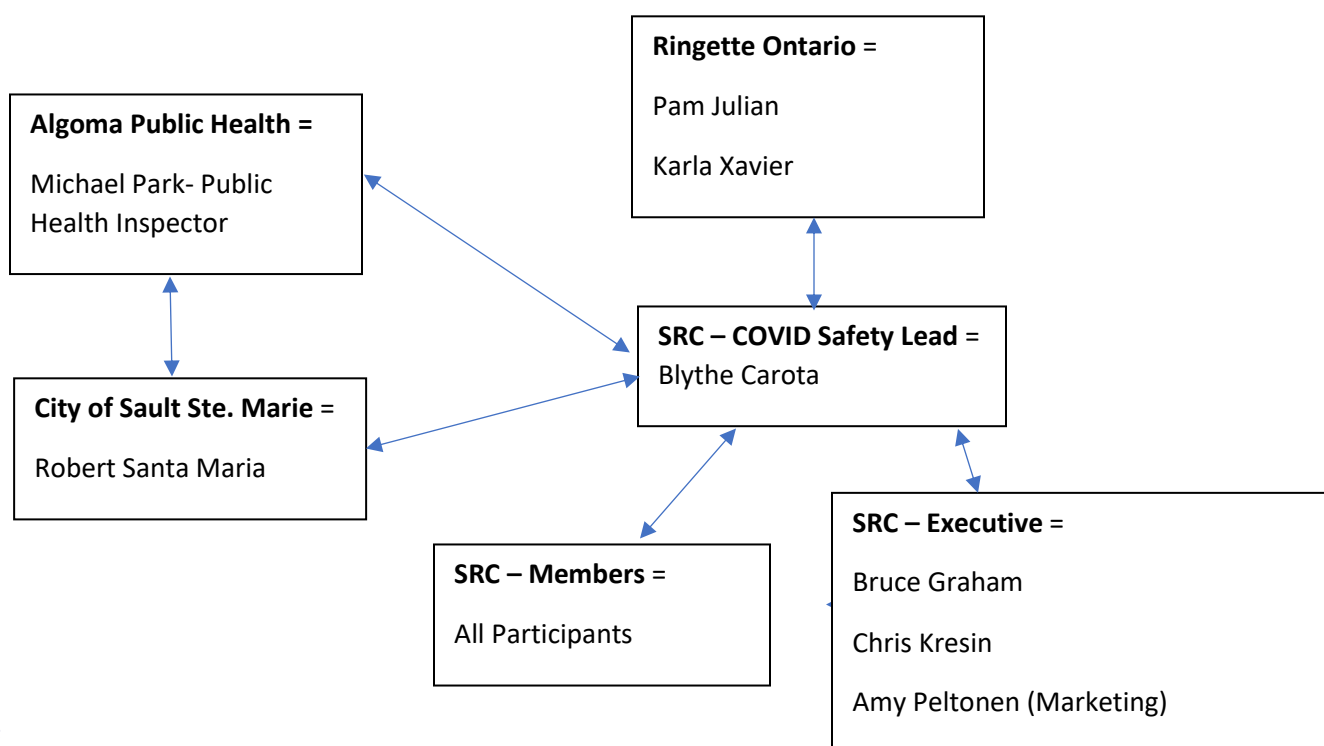
Communication Pathway and Tools

Communication Tools:

- The SRC Website will contain a COVID-19 information section that will include the latest important documents and forms. The CSL will notify SRC president when ever there are updates and the SRC president will provide the updates to website manager to make changes
- The SRC Website “Latest News” section on the home page will announce any COVID-19 updates and link to the SRC websites COVID-19 section. This will be done by website manager when ever a new information is placed on the website.
- SRC Facebook and Instagram accounts will post SRC COVID-19 updates. The SRC president will advise the marketing director when information needs to go out on social media.
- Email distribution lists (executive, coaches, officials, teams) will be used to call attention to any concerns, updates or changes throughout the season. SRC president and CSL will advise team managers when information needs to be sent via email to participants
- Phone Distribution Lists (executive, coaches, officials, teams) could be used in case of communicating urgent information; will be provided to Algoma Public Health for contract tracing purposes

