



**PORT COQUITLAM RIDGE MEADOWS RINGETTE
ASSOCIATION (PCRMRA)
RETURN TO PLAY PLAN**



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A	19-Aug-2020	Issued to Ringette BC	T.Portugal	Executive Board	C.Gray
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RETURN TO PLAY PLAN



REVISION HISTORY

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1.0 PURPOSE

To outline the processes and measures for how Port Coquitlam Ridge Meadows Ringette Association (PCRMRA) will safely return to play for the 2020/2021 season.

2.0 OVERVIEW

The following document outlines the recommended processes and measures with regards to the provincial “Return to Sport” program. Addressed in this document are limitations to group size, physical distancing measures, modifications to on and off ice activities, all the while placing an emphasis on safety and skill development.

PCRMRA, under guidance of Ringette BC, has adopted Ringette BC’s Return to Ringette Guidelines (Version 12 – July 7, 2020)

3.0 WHO SHOULD READ THIS DOCUMENT

All annual members of PCRMRA, their families, Coaches, Officials, Administrators, and Volunteers.

Club executives, coaches, families, and all who read this document are to abide by its guidelines / procedures.

4.0 GOVERNANCE

PCRMRA, under guidance of Ringette BC, has adopted Ringette BC’s Return to Ringette Guidelines (Version 12 – July 7, 2020). See Appendix A.

Ringette BC’s Return to Ringette Guidelines are founded on the overriding principle of fostering and providing a safe environment for all participants. The Return to Ringette Guidelines seek to balance the maximum allowable participants with the context of the regulations put forward by the Provincial Health Officer (PHO).

The Return to Ringette Guidelines are to be used in conjunction with the following documents:

1. BC Guidelines from WorkSafeBC and the Provincial Health Authority
2. BC Parks and Recreation (BCRPA) Guidelines
3. BC Recreation Facilities’ Association Resources (BCRFA)
4. viaSport’s Return to Sport Guidelines for the Sport Sector
5. Ringette Canada’s National Direction on the Return to Ringette

This document has been created by the PCRMRA COVID-19 Sub-Committee composed of the following people:

- Terence Portugal – PCRMRA Vice President
- Michelle MacRae – PCRMRA Director of Coaching
- Dave Clarke – PCRMRA Director of Athlete Development
- Meagan Jewell- PCRMRA Director of Officials
- Dave Speers – PCRMRA Past President
- Gordon Wilson – PCRMRA Covid-19 Safety Officer

- Maryse Garcia – PCRMRA Coordinator at Large

It has also been reviewed and approved for implementation by the PCRMRA Executive Board.

5.0 INDIVIDUAL RESPONSIBILITY

- Ensure they are familiar with this document, its policies and procedures, and reference material.
- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, alcohol-based hand rubs (ABHR), hand sanitizer spray or gel, can be used to clean your hands if they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Do not share food, drinks, utensils, water bottles, etc.
- All players must have their own pre filled and labelled water bottle.
- Do not shake hands or high five to celebrate or embrace.
- Do not loiter at the facility or in the parking lot before or after events.
- If individuals choose to use Personal Protective Equipment (PPE) while attending events, they must ensure it is properly discarded or cleaned after use.
- The following individuals are NOT to be permitted to attend any on or off ice ringette related event:
 - Any person experiencing any symptoms of COVID-19 (ex. fever, cough, sore throat, runny nose, headache, shortness of breath, etc...). If these symptoms begin while at the event or within 14 days of having attended an event the individual must leave immediately and contact their local public health office for recommendations. The individual must also inform their Team COVID-19 Safety person and their coach.

- Refer to BC COVID-19 Self Assessment Tool for further information:

- <https://bc.thrive.health/covid19/en>

As well as Appendix F in Ringette BC's Return to Ringette Guidelines

- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health (www.gov.bc.ca).
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home.
- Any person who has arrived in British Columbia from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- Individuals that belong to a higher risk demographic/category for COVID-19 related symptoms are recommended to consult with provincial health organizations before participation. Practice physical distancing by keeping two meters (six feet) away from one another at all times.

6.0 PCRMRA RECOMMENDATIONS

- PCRMRA will follow all guidelines outlined in the Ringette BC's Return to Ringette Guidelines document.
- All coaches, athletes, and club personnel must follow municipal and provincial mandates for the sport and at all facilities.
- Size of individual training groups (Coaches, Athletes and volunteers) are currently limited to what is defined by the following documents:
 - Port Coquitlam City Safety Plan – Arena (DRAFT vAug5), Page
 - Nustadia COVID-19 Operational Plan – Phase 1 (June 26, 2020)
 - Ringette BC's Return to Ringette Guidelines

Please refer to Appendices B and C for these facility operational plans. These Appendices shall be updated as the facilities revised their operational plans.

Note: The size of individual training group is determined by the PHO and then by the size of the rink vs the number of safely allowed participants to ensure adequate spacing.

- Total size of gatherings, inclusive of all athletes, coaches, parents, club personnel, officials, and contracted services, to be limited by the Provincial Health Officer and/or Ringette BC's Return to Ringette Guidelines document. PCRMRA will need to consider other factors to determine what number is appropriate for their space and the ability to maintain physical distancing.
- Sets of Personal Protective Equipment (PPE) (i.e. Masks & Gloves) must be available onsite to be donned by coach / safety monitor in case of injury and hands on assistance needed.
- Coaches are to wear non-medical face coverings, if required to by the facility or other governing Sport body (i.e.: Ringette BC, ViaSport) or the PHO.
- Athletes, coaches, club personnel, and officials wearing PPE must ensure it is properly discarded or cleaned after use. All shall be trained in how to properly wear PPE when required.
- PCRMRA will set training schedules accordingly that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches while adhering to facility guidelines (City of PoCo & Nustadia) (i.e. stagger training start times and/or training group locations within facilities.)
- Educate athletes, coaches, and officials on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the facility guidelines (City of PoCo & Nustadia) and the PHO.
- Coaches, club administrators and designated volunteers are tasked with encouraging everyone outside or inside the facility to adhere to physical distancing rules as outlined in the facility guidelines (City of PoCo & Nustadia) and the PHO.
- All equipment must be cleaned and disinfected after each use. (i.e. rings, cones, goalie sticks, etc.). This task should be performed by an adult and not the athletes.
- Coaches/individuals cleaning any equipment must be given Personal Protective Equipment – gloves, mask, and wash their hands often.
- Ensure all the items contained in this document adhere to the requirements of Ringette BC's COVID-19 Safety Plan – Ringette Template.
 - Please refer to Appendix D - Ringette BC's COVID-19 Safety Plan – Ringette Template

- Club executives, coaches and families are to read this document and sign off on an agreement to abide by guidelines / procedures. One completed form per player will be required and submitted to the team manager prior to the first team activity (on or off ice).
 - Please refer to Appendix E - Ringette BC's Waivers of Liability – Ringette Template
 - In addition to Ringette BC's Return to Ringette Guidelines recommendation to assign an association COVID Safety Officer, PCRMRA will require that each team will have a Team COVID Safety person. This person's responsibility is to assist the association COVID Safety Officer in the education of families, day to day monitoring of procedure compliance, attendance check-in, assign volunteer assignments, and essentially be the team point of contact for any COVID related concerns or emergencies. This team COVID safety person shall not be the same as the rostered team trainer or coaching staff.
 - Team volunteer assignments may include, but not be limited to the following:
 - Sanitization of team equipment
 - Sanitization of Time clock, shot clock area
 - Organization of change room and bench seating
- Note: 1. Some facilities may already have pre-existing markings for users to follow outside/inside of the facility*
- 2. Additional COVID-19 measures may be implemented at the team's discretion should it be deemed required.*
- PCRMRA Executive shall review this association Return to Play Plan on a periodic basis, and request the sub-committee convene to revise and republish as necessary. All revisions shall be tracked in the revision log and approved by the Executive Board.

7.0 VENUE & TRAINING FACILITIES

- PCRMRA to ensure to follow all facilities protocols that meet municipal and provincial mandates for capacity, physical distancing and proper hygiene. (i.e. coordination between sports and other athletic clubs.)
 - Please refer to Port Coquitlam City Safety Plan – Arena (DRAFT vAug5) for details
 - Please refer to Nustadia COVID-19 Operational Plan – Phase 1 (June 26, 2020) for details
- Review facility COVID-19 safe operating procedures and ensure they are meeting the Provincial Guidelines.
- Adhere to facility signage outside entrances outlining the physical distancing guidelines in place.
- No use of indoor meeting places or facilities at this time. On-line team meetings will be encouraged.
- Ensure that facilities have removed/disconnected/covered public water fountains (TBC with facility operational plans).
- Any off ice activities will follow all guidelines of the province and Ringette BC with respect to capacity, physical distancing, and hygiene.

8.0 ATHLETE CHECK IN PROCEDURE

In order to adhere to the Provincial and Sport gathering size limitations, Ringette BC Return to Ringette Guidelines, and to maintain positive control of who is at the facility;

- PCRMRA will establish a check in procedure to manage gathering size during training times and spacing between PCRMRA athletes and personnel
- Athletes will approach the check in line up using physical distancing. They will be required to check in using the “Attendance Sheet for Ringette Activities”
 - Please refer to Appendix F the template – “Attendance Sheet for Ringette Activities” provided by Ringette BC
 - Athletes in the U12 division and below will require a parent or guardian to check in with them.
 - Athletes in the U14 division and above can check in by themselves.
- Athletes will be asked questions regarding their current health relating to COVID 19 symptoms
- Any athletes reporting or showing signs of illness will be told to return home and contact Team COVID-19 Safety person and their coach.
 - *Note: Port Coquitlam Recreation Center will have a designated dressing room assigned as an isolation room for symptomatic athletes in occurrences such as this while they wait for pick up.*
- Athletes will arrive dressed with exception of skates and helmets and will be assigned to marked positions to continue to prepare for the ice. Athletes will only have a maximum of 15 minutes prior to their ice time to enter the facility so it is highly encouraged to arrive with all equipment and skate guards on.

