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# NATIONAL DIRECTION

## FOR RETURN TO RINGETTE



**ALBERTA SUPPLEMENT**

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## DISCLAIMER

The Ringette Canada National Direction for Return to Ringette and these supplemental guidelines are only to be used for the purposes outlined. Ringette Canada and Ringette Alberta are committed to providing relevant and timely information; however, the COVID-19 landscape is shifting quickly, and tomorrow's reality will be different than today's. This information is accepted on the condition that errors or omissions shall not be made the basis for any claim, demand, or cause for action.

This is not a legal document and should be used as a guide only.

This is not a substitute for actual legislation or orders of the Provincial Health Officers throughout Canada. In the event of ambiguity or conflict between the Provincial Direction for Return to Ringette and the Public Health Act of a Province, regulations and orders within that Act will prevail.

Ringette Canada's Members - the Provincial Ringette Organizations, and all Ringette Alberta Members and Participants as defined by Ringette Alberta Bylaws - will comply with requirements of provincial and local governments and health officials.

# INTRODUCTION

This document should be used in conjunction with the most current version of Ringette Canada's National Direction for Return to Ringette.

The purpose of this document is to provide an Alberta-specific outline of safety protocols and requirements to assist our Members and Participants to return to ringette.

This document is current as of its publication date. It meets the health and safety requirements of the Government of Alberta at that time and aligns with Ringette Canada's National Direction for Return to Ringette. When required, this document will be updated and published to the [Ringette Alberta website](#).

The information in this document is not a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and Ringette Alberta recommends that the [Government of Alberta COVID-19 site](#) be accessed for the most up to date information.

THE PURPOSE OF THIS DOCUMENT IS TO PROVIDE AN ALBERTA-SPECIFIC OUTLINE OF SAFETY PROTOCOLS AND REQUIREMENTS TO ASSIST OUR MEMBERS AND PARTICIPANTS TO RETURN TO RINGETTE.



RINGETTE ALBERTA WILL SUPPORT MEMBER ORGANIZATIONS AS THEY PREPARE AND IMPLEMENT RETURN TO RINGETTE PLANS.

Specific questions can be directed to appropriate Ringette Alberta staff based on topic:

✉ **GENERAL**

- David Myers ([david@ringettealberta.com](mailto:david@ringettealberta.com))

✉ **COACH SAFETY GUIDELINES, MEMBER MESSAGING, ON ICE SESSION PLANNING**

- Bronwen Harvey ([bronwen@ringettealberta.com](mailto:bronwen@ringettealberta.com))

✉ **OFFICIALS SAFETY GUIDELINES AND FACILITIES**

- Lauren Koster ([lauren@ringettealberta.ca](mailto:lauren@ringettealberta.ca))

✉ **SAFETY OFFICER GUIDELINES, SANCTIONING AND REGISTRATION**

- Carolyn Reich ([carolyn@ringettealberta.com](mailto:carolyn@ringettealberta.com))

# DEFINITIONS



## PHYSICAL DISTANCING

**Maintaining a 2m distance** between yourself and others, or between people from different households/cohorts. **During moderate to intense physical activity, a distance of 3m is recommended.**



## PARTICIPANTS

For the purposes of this document, **any individual participating in ringette** activities; coaches, officials, athletes.



## TEAM

**Typical grouping within an association;** because of the circumstances, teams may include individuals from a few different associations to make competition viable and equitable. Restrictions may be placed on team sizes to help facilitate mini-league operation.



## COHORT

A group of people who **cannot maintain physical distancing** (do not remain 2m apart); a closed group who participate in the same sport or activity. Limiting the number of cohorts in which one participates is recommended.



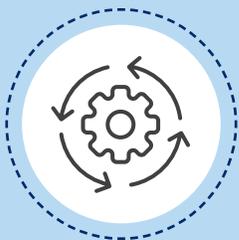
## MINI-LEAGUE

Another name for cohort; groups of teams which practice or play amongst themselves, **up to 50 people**. Teams in different mini-leagues may not play one another.



