

RETURN TO RINGETTE



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WELCOME TO THE WATERLOO RINGETTE ASSOCIATION!

You've signed your child up to play the fastest game on ice. They're part of a team, playing a game that they love. Life doesn't get better than that! If your player is new to the sport – welcome! If you're returning – welcome back!

We've put together a package of information for parents and players to hopefully answer some questions you may have but you are always welcome to drop us an email at any time with comments, questions or concerns. Please email info@waterlooringette.com.

The Waterloo Ringette Association keeps its website up to date with resources for parents regarding suppliers, equipment and general ringette information. Please visit www.waterlooringette.com.

To stay up to date on what is happening around the rink please follow us:



Waterloo Ringette Association



@WRARingette



wraringette

The 2020-2021 season is certainly different than any other season. We have worked alongside Ringette Ontario (RO) and the City of Waterloo to get our players back on the ice as safely as possible while adhering to all COVID-19 health guidelines from The Region of Waterloo Public Health and the Ontario Provincial Government. The following pages outline rules, regulations, expectations and reporting protocols for the coming season and COVID-19. RO has implemented a program for all associations as a direct and concise pathway between them and all associations in the province. WRA's Covid Safety Leader (CSL) is Carolyn Baltaz. Please direct all COVID related inquires to csl@waterlooringette.com

Yours in Ringette,
Waterloo Ringette Association Board of Directors

WRA 2020-2021 COVID PROCEDURE REGISTRATION

REGISTRATION

- Players/Parents/Coach/Bench Staff/Volunteers must use an active email for registration. All registrants are required to be reachable via email, as this is how weekly (or more frequent) COVID updates will be sent.
- All forms must be completed prior to participating in WRA sanctioned activity (includes on and off ice). The Registrar and President will ensure registrations are complete. Players will hear from their head coach if registration is incomplete.

PREPARE

- The usual equipment-helmet with ringette facemask, ringette stick, ringette ring, skates with protectors, shin pads, girdle, ringette pants, elbow pads, neck guard, gloves, practice jersey and labelled water bottle (CANNOT BE SHARED)
- RO has also provided an additional recommended COVID list
 - Personal Protective Mask
 - Latex (or equivalent) disposable gloves
 - Hand sanitizer
 - Separate cloth bag for helmet and gloves, practice jersey/pants (these are recommended)

COVID CHECK IN

- Player/parent/bench staff to complete health attestation the day of ringette activity and will be kept for 4 weeks per Waterloo Regional Public Health & RO for contact tracing purposes. Designated team staff (coach/bench staff/manager) to confirm completed attestation prior to activity and is responsible for record keeping.
- Parents will be given a link to Google Form for health attestation as well as parent/guardian attendee tracking. Google Form will be WRA's tracking source until Ramp app is operational.

COVID INFORMATION

- [Government of Canada - COVID-19: Prevention and Risks](#)
- [Government of Canada - Reduce the spread: Wash Your Hands](#)
- [Government of Canada - COVID-19: Symptoms & Treatment](#)

- To complete your daily check-in or to determine if further assessment or testing for COVID-19 is required please visit [Government of Canada - COVID-19 Self-Assessment Tool](#). If you feel unwell please follow the flowcharts on pages 5 & 6.

- Covid-19 is an evolving situation. To remain current on our local situation with any updates and guidance please visit [Region of Waterloo - COVID-19](#)

UNDER NO CIRCUMSTANCES ARE SICK OR SYMPTOMATIC INDIVIDUALS TO ENTER THE TRAINING FACILITY TO TRAIN OR WATCH!

Please note that this is an evolving process and that all updates will be posted on our website. [Waterloo Ringette - COVID](#)

For frequently asked COVID question as they relate to Ringette Ontario, please visit [Ringette Ontario - Return to Play](#).

ILLNESS REPORTING

- The following are recommended guidelines for coaches, parents, guardians, participants and COVID safety leaders who are sick or showing symptoms of COVID-19. **It is important to remember that public health authorities and advice from physicians must be followed in any situation where a participant is sick.**
- The procedures below apply to non-injury related illness and all other return to play guidelines specific to injuries still apply.