Alternatively, all athletes will have 10 min to exit the facility and it is highly encouraged to put on their skated guards and head to their vehicles. The area outside of the facility is not to be used as an outdoor change room.
- If proper physical distancing cannot occur, participants are to ensure they are wearing masks for that period of time.

9.0 MANAGEMENT OF SPECTATORS / PARENTS / GUARDIANS

- 1 (one) spectator/parent/guardian is allowed within the facility during training as defined by Ringette BC Return to Ringette Guideline and facility operational plans. Please be aware of the different phases of the Return to Ringette Guideline and facility operational plans, as each phase may have different requirements.
- The club will be designating team volunteers to assist with the training of groups, team management of the facilities, and adherence to this Return to Play Plan.
- As mentioned above, in addition to the coaching staff and team manager, each team shall designate a Team COVID Safety person to liaise and coordinate with observers and parents.

10.0 RESOURCES AND EDUCATION PLAN

- Review of this PCRMRA Return to Play Plan and education of coaching staff, team managers, and team COVID Safety people will be done during the season kick off meeting (Date/Time TBD) and at any time during the season, as required.
- This PCRMRA Return to Play Plan shall be posted on the association's website, on the homepage, where links to this document will be sent out to the membership.
- The responsibility of informing the membership of updates and change management of this document and its associated reference material shall be by the association COVID-19 Safety officer and team COVID safety person.
- All league and club association board members have been asked to attend a virtual presentation and education session on the guidelines and process of restarting. These training sessions will assist League and association executives with understanding the guidelines while helping local clubs in the creation of their own COVID-19 Safety Plans. Ringette BC will also be hosting training sessions for coaching staff.
- Please refer to the following link for Ringette BC's COVID-19 Resource HUB:
 - <https://www.ringettebc.ca/the-office/covid-19-ringette-bc-resources/>

11.0 EVENT SPECIFIC GUIDELINES

- Practice physical distancing by keeping two meters (six feet) away from one another at all times.
- Practice proper hygiene - Wash hands before and after entering a rink, do not touch your face, avoid touching frequently touched surfaces when at practice.
- Athletes are required to be using their own gear / equipment including pre-filled and clearly labelled water bottles.
- Coaches and officials should be the only ones lifting rings from the ice and not with bare hands.
- While cleaning any equipment, use gloves.
- All athletes and coaches are to confirm attendance in team snap or with a team designate a minimum of 48 hours before attending any session.
- All coaches to pre brief teams / groups about expectations prior to commencing activities.
- Coaches should send practice plans to athletes and families at least 12 hours prior to session to avoid close gatherings around white boards and maximize their ice time.
- PCRMRA will follow all specific practice or game play progressions as outlined in the Ringette BC Return to Play document.
- While 1-2 Team Staff support athletes entering the facility, another Team Staff should be preparing the ice surface to ensure safe physical distancing during on-ice activities; particularly for FUNDamentals to U12.
- No contact or touching – no handshakes, high fives, etc.
- Team staff are encouraged to host team meetings via electronic means such as Zoom, Google meets, etc. to limit in-person contact and to maximize time at the facility for training and practice.

If in-person meetings are required, they should be held outdoors in open spaces or in larger indoors spaces to allow for proper physical distancing.

12.0 OUTBREAK ACTION PLAN

- The Purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual. It is the responsibility of PCRMRA to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe.
- All athletes & coaches attending training sessions must be active members of PCRMRA with current and up-to-date contact information on file either with the club or personal coach.
- Any individual experiencing any symptoms of COVID-19 (ex. fever, cough, sore throat, runny nose, headache, or shortness of breath, etc...) are not be permitted to attend practice or training venues.
- If symptoms begin while at a training venue or within 14 days of having attended a training venue the individual must leave immediately and contact their Team COVID-19 Safety person and their coach and local public health office for recommendations.
- Any individual experiencing any symptoms of COVID-19 outside of the event (ex. fever, cough, sore throat, runny nose, headache, or shortness of breath, etc...) must inform their coaches and/or Team COVID-19 Safety person club personnel (via email or telephone) immediately.
- Any individual who has been told to self-isolate at home, due to having come in contact with someone with symptoms of COVID-19, are not permitted to attend practice or training venues and must inform their coach and Team COVID-19 Safety person or club personnel (via email or telephone) immediately.
- If the affected individual had contact with any other athletes or coaches in the past 14 days, the coach and Team COVID-19 Safety person or club personnel should inform other potentially affected individuals (taking care to keep the affected athlete’s identity and medical information private) and ask those at risk individuals not to train with PCRMRA for at least 14 days, or until tested negative, or approved by public health officer.
- Please refer to Ringette BC Return to Ringette Guideline and facility operational plans for further details on outbreak response.



**PORT COQUITLAM RIDGE MEADOWS RINGETTE
ASSOCIATION (PCRMRA)
RETURN TO PLAY PLAN**



APPENDIX A: RINGETTE BC RETURN TO RINGETTE GUIDELINES

File Name: Ringette BC Return to Ringette Guidelines V12 - July 7 2020 Approved



RINGETTE
BRITISH COLUMBIA

RETURN TO RINGETTE GUIDELINES

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DISCLAIMER

These *Return to Ringette* guidelines are intended to be used for the purposes outlined in this document. Ringette BC strives to provide relevant and timely information; however, information known about COVID-19, also known as the coronavirus, and recommended health and safety measures can rapidly change. No guarantee can be given at this time to the accuracy of the document.

This is not a legal document and the *Return to Ringette* guidelines are to be used as a guide only. This document is not meant to provide legal advice. Do not rely on this document or treat it as legal advice.

Furthermore, this document is not a substitute for actual legislation or orders by the Provincial Government or the Provincial Health Officer (PHO). In the event of ambiguity or conflict between the *Return to Ringette* Guidelines and the *Public Health Act*, regulations and orders within the *Act* will prevail. Ringette BC's *Return to Ringette* guidelines comply with the [Return to Sport](#) Sector Guidelines from [viaSport](#).

Ringette BC and our member organizations will comply with requirements of the federal, provincial and local governments and all health authorities (federal, provincial or regional).

The links provided in this document from third party websites have been provided *for convenience only*. Information found in the links may be updated from time to time. Ringette BC does not monitor these sites and is not responsible for updates.

DEFINITIONS:

- **“Activity”** – practice, team event, training, individual or group etc.
- **“Community”** – for the purpose of this document is the municipalities contained within your local Association boundaries.
- **“Competition”** – ringette game, modified, exhibition, a game played by the Ringette Canada rule book.
- **“Facility”** – a given location where ringette activities take place, and without limiting the generality of this term, a location shall be considered one facility regardless of the number of ice surfaces or gym space, room capacity in the location
- **“Group”** – a collective of athletes and coaches from the same age division who may participate in an activity together (i.e. two U14 teams are a group)
- **“League”** – the community of regional participation for ringette programs and competitions
- **“LSO”** – Local Sports Organization
- **“Outbreak”** – two or more confirmed COVID-19 cases
- **“Participant”** – any individual participating in ringette-related activities - this includes athletes, team staff, parents, officials, spectators, volunteers
- **“Physical Distancing”** – recommended by the Provincial Health Officer to maintain a minimum 2m (6 feet) space between people from different households.
- **“PSO”** – Provincial Sports Organization.
- **“Recreation”** – “physical activities that include those undertaken as leisure, fitness training, and sport-related activities done at the discretion of the individual; either self-led or facilitated by recreation leaders.” ([viaSport Sport Sector Guidelines](#)).
- **“Regions”** – designated regions within the province that adhere to the boundaries and regulations of the Health Authorities within BC
- **“Sanctioned event or activity”** – a Sanctioned Event or activity means that Ringette BC or one of our Member Club-Associations has approved an activity to go forward. If an event or activity is sanctioned it is covered by Ringette BC insurance.
- **“Sport”** – “any organized sport activity that involves a number of people doing a physical activity together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport organization.” ([viaSport Sport Sector Guidelines](#))
- **“Team”** – group of athletes and coaches, as per the guidelines included, formed for the purposes of competition.
- **“User Group”** – renter of a facility including a Provincial Sport Organization, League, Club Association or private company.
- **“viaSport”** – Previously, BC Sport Branch, is a branch of the BC Government responsible for evaluating, monitoring, and supporting sport development in BC.

INTRODUCTION

Ringette BC's [Return to Ringette Guidelines](#) are founded on the overriding principle of fostering and providing a safe environment for all participants. The [Return to Ringette Guidelines](#) seek to balance the maximum allowable participants with the context of the regulations put forward by the Provincial Health Officer (PHO).

The [Return to Ringette Guidelines](#) are to be used in conjunction with the following documents:

1. [BC Guidelines from WorkSafeBC](#) and the [Provincial Health Authority](#)
2. [BC Parks and Recreation \(BCRPA\) Guidelines](#)
3. [BC Recreation Facilities' Association Resources \(BCRFA\)](#)
4. [viaSport's Return to Sport Guidelines](#) for the Sport Sector
5. Ringette Canada's [National Direction on the Return to Ringette](#)

Local Ringette Associations in BC will need to review and understand the Return to Ringette guidelines. Additions and/or changes may be necessary based on regulations and recommendations of the Provincial and/or Regional Health Authorities. The most current version of the *Return to Ringette* guidelines will be posted on the Ringette BC website. Local Ringette Associations are expected to ensure they are working with the most current version.