## SANCTIONED ACTIVITY OR EVENT

**Ringette Alberta has approved the activity or event.** If the activity or event is sanctioned, the bylaws and policies of Ringette Alberta apply and Ringette Canada's liability and accident insurance is in effect. **Members of Ringette Alberta may not operate un-sanctioned events or activities.**



## PROGRESSIONS

**Used as part of Ringette Canada's National Direction for Return to Ringette**



## STAGES

**Used by the Government of Alberta as part of the provincial re-opening strategy.**



# COHORTS

Where physical distancing is not possible, such as during ringette competition and any training or practice that requires athletes to come within **3 metres (recommended for moderate to intense physical activity)** of one another, cohorts must be used. Cohorts help mitigate the risk of widespread transmission by limiting the number of people that come into close contact with one another. This allows sports teams to return to action in a manner that most closely resembles regular practices and game play.

**For arena sports, including ringette, athletes, coaches, and officials, are included in the cohort.**

While Ringette Alberta recommends individuals consider limiting their cohort participation, combinations listed in Table 1 are permitted. Individuals are permitted to participate in a maximum of 2 ringette cohorts. Those who exercise this option should register with their local association as per normal.

Additionally, those who are participating in 2 ringette cohorts and another sport cohort outside of ringette, are required to disclose, to Ringette Alberta only, their participation in other sport cohorts. This information must be kept up to date. This step is part of Ringette Alberta’s risk mitigation measures and this information will only be shared as part of future legal proceedings, should those occur. The form to disclose outside sport cohort participation can be found here: [Outside Sport Cohort Declaration](#).

COHORT 1	COHORT 2
Player	Coach
Player	Official
Coach	Official
Coach	Coach
Official	Official

## MINI-LEAGUES

Cohorts may be organized to form **mini-leagues** to enable competition. Each mini-league may consist of multiple teams, coaches, and on-ice officials up to a maximum of 50 people. Game play is limited to the teams in each mini-league.

More information on team formation and mini-leagues can be found [here](#).

Ringette Alberta will work directly with Local Associations, and Leagues (BGL, Chinook, CORA, and NAWRA) to assist with the creation of mini-leagues and a modified competition structure.

**NON-ESSENTIAL TRAVEL IS NOT RECOMMENDED.  
OUT OF PROVINCE PLAY IS NOT SANCTIONED.**



# COACHES, TEAM STAFF AND ON-ICE OFFICIALS CERTIFICATION/TRAINING

Ringette Canada is adapting most certification and training clinics and seminars for Team Staff, and On-Ice Officials to an online format. This information will be updated on the [Return to Ringette page](#) on the Ringette Alberta website, as well as Coach and Officials sections at [ringettealberta.com](http://ringettealberta.com).

Details about what certifications will be required can be found on the [Ringette Alberta website](#).

## Officiating

While the changes to cohort restrictions, as described above, will partially address an extreme shortage of officials this season, it will not address it entirely.

To ensure player safety and mitigate risk for Ringette Canada, Ringette Alberta, Local Ringette Associations and especially individuals, a simplified, self-directed, on-line training course has been developed to equip coaches with the information they need to officiate games and safeguard them from potential liability. The emphasis of the course is on player safety and basic rules.

We recommend one coach per team, as a minimum, complete this training. This course is mandatory for only those coaches who will be performing the officiating role. Under no circumstances are coaches to take on the role of officiating without this training. Coaches will receive PD points for completing this training.



