



# SGRA RETURN TO PLAY COVID-19 INFORMATION GUIDE



UPDATED OCTOBER 8, 2020

Spruce Grove Ringette Association (SGRA) will be working together with Ringette Alberta and Ringette Canada to follow guidelines for Return to Play. These documents can be found on the following websites:

Ringette Canada: [www.ringette.ca](http://www.ringette.ca)

Ringette Alberta: [www.ringettealberta.com](http://www.ringettealberta.com)

SGRA: [www.sprucegroveringette.com](http://www.sprucegroveringette.com)

Attached to this information guide is a Facility Guide for all arenas being used by SGRA. All members of SGRA along with supporters of our sport must follow all guidelines for each facility.

This document is a living document that will be continually updated here and on our website for our members.

Some important information as the season gets underway:

- Please follow all posted guidelines at all facilities.
- ALL athletes and coaching staff MUST fill out the COVID waiver on the RAMP Team app prior to any team activity (dry land or practice).
- Masks are required for anyone entering any facility that SGRA uses for ice. This includes participants. Participants are required to wear a mask into the dressing room. They are to remove their mask when putting on their helmets and store their mask with their personal items. They must wear a mask upon completion of the skate and while exiting the building.
- Participants are to come dressed with the exception of skates, helmet and gloves.
- Please bring water bottles FILLED and labeled with the athlete's name. No sharing of water bottles will be allowed.
- Participants must leave the facility immediately after the skate.
- Visiting between players and parents must be done outside the rink before/after the skate.
- Be aware of Physical Distancing (2m) while in any facility SGRA uses.
- Due to facility limits, viewing areas will be limited. Only 1 parent/guardian is allowed per participant. If children must come out of necessity, they must be seated with their parent/guardian.
- Upon arrival to the facility, participants must go directly to their designated area to put on skates and spectators must go directly to the seating area unless skates need to be tied.
- If a participant shows symptoms of COVID-19, they will immediately be isolated according to facility guidelines and be required to be picked up by a parent/guardian immediately.



# SGRA RETURN TO PLAY COVID-19 INFORMATION GUIDE



<b>Stu Barnes/Grant Fuhr</b> (City of Spruce Grove )	<b>Tri Leisure Center</b>	<b>Glenn Hall</b> (Town of Stony Plain)
<ul style="list-style-type: none"> <li>• Face covering or mask is <b>mandatory</b> in all publicly accessible areas of the facility. This includes participants entering and exiting the facility (must bring your own)</li> <li>• <b>Maximum of 100 spectators</b></li> <li>• Practice physical distancing (maintain 2m between people)</li> <li>• Practice healthy hygiene habits</li> <li>• Complete pre-activity screening through SGRA</li> <li>• Arrive <u>no more</u> than <b>15 minutes</b> for practices and <b>30 minutes</b> for games.</li> <li>• Dressing rooms will be open, although it is recommended to come dressed to prevent extended gatherings in the dressing rooms</li> <li>• Participants to go directly to dressing rooms</li> <li>• Comply with specific areas as laid out by facility staff</li> <li>• Exit facility immediately after ice time (no more than 15 minutes)</li> <li>• <b>No off ice warm up or cool downs permitted indoors.</b></li> <li>• Bring filled water bottle (fountains may be unavailable)</li> <li>• <b>One parent/guardian per participant only.</b> Preferably no siblings/other children. If unavoidable, they must remain seated at all times with parent/guardian</li> <li>• Spectators to go directly to seating area unless tying skates</li> <li>• SGRA to encourage drop off/pick up to reduce patrons within the facility</li> <li>• SGRA to pre-screen participants</li> <li>• SGRA to ensure/monitor physical distancing measures</li> <li>• Refrain from cheering/yelling as it presents higher risk of spreading droplets</li> <li>• <b>Must follow all posted facility guidelines</b></li> </ul>	<ul style="list-style-type: none"> <li>• Face covering or mask is <b>mandatory</b> in all publicly accessible areas of the facility. This includes participants entering and exiting the facility (must bring your own)</li> <li>• <b>Maximum of 80 spectators (40 per side) or as directed by TLC based on reasonable physical distancing</b></li> <li>• Practice physical distancing (maintain 2m between people)</li> <li>• Practice healthy hygiene habits</li> <li>• Complete pre-activity screening through SGRA</li> <li>• Arrive <u>no more</u> than <b>15 minutes</b> prior to ice slot</li> <li>• <b>Come dressed</b> (exceptions U19 and goalies)</li> <li>• Participants to go directly to designated area to put on skates</li> <li>• Comply with specific areas as laid out by facility staff</li> <li>• Exit facility immediately after ice time (no more than 15 minutes)</li> <li>• No off ice warm up or cool downs</li> <li>• Bring filled water bottle (fountains may be unavailable)</li> <li>• <b>One parent/guardian per participant only.</b> Preferably no siblings/other children. If unavoidable, they must remain seated at all times with parent/guardian</li> <li>• Spectators to go directly to seating area unless tying skates</li> <li>• SGRA to encourage drop off/pick up to reduce patrons within the facility</li> <li>• SGRA to pre-screen participants</li> <li>• SGRA to ensure/monitor physical distancing measures</li> <li>• Refrain from cheering/yelling as it presents higher risk of spreading droplets</li> <li>• <b>Must follow all posted facility guidelines</b></li> </ul>	<ul style="list-style-type: none"> <li>• Face covering or mask is <b>mandatory</b> in all publicly accessible areas of the facility. This includes participants entering and exiting the facility (must bring your own)</li> <li>• Practice physical distancing (maintain 2m between people)</li> <li>• Practice healthy hygiene habits</li> <li>• Complete pre-activity screening through SGRA</li> <li>• Arrive <u>no more</u> than <b>15 minutes</b> prior to ice slot</li> <li>• <b>Come dressed</b> (exceptions U19 and goalies)</li> <li>• Participants to go directly to designated area to put on skates</li> <li>• Comply with specific areas as laid out by facility staff</li> <li>• Exit facility immediately after ice time (no more than 15 minutes)</li> <li>• No off ice warm up or cool downs</li> <li>• Bring filled water bottle (fountains unavailable)</li> <li>• <b>One parent/guardian per participant only.</b> Preferably no siblings/other children. If unavoidable, they must remain seated at all times with parent/guardian</li> <li>• Spectators to go directly to seating area unless tying skates</li> <li>• SGRA to encourage drop off/pick up to reduce patrons within the facility</li> <li>• SGRA to pre-screen participants</li> <li>• SGRA to ensure/monitor physical distancing measures</li> <li>• Refrain from cheering/yelling as it presents higher risk of spreading droplets</li> <li>• No meetings at facility</li> <li>• <b>Must follow all posted facility guidelines</b></li> </ul>