The information provided in these guidelines does not supersede or override protocols, guidelines, requirements or restrictions set out by the Federal, Provincial and/or Regional Health Authorities or governments.

Ringette BC understands that facilities will have differing re-opening timelines. Leagues and Club Associations will have to work with their facility providers on plan implementations, requirements and timing. Each Local Ringette Association may have different timelines and will have to work with their facility operators in implementing the guidelines for their Club Association. The facilities will reopen at different rates and could require additional resources in order to allow users to return to Ringette. Ringette BC will assist and support the Leagues and Club Associations during the return.

The *Return to Play* process for all sports is fluid. It is highly likely that these guidelines will change as directions from Health Authorities evolve. Ringette BC is following Ringette Canada's *Progressions of Ringette* and the viaSport [Return to Sport Sector Guidelines](#). Please note, the timing of the *Return to Ringette* progressions are subject to change. Ringette BC is committed to keeping the membership informed throughout this process. Those unable to demonstrate adherence to the guidelines may be subject to sanctioning from Ringette BC, the League and/or their Club Association. If there is any conflict between language in the written *Return to Ringette* Guidelines and the online version, the online version will prevail.

COVID – 19

SYMPTOMS

COVID-19 symptoms are similar to those of the common cold and flu and other respiratory illnesses. Symptoms include fever, chills, cough, shortness of breath, sneezing, painful swallowing or sore throat, headache, stuffy or runny nose, loss of sense of smell, fatigue and loss of appetite.

People infected with COVID-19 may not experience any symptoms or experience very mild symptoms. Individuals who have compromised immune systems or individuals with chronic health conditions are found to be more susceptible to contracting COVID-19.

Symptoms of COVID-19 are very broad. As such, it is critical that members with any symptoms of illness stay home.

TRANSMISSION

COVID-19 is transmitted via liquid droplets. When a person talks, coughs or sneezes, these droplets can become airborne. Close contact between people is the primary way the virus spreads. Physical distancing, along with minimal contact, frequent hand washing, avoiding touching ones faces and enhanced cleaning protocols, are the best ways to limit transmission of the virus.

For more information on symptoms or the transmission of COVID-19, including information on best practices for avoiding transmission, please visit the [BC Center for Disease Control](#).

GENERAL HEALTH AND SAFETY GUIDELINES

- If PARTICIPANTS have experienced any symptoms associated with COVID-19 including, but not limited to, coughing, sore throat, fever, shortness of breath, they must not attend activities for 14 days from date of onset.
- If PARTICIPANTS have come in contact with someone experiencing these symptoms, they are not permitted to attend for 14 days from date of contact.
- At a ringette event such as an ice-time, dryland, meeting, etc., a designated volunteer should confirm, prior to all PARTICIPANTS entering the facility, that each PARTICIPANT has not experienced any symptoms such as coughing, sore throat, fever, shortness of breath in the past 14 days.
- All PARTICIPANTS must adhere to all health & safety regulations
- PARTICIPANTS must confirm attendance at an event a minimum of 48 hours prior to the event and if they do not do so they could be denied entry to the event.
- Frequent hand washing is recommended. Hand sanitizer must be available if hand washing access is limited by the facility operator. Facilities should be able to provide each individual

team (as well as the officials) a sink with warm water, automatic hand dryer or paper towel dispenser, soap, and hand sanitizer

- No showering at facilities
- No spitting
- No chewing tobacco, no sharing of vapes or other tobacco products
- Each PARTICIPANT must have their own water bottle. Absolutely, NO sharing of water bottles. PARTICIPANTS should clearly label their water bottle with their first and last name
- All PARTICIPANTS should prepare to come dressed to put on only skates and helmet arrive and leave fully dressed (except gloves, skates, helmet) – in accordance with facility regulations
- Ringette gear is not to be shared
- Follow and adhere to facility capacity restrictions as advised by the facility operator
- No contact or touching – no handshakes, waving and saying thank you to Officials and PARTICIPANTS is an acceptable form of sportsmanship. Officials may wear black gloves if they wish to do so.
- Coaches, Athletes and Officials should keep rings, equipment and other objects required for play in a clean, separate space at their own homes. Items should be clean and sanitized frequently. PARTICIPANTS should avoid handling shared equipment, such as rings, with their bare hands. Sticks should be used to move equipment, such as rings or cones, whenever possible.
- All PARTICIPANTS should carry wipes, hand sanitizer OR pump soap in their equipment bags

VIASPORT - BC SPORT SECTOR GUIDELINES

The BC Government Restart plan outlines how the Province of BC will reopen. viaSport was asked by the Sport Branch of the BC Government to write general guidelines for the Sport Sector. The [Return to Sport Guidelines](#) define four phases of Activity. The BC Restart Plan and the Return to Sport Phases do not align completely for dates of roll out. To understand the Graduated Return to Ringette it is imperative to understand the Sport Sector phases.



PHASE 1 – “Strictest Controls”, Prior to May 19, 2020

The first Phase of the Sport Sector guidelines does not allow for any activities to take place. This phase allows only Essential Services to operate within the province. If the Provincial Health Officer increases restrictions of COVID-19 and the Province returns to Phase 1, ringette-related activities will be suspended.

PHASE 2 – “Transition Measures”, May 19 to September

The second phase of the Sport Sector Guidelines allows for some activities to return. This phase permits small groups focused on individual skill training and activities. Activities must follow physical distancing requirements at all times. IN addition, contact drills or activities are not permitted. It is recommended that activities begin outdoors with some limited indoor facilities usage. Gathering restrictions limit groups to a maximum of 50 people.

PHASE 3 – “Loosening Restrictions”, Date of Phase 3 is TBD

Indoor activities like ringette, hockey, speed skating and figure skating are able to activate in phase 3. During Phase 3, the focus is on staying in the community with some contact activities introduced in small groups. Physical Distancing measures have not been clearly defined under Phase 3 of the BC Restart Plan. Gathering restrictions continue to limit group size to a maximum of 50 people. Modified game play can be introduced in Phase 3 assuming all other restrictions are met and that the facilities permit increased contact drills and skills.

PHASE 4 – “New Normal”, requires a vaccine, herd immunity or widespread treatment

There is no date for when BC will enter Phase 4. This phase allows for full return to sport including large Provincial Championships, tournaments, and large groups.

- 1 Processes to open safely
- 2 Measures to keep people safe to avoid further outbreaks
- 3 A plan in the event that a case or an outbreak should occur

At all phases, there are three factors that the Provincial Health Officer has required groups to keep in mind

For more details on the four phases of Return to Sport above, see Appendix E at the

end of this document, or view the [Return to Sport Activity Chart](#) on the ViaSport website.

GRADUATED RETURN TO RINGETTE

Ringette BC is following a graduated *Return to Ringette*. The process will allow for ringette activities to restart in accordance with the Provincial Health Authorities and Regional Health Guidelines. The progressions of returning to ringette may change, at any time, if restrictions by Provincial and Regional Health Authorities are amended. The Ringette Progressions Chart below has been developed to assist Leagues and Club Associations on the activities permitted as ringette progresses through the *Return to Ringette* guidelines. The Ringette Progressions are not aligned directly to the BC Restart Phases and will need to be progressed through at a pace that allows for ringette's return to be safe and successful. Ringette BC will monitor the movement through the progressions and advise accordingly. However, as each individual municipality, facilities and Regional Health Authority sets their own specific guidelines, there is a possibility that Leagues and/or Club Associations may be in different Progressions.

Ringette Games in Ringette Progression 3 may include modifications for gameplay including 3 vs. 3 and 4 vs. 4 if necessary so that Ringette BC and our members are not offside with Facilities and the *Return to Sport* Guidelines.

PROGRESSIONS OF RETURNING TO RINGETTE



Each of the five ringette progressions listed on the previous page correlate to viaSport's [Return to Sport](#) Sector Guidelines and the Province of BC's [Restart Plan](#). For example, under Phase 1 of the BC Government's Phases, only Essential Services were permitted to operate. Ringette is not an essential service. Should the Government return to Phase 1, ringette-related activities will be suspended again.

Ringette BC will progress through our sport specific timeline proactively but safely to ensure consistency in application of the progressions. The characteristics that define each progression are more detailed below. Ringette BC's progressions align with viaSport's Sector Guidelines outline in the Activity Chart (see Appendix E) that PHASE 2 of Returning to Sport lasts from May 19 to September and does not provide an official date in September. As per the [Order](#) from the Provincial Safety Minister, sports organizations must align with the [Return to Sport Guidelines](#) to be protected under the [Order](#).

All Safe Sport Measures and policies are still in effect throughout the Progressions of returning to Ringette. All volunteers, coaches, administrators are expected to ensure that practices and policies for screening are required.

RINGETTE PROGRESSION 1 - WARM – UP: GET IN, TRAIN, & GET OUT

BEGINS: July 7th, 2020

This progression is permitted under Phase 2 of the viaSport [Return to Sport Guidelines](#) and allows ringette activities to begin. This progression is focused on individual training and practicing in small groups for U12 and above. U10 and below will not participate in this progression. Coaches should plan activities where participants can maintain physical distancing, while practicing individual skills. This progression emphasizes small groups and focuses on development of fundamental skills. In the event that Provincial Health restrictions return ringette could return to the "WARM-UP" stage of activity. If Club Associations do not have access to ice surfaces, they are permitted to begin ringette-related activities, if allowed in their region, using fields, gyms, and other venues.

Ringette Progression 1 allows for:

- U12 and above;
- activities to take place both on and off-ice;
- indoor and outdoor physical activities;
- activities that allow athletes to practice skating skills, individual ringette skills, fundamental movement skills; and
- Physical distancing.