- All illness related situations must be relayed to your head coach within 24 hours, who will be responsible for informing COVID Safety Leader.
- Participants must get clearance to return to ringette activity from COVID Safety Leader

Participant advises team staff they are not feeling well or have symptoms of COVID-19 and will not be attending

Participant is advised to follow up with their physician or public health authority for instructions. They will require a note from their physician to return to activity

Any participant with suspected COVID-19 will not return to ringette until all public health authority steps have been completed. Participant will require a note from their physician to return to activity and clearance from CSL

If a participant is confirmed to have COVID-19, refer to the section regarding positive testing communication

PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY

Participant advises head coach/bench staff immediately and removes themselves from activity

Participant retrieves their mask and puts on immediately. Anyone caring for the participant will also wear a mask

Parent/guardian is advised to take participant home. If participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, participant will find an area to isolate

Participant will contact their physician and/or call their local public health unit. (519-575-4400 for Waterloo Region Public Health). Follow directions from qualified medical professional. Participant will require a note from their physician to return to activity and clearance from CSL

- The procedures below apply to a positive test of COVID-19 and all other return to play guidelines specific to injuries still apply.
- If an ill participant (or their parent/guardian) elect to inform their team/CSL that they have been diagnosed with COVID-19, the CSL shall seek the participant's (parent/guardian) consent to contact public health (unless public health contacts association) in order to obtain advice on communication with potentially impacted participants. The participant will be asked to advise public health of their consent.
- CSL will NEVER disclose ill participant's name during communication

A ringette participant/parent/bench staff/official or volunteer tests positive for COVID-19 and contacts their physician. Must follow public health guidelines

Immediate removal from ringette for anyone in the home

Report to public health authorities and follow their guidelines

Public health authority determines communication protocol and all contact tracing. Cooperating on any necessary communication

Note required from physician or public health authority and clearance from CSL to return to play

TRAINING AND ENTRY PROCEDURE

- Entry time into the facility will be 15 minutes prior to ice time
- Players/parents are to meet in the parking lot 30 minutes prior to ice time
- Rules and regulations will be gone over and check health attestations are completed
- Players are asked to supply their own practice jerseys at this time
- Players are to come dressed (full equipment less helmet and skates)
- Goalies are to come dressed (full equipment less pads, helmet and skates)
- Masks must be worn at all times when in the facility
- Coaches may take off their mask and put on their helmet. Masks must be worn on the ice unless 3 meter social distancing is being kept from players
- 20 skaters are allowed on the ice at a time (includes all bench staff)
- **3 meter physical distancing must be observed and adhered to at all times on the ice**
- No prolonged or deliberate physical contact
- Ice time will be 50 minutes (20 minutes given after for flooding and disinfecting)
- Players are being placed in group by year of birth (age) and may change in October when/if WRA reached stage 3 with Ringette Ontario
- RIM is operating right now. Albert McCormick and Moses Springer are scheduled to open September 13th

FACILITIES

RIM

- All entry/exit is controlled and must be through the front (by the Benchwarmer)
- Players/parents are to park and walk in using designated entry doors (no drop offs). Teams must arrive together as entry will happen at one time
- Facility doors are locked and team will be met by facility ambassador. COVID check in will happen verbally by facility
- Take care to follow facility signage & direction of facility staff
- **There are no in/out privileges**
- One parent allowed per minor player. If parent has player's minor sibling with them, then parent and sibling must leave facility once player is on the ice. Player will be brought out by coach or other team member when ice time is completed
- Masks must be worn by parents and players. Player may take off their mask to put on their helmet
- Chairs are stationed around arena. Player is to use chair to put on their skates. Equipment bag to be left in their chair area. Parent can use their player's chair during ice time
- Players are to exit ice when buzzer goes. Take off skates and no other equipment and leave facility immediately following exit markings
- Injuries on the ice may be relayed from coach to parent with parent going to facility desk to report. No wondering in facility is permitted.
- Change rooms are closed at this time
- One person in the washroom at a time
- NO warm-up in facility
- Food & drink are not prohibited but masks must be worn at all times

RIM Park - Controlled Entry Facility Entry Access Points