****Contact Information located in Appendix M****

Communication Pathways



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APPENDICES

- A. SRC Attestation Form
- B. SRC Attendance Form
- C. Ringette Ontario: Return to Ringette Guideline
- D. Ministry of Health: COVID Reference Document for Symptoms
- E. Algoma Public Health: Hand Washing
- F. Face coverings and Face Masks
- G. Sault Ringette Club: Ringette Bag Essentials
- H. Wearing and taking off face masks and eye coverings
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Appendix A

SAULT RINGETTE CLUB DAILY COVID-19 ATTESTATION



Test - SK Group - House Intermediate - Google Forms.pdf

Appendix B

Sault Ringette Club Attendance Record



Team: _____ Date: _____

Start Time: _____ End Time: _____ Completed by: _____

****ALL INDIVIDUALS WHO ATTEND THE FACILITY MUST BE ON THIS LIST****

[illegible]

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Appendix C

Ringette Ontario: Return to Ringette Guideline

<https://ringetteontario.com/rtr-covid19/return-ringette-guidelines/>



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Appendix D

Ministry of Health: COVID Reference Document for Symptoms

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf



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Appendix E

Algoma Public Health: Hand Washing

<http://www.algomapublichealth.com/media/3313/wash-your-hands-poster-general-1.pdf>



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Appendix F

Face Coverings and Face Masks

<https://www.ontario.ca/page/face-coverings-and-face-masks>

Appendix G

Sault Ringette Club: Ringette Bag Essentials

COVID-19 Additions:

- ☐ Personal Protective Mask/Face Covering
- ☐ Clean Paper Bag or Clean Container to store protective mask
- ☐ Latex (or equivalent) disposable gloves
- ☐ Hand Sanitizer
- ☐ Personal Water bottle labelled with players first and last name

Required Equipment:

- ☐ Helmet with ringette facemask
- ☐ Ringette stick (recommended to have a backup stick with you)
- ☐ Skates – goalies may choose to use goalie skates
- ☐ Shin pads, worn under the pants (or goalie pads)
- ☐ Protective girdle with a 'cup' or a 'jill'
- ☐ Ringette pants
- ☐ Gloves
- ☐ Shoulder Pads
- ☐ Elbow pads
- ☐ Jersey
- ☐ Neck guard



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Appendix H

Wearing and Taking Off Face Masks and Eye Coverings

<https://www.publichealthontario.ca/-/media/documents/ncov/ipac/ppe-recommended-steps.pdf?la=en>



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Appendix I

Public Health Ontario's Cleaning and Disinfecting for Public Settings

<http://www.algomapublichealth.com/media/3309/factsheet-covid-19-environmental-cleaning.pdf>



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Appendix J

Algoma Public Health: Proper Cleaning and Disinfection Practice

<http://www.algomapublichealth.com/media/3488/proper-cleaning-and-disinfection-practice-aph.pdf>



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Appendix K

Mental Health Supports for Youth

1. Children and youth under 18 can locate mental health services through the Ontario.ca and Kids Help Phone websites, or contact the Kids Help Phone (1- 800-668-6868) or Good2Talk helplines for 24/7 support, if they need someone to talk to. <https://kidshelpphone.ca/>
2. Mindyourmind is a mental health website with interactive tools and resources to build capacity and resilience for youth and young adults. <https://mindyourmind.ca/>
3. Center for Mental Health and Addiction (CMHA): Mental Health and COVID-19 <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
4. Algoma Family Services: <https://www.algomafamilyservices.org/>



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Appendix L

Contact Information

1. Algoma Public Health: COVID information – 705-759-5404
General Information Line: 705-942-4646
2. SAH- COVID Assessment Centre: 705-759-3434 ext. 7152 or 705-759-1111
3. Telehealth Ontario: 1-866-797-0000
4. Bruce Graham (SRC President): Cell- 705-975-3376
5. Blythe Carota (SRC COVID Safety Lead): Cell- 705-541-1911
6. Algoma Public Health: 705-942-4646
 - Mike Park - Public Health Inspector ext.3321
 - General COVID information Line ext.5404



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