# ABOUT MASKS

MANDATORY

WITHIN A COHORT

	GAME PLAY	PRACTICE	OFF ICE TRAINING	ALL OTHER TIMES / ACTIVITIES
PLAYERS				
COACHES				
ON ICE OFFICIALS				
MINOR OFFICIALS				

- <sup>1</sup> Where possible, practice physical distancing
- <sup>2</sup> Includes dressing rooms, facility common areas, other team activities, etc.
- <sup>3</sup> Physically distancing not required within the minor officials box. Minor officials are not permitted to enter the penalty boxes

NON-COHORT  
(individuals interacting with a cohort)

	GAME PLAY	PRACTICE	OFF ICE TRAINING	DRESSING ROOMS	ALL OTHER TIMES / ACTIVITIES / FACILITY / COMMON AREAS
NON-COHORT COACHES / INSTRUCTORS	NO ACCESS			NO ACCESS	
PARENTS / SPECTATORS				NO ACCESS	Follow local bylaws and facility requirements

- <sup>4</sup> Individuals are not permitted on the players' bench. See parents / spectators
- <sup>5</sup> Only individuals within the cohort are permitted in dressing rooms.
- <sup>6</sup> Masks and physical distancing recommended at minimum. Where in place, must comply with local bylaws.



# SAFETY OFFICER AND RAMP

Each Association must appoint an Association Safety Officer as stated in the Ringette Canada guidelines. In addition to the responsibilities outlined in the Ringette Canada guidelines, the Association Safety Officer is responsible for:

- 1 Adding each team and/or cohort to the RAMP InterActive Team App
- 2 Assigning each team and/or cohort a Safety Officer(s)
- 3 Ensure these Safety Officers are completing their responsibilities as described in the next section.

In Alberta, each team and/or cohort also requires a Safety Officer(s). The Team/Cohort Safety Officer is responsible for:

- 1 Adding ALL events and participants (players, coaches, officials) to Team App
- 2 Ensure all participants complete their COVID-19 Health checklist prior (24 hours maximum) to participating in any sanctioned event.
- 3 Remove team members who are marked available for an event but do not attend. Follow up with the team member as to the reason for their absence.

## RAMP INTERACTIVE TEAM APP

Ringette Alberta has worked with RAMP InterActive to add the COVID-19 Alberta Health Daily Checklist to their Team App. The RAMP Team App will include a reporting function for contact tracing in the event an individual in ringette tests positive for COVID-19. All participants **MUST** complete the checklist and sign off no more than 24-hours prior to their event.

Ringette Alberta is covering the cost of the RAMP Team App for the 2020-21 season.

The RAMP Team App **must be used for all events and activities sanctioned by Ringette Alberta**. The Safety Officer for the group must be identified prior to sanction approval.



# GAME FORMAT AND RISK

Game conditions can have a significant impact on the mindset of players, coaches and observers and influence conduct and expectations.

The following definitions of types of games and the conditions that **must be in place** for each are provided to ensure all participants align their expectations accordingly.

Under no circumstances are unqualified individuals permitted to officiate a game of any type.

In all situations involving minors, adult supervision is mandatory.

In all situations, if any unsafe conditions are present, responsible parties are required to intervene to terminate the activity or eliminate unsafe conditions.

	League Game	Exhibition Game	Shinny/Scrimmage
May be used for statistics	Y	N	N
May count in standings	Y	N	N
Qualified officials used <sup>1,2,3</sup>	Y	Y	N

1 For U10 Step 1 and Step 2, coaches facilitate game play. Coaches with NCCP training are considered qualified for this role.

2 For U10S3 thru U14A this means Ringette Canada certified officials OR coaches who have completed the Introduction to Officiating for Coaches course.

3 For U14AA and up, this means Ringette Canada certified officials.



# TRAVEL, ACCOMMODATIONS AND RISK MITIGATION

## WHEN IN DOUBT...

Individuals who are not members of the cohort

## SHOULD NOT

share the same enclosed space with members of the cohort.

## TRANSPORTATION

### BUS TRANSPORTATION

**Not recommended.**

If no other transportation options are possible, the following steps should be taken to ensure hygiene is practiced and public health authority guidelines and restrictions are met.