RINGETTE PROGRESSION 2 - PERIOD 1: COMMUNITY FOCUS, FEWER FACES, BIGGER SPACES**TIMELINE:** estimated date of September 1st, 2020

Ringette Progression 2 will begin no earlier than September 1st. This progression permits Associations to begin some contact drills and allows for more group activities to begin within the community. This progression aligns with Phase 3 of the Sport Sector Guidelines, which indicates that Phase 3 of *Return to Sport* will not be until September, see the viaSport [Activity Chart](#).

Ringette Progression 2 allows for:

- some modified contact drills and activities to be introduced at U12 and above;
- U10 may begin individual skill and practice sessions in small groups;
- physical distancing still enforced;
- “Skills & Drills”;
- focus of activity remains community-based; limited travel permitted; and
- Game play is not permitted and activities should remain within the community.

RINGETTE PROGRESSION 3 - PERIOD 2: REGIONAL RINGETTE RETURNS**DATE:** TBD

This Progression allows for modified ringette games to be played between Club Associations. This Progression is **ONLY** permitted under **PHASE 3** of the viaSport *Return to Sport Guidelines* (see Appendix E) and must have facility permission. The ability to travel will be determined by Regional Health Authorities. The objective is to form as many teams as possible to allow for modified gameplay to occur within individual Club Associations, or between neighboring Club Associations to allow for modified games.

Ringette Progression 3 allows for:

- evaluations and Team formation;
- introduction of modified ringette games with minimum contact – inter-Club and regional;
- Inter-club play of modified ringette games may be permitted;
- Regional/League play may be permitted;
- Travel between regions is permitted;
- Excellence in-person screening; and
- Inter-league Competition and Tournaments remain prohibited.

**If the Province returns to Phase 1 or Phase 2 of the BC Restart Plan,
ringette-related events will be changed or restricted as per the BC
Government Restart Plan guidelines.**

TO PLAY A RINGETTE GAME IN PROGRESSION 3, YOU MUST:

1. Adhere to all Provincial Health Officer guidelines and restrictions including size of gatherings, physical distancing requirements and proper hygiene;
2. Adhere to the limits below when attending a ringette game in any format (exhibition or modified)
 - a) **Maximum Group Size:** 50 people TOTAL
 - Home Team: 10 players + 3 Team Staff + 10 spectators = 23 people
 - Visiting Team: 10 players + 3 Team Staff + 10 spectators = 23 people
 - Officials: Two On-Ice Officials = 2 People
 - b) Team Staff are responsible for ensuring proper team communication to ensure they do not exceed their allotted **23 people**.
 - c) Where a team has one or more parents as Team Staff, they are still limited to a maximum of **10 spectators**. It is up the team staff to communicate with their families to determine the allotment of spectators per family for an event.
3. Follow the facility guidelines

GAME PLAY – GENERAL ADAPTIONS

- Limited roster size;
- Shorter games;
- Decreased number of players on the ice at a time (3 v 3 or 4 v 4);
- Provide sufficient space for minor officials to be physically distant. If not possible, there will be no shot clock operator;
- Goalie Ring and 5-count Rule modifications
 - FUNDamentals – On-ice Coach will toss ring into play
 - U10 and U12 - all instances where a goalie ring would have occurred, will be a defensive free pass
 - U14 and above - Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass

Associations have the options of hosting ringette games that follow game options of 3 v 3, 4 v 4, 5 v 5. Associations should be forming smaller sized teams to allow for capacity rules to be followed. Shorter periods will allow for smaller teams to be feasible.

To increase the number of players on the ice is only permitted if:

- Facility approves it
- Capacity rules/restrictions within the facility are able to be followed
- Ability for players to maintain distance off-ice

RINGETTE PROGRESSION 4 - OVERTIME: COMPETITION RETURNS

TIMELINE: TBD

Ringette Competitions such as tournaments, Provincial Championships and large scale events can return. Progression 4 will only occur when the Provincial Health Officer has announced the Province of BC has entered **PHASE 4** of the reopening. **RINGETTE PROGRESSION 4** of Return to Ringette is **PHASE 4** of the Province of BC. Maximum gathering limits will adhere to the Provincial Health Officer Guidelines and facility guidelines.

Ringette Progression 4 allows for:

- Full Ringette Canada rules
- International Travel;
- Provincial Championships, Inter-Provincial Competitions and large-scale events;
- Contact activities; and
- Larger numbers of permitted spectators and/or gatherings.

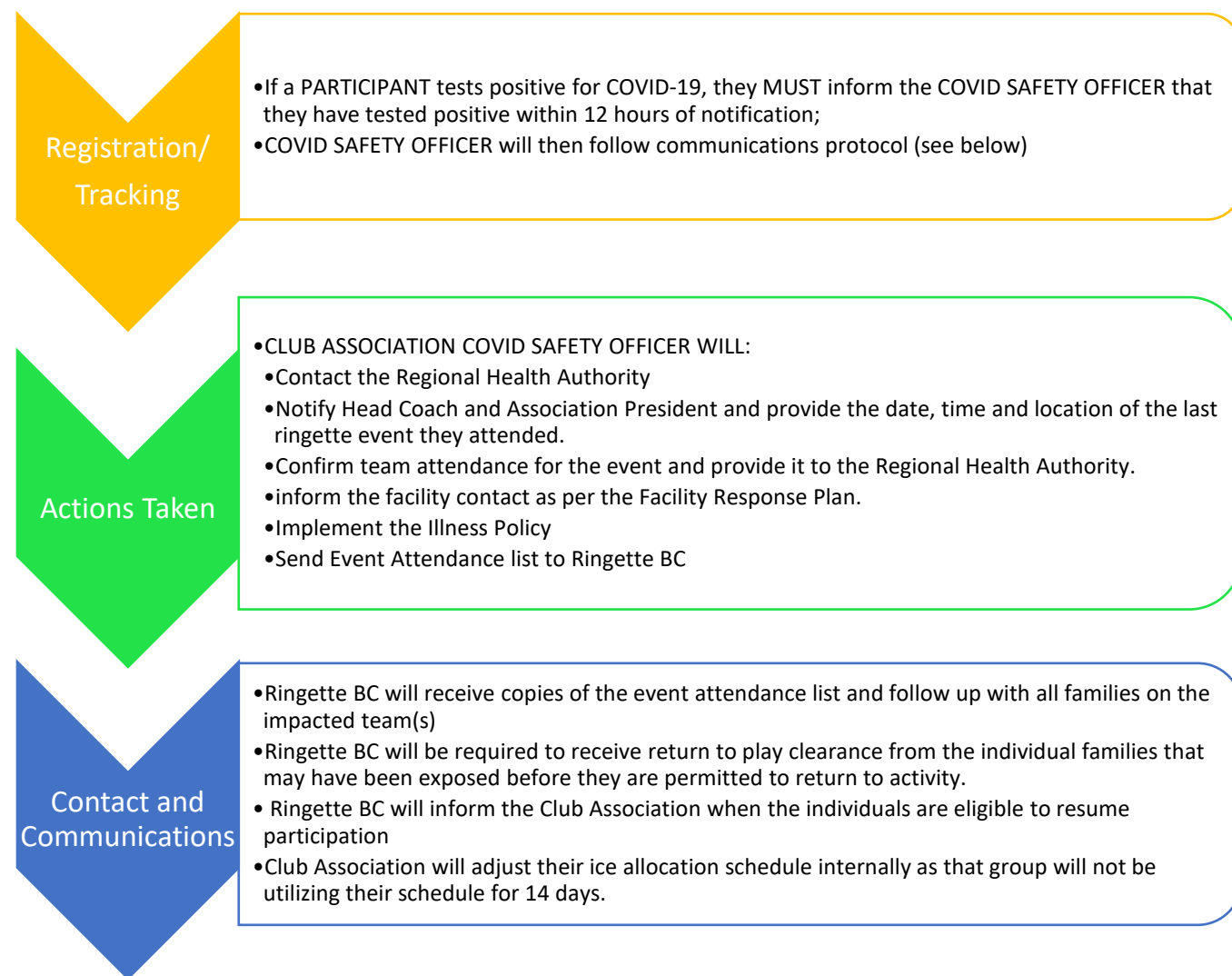
Competition can only return under the following conditions:

- 1.** The Provincial Health Officer (PHO) has announced that the Province has moved into Phase 4 of BC's Restart Plan;
- 2.** Your Regional Health Authority has not imposed additional restrictions that would preclude increased contact;
- 3.** The Sport Sector has advanced to Phase 4 of viaSport's [Return to Sport Guidelines](#); and
- 4.** Your local facility operators have approved activities to include contact.

COVID-19 – OUTBREAK RESPONSE

All Club Associations should have an internal Club Association Response Plan to provide to their members in the event that there is an outbreak at a facility that ringette utilizes. All Associations must have a designated COVID SAFETY OFFICER who will be responsible for following up if a ringette PARTICIPANT tests positive for COVID.

If a Ringette PARTICIPANT tests positive for COVID-19 during a Ringette event, the following steps MUST be taken:



RETURNING TO RINGETTE

INJURY PREVENTION AND FIRST AID

As participants will likely have limited abilities to warm up prior to the activities, it is important that Coaches include on-ice warm up and cool down activities in their practice plans. Players should also be encouraged to do additional cool down stretched once they return home to help prevent injury.

In the event that a Team Staff needs to attend to a participant, they must follow the facility first aid requirements. In addition, they will need to do the following:

- 1) The Team Staff attending to the injured player should wear a mask and gloves as they will be in close proximity to the participant.
- 2) All team first aid kits must contain gloves and masks for coaches and trainers to use.
- 3) Complete and injury form for Ringette BC if first aid is administered.