# SGRA RETURN TO PLAY COVID-19 INFORMATION GUIDE



Calahoo Arena	Riviere Qui Barre
<ul style="list-style-type: none"> <li>• Face covering or mask is mandatory in all publicly accessible areas of the facility. This includes participants entering and exiting the facility (must bring your own)</li> <li>• Practice physical distancing (maintain 2m between people)</li> <li>• Practice healthy hygiene habits</li> <li>• Complete pre-activity screening through SGRA</li> <li>• Arrive <u>no more</u> than <b>15 minutes</b> prior to ice slot</li> <li>• <b>Come dressed</b> (exceptions U19 and goalies)</li> <li>• Participants to go directly to designated area to put on skates</li> <li>• Comply with specific areas as laid out by facility staff</li> <li>• Exit facility immediately after ice time (no more than 15 minutes)</li> <li>• No off ice warm up or cool downs</li> <li>• Bring filled water bottle (fountains may be unavailable)</li> <li>• <b>One parent/guardian per participant only.</b> Preferably no siblings/other children. If unavoidable, they must remain seated at all times with parent/guardian</li> <li>• SGRA to encourage drop off/pick up to reduce patrons within the facility</li> <li>• SGRA to pre-screen participants</li> <li>• SGRA to ensure/monitor physical distancing measures</li> <li>• Refrain from cheering/yelling as it presents higher risk of spreading droplets</li> <li>• Each team is responsible to sanitize the touch points on the bench once the on-ice session is complete.</li> <li>• Players entrance through SW Double Main Doors and exit through the SE players exit doors.</li> <li>• Spectators will enter at ice time through SW Main doors and exit through the WEST doors of the arena.</li> <li>• Parents are not allowed into dressing rooms.</li> <li>• <b>Must follow all posted facility guidelines</b></li> </ul>	<ul style="list-style-type: none"> <li>• Face covering or mask is mandatory in all publicly accessible areas of the facility. This includes participants entering and exiting the facility (must bring your own)</li> <li>• Practice physical distancing (maintain 2m between people)</li> <li>• Practice healthy hygiene habits</li> <li>• Complete pre-activity screening through SGRA</li> <li>• Arrive <u>no more</u> than <b>15 minutes</b> prior to ice slot</li> <li>• <b>Come dressed</b> (exceptions U19 and goalies)</li> <li>• Participants to go directly to designated area to put on skates</li> <li>• Comply with specific areas as laid out by facility staff</li> <li>• Exit facility immediately after ice time (no more than 15 minutes)</li> <li>• No off ice warm up or cool downs</li> <li>• Bring filled water bottle (fountains may be unavailable)</li> <li>• Spectators are strongly discouraged. The bleacher doors will be locked with no access. Lobby can only have a maximum of 32 at any one time.</li> <li>• SGRA to encourage drop off/pick up to reduce patrons within the facility</li> <li>• SGRA to pre-screen participants</li> <li>• SGRA to ensure/monitor physical distancing measures</li> <li>• Refrain from cheering/yelling as it presents higher risk of spreading droplets</li> <li>• <b>Must follow all posted facility guidelines</b></li> </ul>



# SGRA RETURN TO PLAY COVID-19 INFORMATION GUIDE