- Individuals outside the cohort should not occupy the same bus
- Ensure physical distancing in the bus so players and team staff are not sitting next to each other (physical distancing - two meters)
- The bus should be professionally cleaned and disinfected thoroughly prior to each road trip and should be cleaned regularly during the trip. It is recommended to discuss with the bus company what its cleaning procedures are.
- Discuss with the bus company the importance of the driver following all public health authority guidelines.
- Riders should wash their hands every time they are about to board the bus.
- Riders should clean and disinfect their seat and surface area with disinfectant wipes after each stop and prior to each departure.
- Hand sanitizer and disinfectant wipes should be available on the bus.
- Riders should wash their hands every time they disembark the bus.
- Have proper waste disposals on the bus to discard used disinfectant wipes.

### PRIVATE VEHICLE TRANSPORTATION

Sharing space in a private vehicle among individuals in the same household or personal bubble is acceptable.

Sharing space in a private vehicle among individuals who are outside the same household, personal bubble or cohort is not recommended.

## ACCOMMODATIONS

### PRIVATE ACCOMMODATIONS

- Sleep overs are not sanctioned
- Individuals outside the cohort must not stay in private accommodations with anyone outside their personal bubble or cohort.

### COMMERCIAL ACCOMMODATIONS

- Individuals outside the cohort must not stay in the same room in commercial accommodations with anyone outside their personal bubble or cohort.
- Occupants should confirm that the commercial accommodations are meeting the public [Guidance for Hotels, Motels, Bed & Breakfasts and Vacation Rentals](#).



# FACILITIES AND SPECTATORS

Restrictions on the number of spectators, when or if dressing rooms are available, and the total length of time groups are permitted in arena spaces is the decision of the municipality or facility.

The Government of Alberta strongly recommends that spectators wear masks. Some municipalities will have stricter rules around mask usage; Ringette Alberta members and participants must comply with these directives.

Anyone who is not included in the cohort is not permitted in participant spaces; this includes dressing rooms.

## DRESSING ROOMS

Only individuals from within the cohort are permitted within the dressing room

## PLAYERS BENCH

Only individuals from within the cohort are permitted on the players bench

## PENALTY BOXES

Only individuals from within the cohort are permitted in the penalty box

## MINOR OFFICIALS BOX

Non-cohort individuals may enter the minor officials box. Cohort individuals must not enter the minor officials box. While most minor officials boxes are separated from penalty boxes by plexi-glass, if there is any risk of non-cohort and cohort individuals coming within 2 metres of one another, minor officials must wear masks.

## LOBBIES, HALLWAYS AND OTHER COMMON AREAS

All individuals should wear masks and must practice physical distancing in these areas.



# NON-COHORT TEAM STAFF

Non-cohort team staff are permitted at U14, U16, U19, Open and the NRL provided all the following conditions are met:

- 1 Non-cohort team staff must be identified\* in advance and remain designated as such for the duration of the cohort.
- 2 The Rule of 2:
  - a) Must be adhered to at all times
  - b) During competition, there must be a minimum of 2 certified\*\* and screened coaches from within the cohort on each players' bench

- 3 Non-cohort team staff may not enter the dressing room.
- 4 Non-cohort team staff may not access the players' bench during competition.
- 5 At all other times, non-cohort team staff must physically distance (3 metres during athletic activities)

\*Ringette Alberta will determine this process

\*\*Requirements currently under review

**Masks must be worn by all non-cohort team staff, however, wearing of masks will not be considered an alternative to the physical distancing requirement.**

**Please review the Consequences and Safety Measures document found on the Return to Ringette section of Ringette Alberta's website.**

# RETURN TO RINGETTE COMPONENTS

While restrictions remain in place for sport, the primary concern for Ringette Alberta is the health and safety of all participants. The intent is not to re-create the regular season structure, but to offer local/regional training and development opportunities. Safety, not competition, is paramount.

## A. PROGRAM OPERATION OPTIONS: PHYSICAL DISTANCING OR COHORTING

Programs may only be operated in one of two ways:



### WITH PHYSICAL DISTANCING

All participants remain a minimum of two metres apart during participation. (3m is recommended from moderate to intense physical activity). This includes athletes and coaches.

Competition of any kind is not permitted.