REGISTRATION

- Players in U19 and below will adhere to the [Ringette BC Registration Process Policy](#), and register in the Club Association for the geographical area in which they reside
 - PARTICIPANTS who have been grandfathered through the Ringette BC release policy to register with a Club Association outside the geographical area in which they reside, should register with the Association that they are grandfathered too ¹
- 18+ PARTICIPANTS can continue to register for Club Associations outside their geographical boundaries ¹
- Club Associations should receive a confirmed attendance list within 48 hours of any ringette session (includes both on and off ice activities). List must include all PARTICIPANTS and the parent/guardian that attended.
- Club Associations should offer payment plans to make the 2020-2021 season more accessible to families
- All PARTICIPANTS must confirm their attendance to an event with their Coach a *minimum* of 48 hours prior. It is recommended to use TeamSnap (or similar) so there is a clear record of who attended.
- All PARTICIPANTS (team staff, athletes, parents, officials, spectators, volunteers) must sign a waiver to participate as part of the registration process
- All attendees at Come Try Ringette and other outreach events must sign a waiver as part of the online registration process
 - If recruitment events, such as Bring a Friend Day, are held Club Associations must require all parents to sign a waiver (on behalf of the minor participant) and be educated on the regulations

¹ Associations should clarify with facilities whether PARTICIPANTS from outside of their respective municipalities will be permitted to enter and utilize the facility

EDUCATION

Ringette BC will be host providing training and education sessions along with resources to assist Leagues and Club Associations and participants on the *Return to Ringette* guidelines. Training sessions will be hosted at the League and Club-Association level to assist local administrators with understanding the Guidelines as well as creating their COVID-19 Safety Plans.

- Coaches - all coaches will be required to attend training on *Return to Ringette* guidelines;
- Club Association Administrators - must attend training on safety guidelines for ringette;

Ringette BC will provide handouts on safety to each Club Association; and

- Parent and player resources will be posted online and sent to Club Associations for distribution
- Officials – all officials will be required to attend training on *Return to Ringette* guidelines prior to officiating any games

Specific educations and resources will be provided for Come Try Ringette and Gym Ringette sessions. Resources to support coaches in the FUNdamentals divisions.

GENERAL HEALTH GUIDELINES

Ringette BC and our League and Club Associations' number one priority is the health and well-being of our participants. All PARTICIPANTS must follow these guidelines and provide the following information to participate in ringette:

- Health concerns must be disclosed on registration forms;
- Any PARTICIPANT feeling ill or exhibiting symptoms of COVID MUST NOT attend ringette activities;
- A Club Association Representative such as a local Board member or Team Staff will have full authority to send a PARTICIPANT home if they attend an event with any symptoms. Should a parent arrives with symptoms, they can also be sent home. Their PARTICIPANT will be sent home as well.
- Any PARTICIPANT who is experiencing symptoms MUST notify a designated member of the local Club Association of their symptoms and the related timeline (see *Response to an Outbreak page 10* for details)
- Within 24 hours of being advised, any Club Association that has a member who is experiencing COVID-19 like symptoms must notify Ringette BC and all individuals that came into contact with that individual within the last 14 days at ringette events.

SPECIFIC GUIDELINES

TEAM STAFF

- Must maintain Rule of Two - one Team Staff must be female
- Maintain physical distancing of 2 meters while on the bench, on the ice, and when conversing with PARTICIPANTS
- Wash hands frequently, particularly before and after activity/ team event
- Team Staff should adhere to facility requirements related to wearing non-medical face coverings.
- Team Staff should avoid handling any equipment with their bare hands.
- Team staff should disclose if they have any health concerns
- Team staff are encouraged to host team meetings via electronic means such as Zoom, Google meets, etc to limit in-person contact and to maximize time at the facility for training and practice. If in-person meetings are required, they should be held outdoors in open spaces or in larger indoors spaces to allow for proper physical distancing.
- See additional information in *Coaching in COVID-19* resource

PARENTS AND SPECTATORS

- Maintain physical distancing requirements of 2 metres (6 feet);
- Must adhere to facility regulations and designated restricted or viewing spaces;
- Must adhere to all provincial health authority guidelines including washing hands, maintaining physical distance when in facility, and, if required, wearing a non-medical face covering;
- Due to the restrictions on gatherings over 50 people, only one (1) parent or spectator per family may attend each event game or practice at a time
 - Exceptions may apply due to the age and ability of the athlete(s)
 - Parents should not near the players benches or dressing rooms unless they are a designated dressing room parent for that event
- For younger athletes that may require their parents' assistance during an ice time, Team Staff should direct the child off the ice at a side entrance to their parent (where possible);

OFFICIALS

- Once modified and regular game play is permitted and to limit exposure, Officials are restricted to officiating a maximum of two (2) games in the same zone in a single day to a maximum of six (6) games in a single competition week. Scheduling should be restricted to their local zone.
- MUST wash hands before and after games
- MUST maintain proper physical distancing when interacting with PARTICIPANTS

- No sharing of whistles
- Officials should arrive at the facility dressed; other than helmets and skates
- If the facility permits access and a changeroom is required, Officials must be given access to a standard change room so that they have access to handwashing stations and a space to allow for physical distancing.

OPTIONS FOR SCHEDULED GAMES (WHEN PERMITTED):

- If there is capacity, it is STRONGLY recommended that Leagues centralize their Officials scheduling to maintain consistent records and adhere to scheduling restrictions above; OR
- Local Referee in Chief (RIC) to complete scheduling and send to the League RIC each week. If there are any changes from the submitted schedule, an updated copy must be provided to the League RIC once the changes are confirmed. Also to help limit spread referees should be scheduled primarily within their zone. If a Local RIC is short officials, they must inform the League RIC who will coordinate scheduling within the Zone.

COMPETITION GUIDELINES (WHEN PERMITTED):

- If an Official is no longer available to referee a game, they MUST notify the League or Local RIC in a timely manner. The local RIC must find coverage and notify the League RIC of the update.
- The Home Team MUST receive the names of the scheduled officials for the game a minimum of 48 hours prior to game time.
- An Official experiencing symptoms MUST inform their Club Association RIC immediately and is not eligible to officiate games for 14 days.

MINOR OFFICIALS

- Facilities should sanitize the minor officials box and equipment prior to each use
- Minor officials recommended to wear non-medical face coverings if unable to physically distance
- To meet physical distancing requirements, the Timekeeper will sit in the minor official box, the Scorekeeper will remain outside of the minor official box. Shot clock operator will remain outside of the minor official box
- If physical distancing measures are unable to be maintained in the minor official box (i.e. shot clock controller attached to score clock, without cable long enough), the shot clock will not be used for the game.

CLUB ASSOCIATION REQUIREMENTS

All Club Associations in BC will be required to have the following documents completed and approved by their Club Association Executives in order to return to play within British Columbia:

1. Adopt the Ringette BC [Return to Ringette Guidelines](#);
2. Develop and adopt a COVID-19 Safety Plan for the facilities that are utilized by the Club Association.
 - a. This Safety Plan is a requirement that must be approved by the Club Association Executive and distributed to all coaches and administrators to have on hand.
 - b. A copy of the Club Association Safety Plans must be sent to Ringette BC
 - c. All Team Staff will need to be able to produce the COVID-19 Safety Plan in the event a member of the public asks or if WCB or a representative from the Regional Health Authority requests to see it.
3. All Club Association administrators and Team Staff should understand the Outbreak Response procedures as outlined in the Ringette BC *Return to Ringette* Guidelines.
4. Designated Roles within each Club Association.
 - a. Each Club Association will need to create a response plan and have designated volunteers who monitor and track the following information:
 - i. COVID Safety Officer
 1. Job Description:
 - a. Understanding and enacting the COVID-19 Response to an Outbreak plan.
 - b. Ensure all Members have received the COVID-19 Safety Plan or know where to find it.
 - c. Communicating with the Association on any updates, changes, and revisions related to COVID-19.
 - d. Following up on any complaints or information related to failure by a member to adhere to Guidelines and procedures.
 - e. Designated contact for the Club Association who is notified in the event that a participant has COVID-19;
 - f. Designated contact within the Club Association and within the League who will receive and communicate updates on COVID-19 to participants.
 - ii. Attendance tracking and health screening at events;

SPORT PROGRAMMING

Physical distancing	<ul style="list-style-type: none"> On-ice maintain at minimum a “stick length” between teammates and Team Staff. Off-ice maintain 2m (6ft) physical distance Adhere to signage and markings in the venue
Equipment	<ul style="list-style-type: none"> No sharing of equipment Players must bring their own equipment, water bottles, clothing etc. If a player forgets a piece of required equipment, they will not be able to participate that day
Alternative strategies for engaging participants	<p>Modified Ringette games, coach-facilitated virtual meetings and Gym ringette are alternative strategies if less ice is available.</p> <p>Virtual Excellence Ringette</p> <p>Upon learning that the typical ringette season would be affected by COVID-19, Ringette BC made the decision to expand the availability of our upcoming Excellence Ringette Program. Excellence Ringette will commence in July 2020, and will be available to all participants (U16, U19 and 18+) who complete the application process</p> <ul style="list-style-type: none"> For a cost of \$60, athletes will have access to an athlete database, daily training plan, and monthly virtual training sessions Sessions will be run by Excellence Coaches and Sport Professionals Topics include, but are not limited to; sport psychology and Mental Training, nutrition, fitness, chalk talk, game film and strategy Upon being able to return to larger scale, in-person activities, athletes will have the opportunity to complete an on-ice and off-ice assessment to be screened into the in-person Excellence Ringette Program. <ul style="list-style-type: none"> Athletes who meet the threshold for the assessments and are screened in will have access to in-person camps and training. Athletes who do not meet the threshold will remain a part of the virtual program, and will continue to have access to the virtual training sessions until March 2021.

FACILITIES

Each individual facility throughout the province will have their own set of guidelines for how individuals, user groups, patrons and facility staff must conduct themselves when in the facility.

Facilities will be responsible for signage, access points, managing flow of traffic and cleaning protocols; including hand washing stations.

Facilities will provide guidelines to all user groups for review and to adhere to when in the facility. Breach of guidelines could result in loss of access for the Club Association and rental agreements and contracts will be voided.

Facility Type	Indoor: Rink and Gymnasiums Other training options: field courts, outside areas
Regulations	Ringette participants will adhere to all municipal and facility regulations
Restricted Access	Pre-registration: Must confirm attendance minimum of 48 hours before the event Arrival and Departure: Adhere to facility regulations for arrival and departure as well as participant drop off and pick up locations Access: follow signage and directions for the designated areas for Team Staff, athletes and spectators and restricted areas. Follow Facility designated entrances and exits
Use of Space	Restricted or designated spaces could include: <ul style="list-style-type: none"> ● Player-only spaces ● Spectator-only sections ● Limited use of dressing rooms <ul style="list-style-type: none"> ○ Recommended if change rooms are available for U14 and above - dependent on facility guidelines ○ Recommended that FUNdamentals to U12 come fully dressed (other than helmets, gloves and skates) If there is opportunity for pre-event warm up and cool down, participants should: <ul style="list-style-type: none"> ● Warm up/cool down in a safe space outside ● Maintain physical distance between teammates and Team Staff During on-ice events: <ul style="list-style-type: none"> ● When on the benches, ALL participants must maintain physical distancing requirements. ● Water breaks should be staggered for athletes to minimize crowding around the bench. Water CANNOT be spat - onto the ice or onto the bench. Athletes should avoid spraying water into their mouths.

APPENDIX A

RETURN TO RINGETTE PROGRESSIONS 1 AND 2

This table outlines the Return to Activity (Practice) Guidelines for all Ringette Participants, Coaches, volunteers and parents. It follows the principle: **Get In, Train & Get Out**

DISCLAIMER

The Appendix A and B for Participants outlines the recommended participation guidelines for all ringette divisions. These are guidelines and should be adapted as per facility guidelines and regulations. If Physical Distancing cannot be maintained or the facility regulations require that groups adapt their participation size to be smaller than those outlined below, the Association **MUST** adhere to the regulations of the facility. If associations feel the participants in certain age categories are unable to properly maintain physical distancing in their current group size, they should adjust their programming to make the groups smaller.

STAFFING

<p>Staffing</p> <p>(includes coaches, volunteers, local Association members)</p>	<ul style="list-style-type: none"> ● All team staff must adhere to Facility regulations regarding personal protective equipment. ● Rule of Two <u>must</u> be maintained. One coach must be female. ● Recommended Ratio of player to coach 1:6 ● All staff should wash their hands upon entering and before exiting the venue. ● Should maintain physical from participants, parents and other staff. ● If showing any symptoms coaches and staff are <u>not</u> to attend any activities ● If Staff have experienced any symptoms such as coughing, sore throat, fever, shortness of breath must not attend activities for 14 days. If staff have come in contact with someone experiencing these symptoms, they are not permitted to attend any ringette for 14 days.
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U10 AND BELOW

RINGETTE PROGRESSION 2 ONLY – U10 and Below **are not** permitted to take part in ringette activities in Ringette Progression 1 (Warm-Up)

	Space	Group Size	Staff
	Full Sheet	20 maximum	1 coach: 6 athletes
	Group type: Try to keep the same cohort of participants and instructors together		
	Family 1 family member per player		
	Parent or Manager near the bench to support athletes off-ice, and communicate with parents that are outside or in the designated viewing area (if needed for washroom break, equipment malfunction etc.)		
	Equipment No sharing equipment, prepare to come dressed to put on only skates and helmet.		
	Duration 1.25 hours of ice, 45 minute sessions		
	Programming Focus Individual and partner skill development. Participants must be able to maintain a 2 metre physical distance at all times. Skill development could include skating, passing, or shooting.		
	Risks Supervision, difficulty maintaining physical distancing, attention span, cleanliness, following guidelines and protocols		
U10 and Below Recommended participation guidelines			

U12 – U14

U12 - U14 Recommended participation guidelines	Space	Group Size	Staff	Family Group Size
	Full Sheet	20 maximum	1 coach : 6 athletes	1 parent per player
	Equipment			
	No sharing equipment, prepare to come dressed to put on only skates and helmet			
	Programming Focus			
	Individual and partner skill development. Participants must be able to maintain a 2 meter physical distance at all times. Skill development could include power skating, passing, shooting, and basic team strategy undefended.			
	Risks			
	Supervision, difficulty maintaining physical distancing, attention span, following guidelines and protocols			

U16-U19

U16 - U19 Recommended participation guidelines	Space	Group Size	Staff	Family Group Size
	Full Sheet	15-20 participants	1 coach : 6 athletes	1 parent per player
	Equipment			
	No sharing equipment, prepare to come dressed to put on only skates and helmet			
	Programming Focus			
	Individual and partner skill development. Participants must be able to maintain a 2 metre physical distance at all times. Skill development could include power skating, passing, shooting, basic team strategy maintaining a 2 metre physical distance, introduction to advanced team strategy undefended			
	Risks			
	Following guidelines and protocols			
	Considerations			
	<ul style="list-style-type: none"> • Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times. • Zero tolerance for hitting and contact • Limit to number of players on the ice and at a game to help minimize contact 			

18+ (OPEN) & MASTERS

18+ (OPEN) & Masters Recommended participation guidelines	Space	Group Size	Staff	Family/Spectators
	Full Sheet	15 – 20 maximum	Not required	none
	Equipment			
	No sharing equipment, prepare to come dressed to put on only skates and helmet			
	Programming Focus			
	Individual and partner skill development. Participants must be able to maintain a 2 metre physical distance at all times. Skill development could include power skating, passing, shooting, basic team strategy maintaining a 2 metre physical distance, introduction to advanced team strategy undefended			
	Risks			
	Following guidelines and protocols			
	Considerations			
	<ul style="list-style-type: none"> • Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times. • Zero tolerance for hitting and contact • Limit to number of players on the ice to help minimize contact 			

APPENDIX B

RETURN TO RINGETTE – RINGETTE PROGRESSION 3

Ringette Progression 3 – is only permitted when viaSport announces that the Sector has moved to Phase 3 as per the Activity Chart (Appendix E)

DISCLAIMER

The Appendix A and B for Participants outlines the recommended participation guidelines for all ringette divisions. These are guidelines and should be adapted as per facility guidelines and regulations. If Physical Distancing cannot be maintained or the facility regulations require that groups adapt their participation size to be smaller than those outlined below, the Association MUST adhere to the regulations of the facility. If associations feel the participants in certain age categories are unable to properly maintain physical distancing in their current group size, they should adjust their programming to make the groups smaller.

GROUP SIZE LIMITATIONS

When participating in a Ringette Game in all formats (i.e. exhibition, modified, full ringette Canada rules) teams must follow this formula for the size of their group:

HOME TEAM (# Players per team + Coaches + Spectators)
+ **VISITING TEAM** (# Players per team + Coaches + Spectators)
+ **2 ON ICE OFFICIALS** + **2 MINOR OFFICIALS**
= NO MORE THAN 50 people

U10 AND BELOW

<p>U10 and Below</p> <p>Recommended competition guidelines for U10</p>	<p>Space: Full Sheet Team Size: MAX 10/TEAM</p> <p>Duration: 1 hour of ice, two 18 minute running time periods</p> <p>TEAM STAFF: 2 coaches per team on bench, 1 coach per team on the ice</p> <p>OFFICIALS There will be no on-ice officials at U10 until Progression 4</p> <p>Parent/Manager near the bench to support athletes off-ice, and communicate with parents that are outside or in the designated viewing area (if needed for washroom break, equipment malfunction etc.)</p> <p>Game Adaptations</p> <ul style="list-style-type: none"> • All instances where a goalie ring would have occurred will be a defensive free pass. • 4 v 4 with a goalie (5 players per team on the ice) <p>Family 1 family member per player</p> <p><i>Follow spectator guidelines (see above). Spectators are not to enter athlete restricted areas. In the event parent attention is required, a coach will support the athlete in meeting their parent in the spectator area.</i></p> <p>Equipment</p> <ul style="list-style-type: none"> • Players: Should arrive fully dressed, no sharing equipment (other than goalie stick, see note above) • Coaches: should bring out as few rings as possible • Officials: Come mostly dressed <p>Health and Safety Considerations Coaches must ensure athletes maintain 2 meter physical distancing (utilize bingo dabber spots on ice)</p> <p>Goaltenders Two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>Risks Supervision, difficulty maintaining physical distancing, attention span, cleanliness, following guidelines and protocols</p>
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U12-U14

<p>U12 - U14 Recommended competition guidelines</p>	<p>Space: Full Sheet Team Size: MAX 10 PLAYERS/TEAM</p> <p>Duration: 1 hour of ice, two stop time 15 minute periods</p> <p>Staff: MAX 3 PER TEAM (MIN 2 PER TEAM) 2 coaches per team on bench, 1 coach off to side of bench</p> <p>Parent/Manager near the bench to support athletes off-ice, and communicate with parents that are outside or in the designated viewing area (if needed for washroom break, equipment malfunction etc.)</p> <p>GAME ADAPTIONS</p> <ul style="list-style-type: none"> • 3 v 3 plus a goalie, 4 v 4 plus a goalie, Progression 3 – some 5 v5 plus goalie <i>may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval</i> • If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator <p>U12 - all instances where a goalie ring would have occurred will be a defensive free pass</p> <p>U14 - goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass</p> <p>Goaltenders</p> <ul style="list-style-type: none"> • If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players. <p>Two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>Family/Spectators Limit as much as possible. Spectators are not to enter athlete restricted areas. In the event parent attention is required, a coach will support the athlete in meeting their parent in the spectator area.</p> <p>Parents acting as minor officials can be deducted from the total number of spectators attending.</p> <p>Equipment No sharing equipment (other than goalie stick, see note above). If no change rooms arrive fully dressed. Coaches should bring out as few rings as possible.</p> <p>Risks</p> <ul style="list-style-type: none"> • Contact, Maintaining physical distancing, following guidelines and protocols • Zero tolerance for hitting • Accept that there will be some incidental contact • Limit to number of players on the ice and at a game to help minimize contact • Players should not attend if they are feeling sick • Officials should enforce move it or lose it rule to avoid large scrums
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U16-U19

U16 - U19 Recommended competition guidelines

Space: Full Sheet **Team Size:** MAX 12 PLAYERS/TEAM

Duration: 1 hour of ice, two stop time 18 minute periods

Staff: MAX 3 PER TEAM (MIN 2 PER TEAM)

2 coaches per team on bench, 1 coach off to side of bench

Game Adaptations

- Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass
- 3 v 3 with a goalie, 4 v 4 with a goalie, Progression 3 – some 5 v5 plus goalie *may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval*
- If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator

Goaltenders

If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.