Drills involving two or more athletes that recreate any game-like situation, thereby violating the physical distancing requirement, are not permitted.

On-ice programs should utilize either a lane setup formation or a station-based setup formation. Both formations allow for physical distancing of two metres to be maintained.

Each ice session must be planned and communicated in advance to participants and parents where applicable.

Limit the amount of wait time in lines and if wait time is required ensure these markings are clearly communicated and identified to participants.

Athletes may participate in more than one physically distanced activity.



### WITH COHORTING

Participants are permitted to have close contact with one another. This includes athletes, coaches and officials.

Competition is permitted.

Programs may also include small area games, scrimmages, realistic drills.

Physically distancing should still be practiced when possible; on-ice plans, dressing room layout, and facility protocols should be communicated in advance.

Individuals should limit the number of cohorts they belong to.

Within ringette, individuals are limited to a maximum of two ringette cohorts. (See above for more details about cohorts)

## B. SUPPLEMENTAL SKILL DEVELOPMENT

### Sanctioned Programs

Group Members of Ringette Alberta may offer supplemental skill development sessions/camps.

Group Members must obtain advance sanctioning to operate these programs.

### Private Programs

**Ringette Alberta does not oversee privately operated programs.** Regardless, these programs are required to follow Alberta Health Service Guidelines which means operating either with physical distancing or cohorting.

## C. RESTRICTED SEASON

### Athlete Assessment and Team Formation

Group Members may choose the process that works best for their situation. Regardless, the assessment and team formation process must adhere to either physical distancing guidelines or cohort guidelines.

#### Things to consider for team formation:

- **Regional cooperation is required to make the Restricted Ringette season work.** Association leaders must work with neighbouring associations to make teams and mini-leagues viable and ensure every player has a place to play.
- **A cohort of 50 does not have to be divided into unique teams.** The entire cohort may operate as one team and individuals within the cohort could be scheduled for specific training and game times. This is a great option for adult players and can work for all ages.
- **Coaches within a cohort should consider operating as one coaching unit.** It will become a challenge for coaches to attend every activity of their specific team. To address this, coaches from other teams within the cohort may attend the activities of another team. For example, a coach of Team A may see themselves leading or assisting in a practice of Team B or being behind the bench for a game with Team B.

#### Mini-leagues

Mini-leagues may be formed to enable competition. Scheduling of mini-league creation will be facilitated by League Members (BGL, Chinook, NAWRA, and CORA) with the full cooperation of Local Associations. The number of teams in a mini-league is flexible as long as the total number of people in the mini-league does not exceed 50. This includes officials, coaches, and athletes. Game play is limited to the teams in each mini-league.

#### Moving Between Mini-Leagues - Changing Cohorts

Individuals or teams may switch mini-leagues. Changing cohorts or mini-leagues does not require complete isolation, rather the participants cannot join another cohort for 14 days since their last involvement with their previous cohort. During this break, participants may continue to practice within their team, a subset of their cohort, or train individually.

#### Adding Participants

Athletes, officials, and coaches may be added to mini-leagues or cohorts after a 14-day break from other sport cohorts. Ringette Alberta recommends Local Associations adopt flexible registration to allow participants to register as the season progresses. This allows participants who participate in other sports to rejoin ringette if they have participated in another sport cohort. It also allows families to make more informed decisions and join ringette once they feel safe doing so. Allowing this is an important factor in ensuring our sport has the highest possible retention rate while these restrictions are in place.

#### Supplemental Coaches/Instructors

Supplemental coaches/instructors include power skating specialists, goalie coaches, or other guests not in the mini-league or cohort group. This type of programming is permitted only if these individuals can maintain physical distancing while delivering the program. They must remain at least 2 metres away from all cohort members at all times (3m when participants are engaged in moderate to intense physical activity). Regardless, the coach/instructor must wear a mask.