Family

1 parent/spectator per player max

Spectators are not to enter athlete restricted areas. In the event parent attention is required, a coach will support the athlete in meeting their parent in the spectator area.

Parents acting as minor officials can be deducted from the total number of spectators attending.

Equipment

- Must arrive fully dressed, no sharing equipment (other than goalie stick, see note above)
- Coaches should bring out as few rings as possible

Health and Safety Considerations

Players must practice hygiene practices, do not take off facemasks, avoid touching faces, practice physical distancing when possible

Risks

- Contact, Maintaining physical distancing, following guidelines and protocols
- Zero tolerance for hitting
- Accept that there will be some incidental contact
- Limit to number of players on the ice and at a game to help minimize contact
- Players should not attend if they are feeling sick
- Officials should enforce move it or lose it rule to avoid large scrums

18+ (OPEN)

<p>18+ (Open) Recommended competition guidelines for 18+ (Open)</p>	<p>Space: Full Sheet Team Size: MAX 12-15 PLAYERS/TEAM</p> <p>Duration: 1 hour of ice, two stop time 18 minute periods</p> <p>Staff: not required If staff are participating that must be included in the total participant count.</p> <p>Game Adaptations</p> <ul style="list-style-type: none"> • Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass • 3 v 3 with a goalie, 4 v 4 with a goalie, Progression 3 – some 5 v5 plus goalie <i>may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval</i> • If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator <p>Goaltenders If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.</p> <p>SPECTATORS: none required Limit as much as possible. Allowance for those acting as Minor officials. Spectators are not to enter athlete restricted areas.</p> <p>Equipment Teams should bring out as few rings as possible. No sharing of equipment.</p> <p>Health and Safety Considerations Players must maintain a minimum of a “stick length” away from one another, and coaches, at all times.</p> <p>Risks</p> <ul style="list-style-type: none"> • Contact, Maintaining physical distancing, following guidelines and protocols • Zero tolerance for hitting • Accept that there will be some incidental contact • Limit to number of players on the ice and at a game to help minimize contact • Players should not attend if they are feeling sick • Officials should enforce move it or lose it rule to avoid large scrums
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MASTERS

Masters

Recommended
competition
guidelines for
Masters

Space: Full Sheet **Team Size:** MAX 15 PLAYERS/TEAM

Duration: 1 hour of ice, two stop time 18 minute periods

Staff: 1 coach on the bench per team max

Game Adaptations

- Goaltender can elect to use their stick to pass the ring out of the crease, or put their arm up in the air to choose a defensive free pass
- 3 v 3 with a goalie, 4 v 4 with a goalie, Progression 3 – some 5 v5 plus goalie *may be permitted. Requires ability to maintain distance on bench and off-ice, capacity restrictions, Facility MUST give approval*
- If unable to provide enough space for minor officials to be 2 metres apart, there will be no shot clock operator

SPECTATORS: none required

Limit as much as possible. Spectators are not to enter athlete restricted areas.

Equipment

No sharing equipment

Teams should bring out as few rings as possible

Goaltenders

If no designated goalie, two goaltenders per month with individual equipment, or 1 goaltender for a minimum of 2 weeks. Goalie equipment to be sanitized upon switching players.

Risks

- Maintaining physical distancing, following guidelines and protocols
- Considerations
- Zero tolerance for hitting and contact
- Accept that there will be some incidental contact
- Limit to number of players on the ice and at a game to help minimize contact

APPENDIX C

SCREENING PROTOCOLS AND QUESTIONS

All Local Associations will need to ensure that as participants arrive for ringette activities at the facility that they are asked the following screening questions. These questions should be asked with a parent/guardian present and it should not be the coach that asks the questions. Questions should be asked before athletes enter the facility.


SCREENING QUESTIONS:

1. Are you exhibiting any symptoms of COVID-19 such as, fever, dry cough, chest or respiratory pain?
2. Has any member of your household exhibited any symptoms of COVID-19 within the last 14 days?
3. Have you or any over member of your household arrived from outside of Canada in the past 14 days?

The questions noted above should be asked at every ringette related activity. If a participant says yes to any of the above questions, **they will not be permitted to participate** in the activity that day and will be sent home. All answers and attendees are tracked on the Attendance Tracking sheet.

APPENDIX D:

RETURN TO PLAY STAGES MAP FOR THE BC GOVERNMENT, VIASPORT AND RINGETTE BC:

Province of British Columbia BC's Restart Plan			
 BRITISH COLUMBIA			
Phase 1	Phase 2	Phase 3	Phase 4
Up to May 19, 2020	May 19th – current	June 24 th to September	TBD
Essential Services Only	Stay within your community, large spaces, few faces Limited travel between communities and regions. Gatherings limited to 50 people or less.	If Transmissions rates of COVID-19 remain low, Lesser restrictions on travel throughout BC No international Travel Gatherings of no more than 50 people.	Conditional phase. Must have achieved one of the following: <ul style="list-style-type: none"> • Wide vaccination • herd or “community” immunity achieved • broad treatment. • Return of international travel. • Gatherings over 50 people.

viaSport British Columbia Return to Sport Plan			
viaSPORT BRITISH COLUMBIA			
Phase 1	Phase 2	Phase 3	Phase 4
Up to May 19, 2020	May 19th – September 2020	TBD	TBD
BC Restart Plan Phase Alignment			
Phase 1	Phase 2 & 3	Phase 3 & 4	Phase 4 & beyond
Strictest Controls Maintain 2m physical distance, no non-essential travel, Individual activities, outdoors or within the home. Contact and competition should not occur	Transition Measures Maintain 2 m physical distance, no non-essential travel. Small groups focus on training and fundamental movement skills. Competition should not occur. Contact activities should not occur. Modified games <i>may</i> be introduced	Progressively Loosen Restrictions Refer to Provincial Health Officer and local health authorities. Introduction of small groups. Contact activities can occur. Interclub or regional game play may be considered.	New Normal Refer to Provincial Health Officer and Regional Health Authorities Large scale events and Provincial Championships <i>may</i> return. No restrictions on activity type.

Ringette BC Return to Ringette Guidelines				
No Activities	Ringette Progression 1	Ringette Progression 2	Ringette Progression 3	Ringette Progression 4
March 13 th , 2020 – Date of Approval	Date of Approval July 7 th – September 2020 (at minimum)	TBD	TBD	TBD
BC Restart Plan Phase Alignment				
Phase 1 & Phase 2	Phase 2	Phase 2 & Phase 3	Phase 3	Phase 4 & beyond
ViaSport Return to Sport Phase Alignment				
Phase 1 & Phase 2	Phase 2	Phase 2 & Phase 3	Phase 3	Phase 4 & beyond
NO ACTIVITIES	Skills& Drills Practice only Stay in community	Community Focus Some contact drills are introduced	Regional and League Play Inter-club games under modified rules. <i>Potentially</i> inter-league games	Cross Country Local and provincial competitions resume. No limits on travel

APPENDIX E:

SPORT ACTIVITY CHART – VIASPORT RETURN TO SPORT SECTOR GUIDELINES

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

APPENDIX F:

1.19 ILLNESS POLICY

In this Policy “Team Member” includes a volunteer, coach, participant, official, parent, Club – Association Executive Member, parent or spectator.

A. COVID-19 SYMPTOMS

- i. Inform an individual in a position of authority, such as, a coach, team manager, program coordinator, immediately if, you feel any symptoms of COVID-19
- ii. Symptoms: such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- iii. If a Team Member is feeling sick with COVID-19 symptoms:
 1. They should remain at home and contact Health Link BC at 8-1-1.
 2. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- iv. No Team Member may participate in a practice/activity if they are symptomatic.

B. ASSESSMENT:

- i. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- ii. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
- iii. If Team Members are unsure please have them use the COVID-19 [BC Center for Disease Control Self-Assessment tool](#) or through the COVID-19 BC Support App self-assessment tool.

C. POSTIVITIVE CONFIRMED CASE OF COVID-19

- i. **If a Team Member tests positive for COVID-19** the Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
- ii. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
- iii. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

D. SUSPECTED CASE OF COVID-19

- i. If a Team Member has been tested and is waiting for the results of a COVID-19 Test as with the confirmed case, the Team Member must be removed from the workplace/practice/facility.