## GENERAL CONSIDERATIONS

### GENERAL HEALTH GUIDANCE

- ✓ Outdoor activities are better than indoor. For indoor sports, consider conducting training outside while the weather is nice, if possible
- ✓ Physical distancing of 2m (3m for high intensity workouts) is better than cohorts.
- ✓ Daily Screening and Participant Tracking are requirements of organizers (the RAMP TeamApp is mandatory).
- ✓ No shared personal items (towels, water bottles, shared snacks)
- ✓ Reduce the number of shared items / implements if possible
- ✓ Clean shared items often
- ✓ Clean common touch points often

- ✓ Communicate and practice hand hygiene and respiratory etiquette
- ✓ If first aid is required, the responder should be wearing a mask. If non urgent care, the athlete should wear a mask as well

### RINGETTE SPECIFIC GUIDANCE

- ✓ 2020-21 will not represent a return to normal for ringette
- ✓ Consider using off-ice training (including gym ringette, outdoor fitness, and outdoor 'chalk talks') as much as possible.
- ✓ As time in the facilities will be limited, athletes need to be prepared to complete off-ice warm-ups outdoors.

## REPORTING A COVID-19 PUBLIC HEALTH ORDER VIOLATION

Complying with Public Health Orders are not optional. Ringette Alberta expects every Member and Participant, as defined by Ringette Alberta's Bylaws, to comply with these orders. Violations are unacceptable. The safety of our members and the success of ringette going forward depends on cooperation from our entire community.

Members and Participants will be subject to suspension if they are found in violation. Fines may also be issued by Alberta Health Services under the Alberta Health Act.

**TO REPORT A VIOLATION OF A COVID-19 PUBLIC HEALTH ORDER, COMPLETE THE FORM HERE:**

<https://ephisahs.microsoftcrmportals.com/create-case/>

# CAN I PARTICIPATE IN RINGETTE?



**I HAVE COVID 19 CORE SYMPTOMS**

**1**

**COVID 19 CORE SYMPTOMS**

**ISOLATE**  
at home

Tested

**POSITIVE**  
COVID-19  
AHS test

Legally required to continue isolating for **10 DAYS** from start of symptoms or until symptoms resolve, whichever is longer

I have been **CLEARED** by AHS

**2**

**SECONDARY SYMPTOMS**

**ISOLATE**  
at home

Not tested

**NEGATIVE**  
COVID-19  
AHS test

Continue to isolate at home until **SYMPTOMS RESOLVE**

**NO LONGER**  
have symptoms



**NOTIFIED BY AHS AS CLOSE CONTACT OF CONFIRMED COVID-19 CASES**

**LEGALLY REQUIRED**  
to isolate for 14 days

Tested

**POSITIVE**  
COVID-19  
AHS test

Continue isolating for **10 DAYS** from start of symptoms or until symptoms resolve, whichever is longer

I have been **CLEARED** by AHS

Not tested

**NEGATIVE**  
COVID-19  
AHS test

Continue **14 DAY** isolation from exposure date

**NO SYMPTOMS**  
appear



**RETURNED TO CANADA**

**LEGALLY REQUIRED**  
to isolate for 14 days

Symptoms

Continue isolating for **10 DAYS** from start of symptoms or until symptoms resolve, whichever is longer

**NO LONGER**  
have symptoms

**NO SYMPTOMS**  
for 14 days



## RETURN TO RINGETTE



### 1 COVID-19 symptoms

Fever, Cough (new cough or worsening chronic cough), Shortness of breath or difficulty breathing (new or worsening), Runny nose, Sore throat

### 2 Secondary symptoms

Chills, Painful swallowing, Stuffy nose, Headache, Muscle or joint aches, Feeling unwell, fatigue or severe exhaustion, Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite), Loss of sense of smell or taste, Conjunctivitis, commonly known as pink eye

You are not legally required to share results of a COVID-19 test or explain your absence (i.e., isolation period). If a person chooses not to notify their team, each participant may be contacted by AHS if deemed a close contact and should adhere to the direction provided.



**RINGETTE  
ALBERTA**

**ALBERTA SUPPLEMENT**

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