- ii. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- iii. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- iv. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- v. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:
 - 1. Team Members must advise their Association COVID-19 Safety Officer or other Association contact or their coach if they reasonably believe they have been exposed to COVID-19.
 - 2. The Club-Association will follow the COVID-19 Response plan.
 - 3. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

E. QUARANTINE AND SELF-ISOLATE

- i. Any Team Member who has travelled outside of Canada or the Province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- ii. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- iii. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- iv. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.
- v. Any Team Member who was quarantining or self-isolating will be required to bring a doctor's note prior to being permitted to returning to Club-Association ringette activities.

F. ENFORCEMENT

- i. Each Club-Association will designate a member of the Club-Association Executive to act as the primary contact for COVID-19 related incidents or information sharing and tracking.
- ii. All Ringette BC coaches and Team staff as per the Return to Ringette Guidelines will be permitted to tell a Team Member that they must leave ringette activities if they are displaying any symptoms of COVID-19.

APPENDIX G:

RESOURCES

- [viaSport Sport Sector Return to Sport Guidelines](#)
- [BC Parks and Recreation Association Guidelines for Reopening](#)
- [BC Center for Disease Control Self-Assessment Tool](#)
- [Ringette Canada National Directive on the Return to Ringette](#)
- [Ringette BC COVID-19 Web Page](#)
- [Go Forward Strategy Checklist:](#)
- [BC Government Press Release](#)
- [Restart BC Plan Webpage](#)
- [BC Restart Plan PDF](#)
- [Rule of two in virtual training environments](#)
- [Order from the Provincial Government regarding Sports Organizations and Insurance](#)
- [COVID – 19 viaSport Frequently Asked Questions](#)



**PORT COQUITLAM RIDGE MEADOWS RINGETTE
ASSOCIATION (PCRMRA)
RETURN TO PLAY PLAN**



APPENDIX B: PORT COQUITLAM CITY SAFETY PLAN – ARENA

File Name: City Safety Plan – Arena DRAFT vAug5

DRAFT COVID- 19 Facility Safety Plan – Arenas

The City of Port Coquitlam has implemented the following safety plan to reduce the spread of COVID-19 and safely re-open City arenas and associated shared spaces (i.e. arena level spectator seating, washrooms, and arena lobby). These procedures are based on advice and guidelines issued by the Provincial Health Officer (PHO), ViaSport, and BC Recreation and Parks Association (BCRPA), and must be followed by all user groups. Please note that the City of Port Coquitlam will continue to follow the advice of the PHO and guidelines issued by governing agencies appointed by the Province including ViaSport and BCRPA and will update user groups whenever modifications to the procedures are required.

In this plan “users” includes all persons associated with booking a City arena. This includes but is not limited to volunteers, staff, coaches, instructors, participants, spectators and/or parents.

PHYSICAL DISTANCING

- At all times, all users must adhere to the current physical distancing guidelines as per the PHO and individual sport governing bodies. In addition, all users must adhere to the physical distancing guidelines in all posted signage in the facility and in the City’s Covid Safety Plans, when interacting with City staff and moving through facility spaces and common areas, not specified in the rental permit.
- Activities that cannot adhere to the guidelines referenced in this document, including physical distancing, are not permitted.

GATHERINGS

- Access will be limited to those participating in the booked activity i.e. participants, instructors and coaches. It is essential that large groups and gatherings are avoided. Users are expected to vacate the premise within 15 minutes after their activity is complete.
- To ensure that physical distancing is maintained, the maximum capacity of each area is posted and will vary with the size of each space. When physical distancing cannot be maintained, all persons should wear a non-surgical face mask.
- Only one parent/guardian is permitted to come into the arena with the participating child. If the parent/guardian must remain on-site, they will be required to remain in a physically distanced area inside the arena.

- **Please note:** spectator space will be limited, particularly on Rink 3, and access to the corridor and upper viewing areas will not be available; as a result, there may not be sufficient space for all parents/guardians to remain on-site.

FACILITY/SPACE CAPACITY

- Capacity is determined based on facility size and activity. BCRPA recommends that static activities have a minimum of 5 square metres of unencumbered space per individual and high intensity activities have 6-10 square metres of unencumbered space per individual.
- Maximum capacities of various spaces (lobby, washrooms, spectator spaces, player's benches and scorekeeper's boxes, etc.) will be on posted signage.

FACILITY ADMISSION AND ACCESS

- Entry into the facility will be permitted no earlier than 15 minutes before the start of the scheduled session. Physical distancing markers will be placed outside of the main entrance to the arena at the north side of the building (entrance facing Wilson Avenue). Entrance and exit points will be one-way only and will be indicated by posted signage and communicated to all user groups in advance.
- All participants are encouraged to come fully dressed in full gear including skates (with skate guards) and a filled water bottle labelled with the participant's name.
- If required, there will be limited space available in the lobby with designated seating locations for participants to tie skates, fasten helmets and remove skate guards. Personal items will be left in the designated seating area on the player's bench as the participant takes the ice. PLEASE leave all valuables at home.
- Dressing rooms and referee rooms will remain closed.
- Washrooms will be available in the main arena lobby with signage posted specifying maximum occupancy limits.
- Access to areas outside of the arenas and the arena lobby will not be available. This includes the main facility corridor, and upper level areas including the concession and seating area next to the concession.
- There will be no warm-up or dryland spaces available inside the facility.
- Users must leave the site no later than 15 minutes after their booking time.

ON-ICE PROCEDURE

- User groups must follow and enforce their board approved safety plan (see ViaSport Return to Sport Guidelines). Failure to maintain appropriate safe play protocols may result in the

termination of rental permits.

HEALTH SCREENING

Before visiting a City of Port Coquitlam facility, and throughout the activity, users should self-monitor for symptoms associated with COVID-19 by using the BC Health COVID-19 Symptom Self-Assessment Tool located here: <https://bc.thrive.health/> and answer the prompted questions, which include:

1. Are you experiencing symptoms consistent with COVID-19 (refer to the link above for the most up to date list of symptoms)?
2. In the past fourteen (14) days have you been outside of Canada or BC?
3. In the past fourteen (14) days have you been in close contact with anyone who is symptomatic or has been diagnosed with COVID-19?

If users answer 'yes' to any of the above questions, they must stay home or leave the facility immediately and call 811 for assistance. If a participant who becomes ill is unable to leave the facility, they will be escorted to a designated isolation area.

A pre-screening sign with the self-assessment questions will be posted at the facility entrance.

PERSONAL HYGIENE

Users are required to practice the proper "hygiene" protocols outlined in each user group's return to sport plan, in addition to:

- Practice proper "hand hygiene" techniques often, as it is the single-most effective way of reducing the spread of infection. This includes washing and/or sanitizing hands before entering and exiting the facility.
- Follow proper respiratory etiquette at all times including coughing and sneezing into your elbow and shoulder.
- Avoid touching your face, including eyes, nose or mouth.
- Do not spit.

CLEANING & DISINFECTING

- A 30 minute buffer will be booked between user group rentals to limit crossover between groups and to provide adequate time to clean and sanitize the facility.
- User groups are required to clean and sanitize the facility space they have booked (e.g.,

benches, nets, score clock controls, etc.) during their scheduled booking; this includes between sessions and group transitions.

- Users will sanitize their own equipment and do so with their own cleaning supplies.
- For public washrooms a cleaning schedule will be established by the City's Cleaning Risk Assessment Guidelines and posted in each washroom.

USER GROUP SAFETY PLAN

- User groups must submit an approved safety plan (see ViaSport Return to Sport Guidelines) that aligns with the protocols in this document and clearly outlines the following:
 - Physical Distancing Procedures
 - Frequent Hand Hygiene Procedures and Communication
 - Cleaning and Disinfection Procedures
 - Adherence to capacity limits
 - Participants who are ill procedure and communication
 - Communication Plan
 - Training Plan
 - Emergency Procedures

Please note: this document will be modified as the City deems necessary and upon advice and information received from the Provincial Health Officer (PHO), ViaSport, and BC Recreation and Parks Association (BCRPA).



**PORT COQUITLAM RIDGE MEADOWS RINGETTE
ASSOCIATION (PCRMRA)
RETURN TO PLAY PLAN**



APPENDIX C: NUSTADIA COVID-19 OPERATIONAL PLAN – PHASE 1

File Name: Nustadia COVID-19 Operational Plan - Phase 1

COVID-19 Operational Plan

Last Update: June 26, 2020



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PREAMBLE

At the onset of the COVID-19 pandemic, the Pitt Meadows Arena Complex was instructed by the Office of the Chief Medical Officer of Health for the Province of British Columbia and the City of Pitt Meadows to close the facility on March 16, 2020 to the public until further notice. These instructions have been adhered to and a Phased Re-Opening Plan has been created to document all protocols and guidelines for patrons and staff to adhere to. This document has been created by Scott Mosby, General Manager of the Pitt Meadows Arena Complex. The plan will be constantly monitored by all facility Managers with the General Manager having final authority to revise. It is of paramount importance when re-opening to mitigate both potential exposure to the COVID-19 virus and liability to the facility.

COVID-19

“The novel coronavirus (SARS-CoV-2), also known as COVID-19 is highly transmissible via respiratory droplets. As of May 1, 2020, there are 30,104 confirmed cases of SARS-CoV-2 in Canada, 1531 (5%) are in persons less than 19 years of age. Twenty-two persons (1%) have been admitted to hospital, and two (<1%) have been admitted to the ICU nationally, without any fatalities.¹ Complimentary data from the United States shows that of 2,572 children with confirmed COVID-19, the mortality was 0.1%.

There is evidence that physical activity, in the form of organized sport, is beneficial for the physical health, cognitive function, and mental health.” (West Vancouver Minor Hockey Association, "Restarting Minor Hockey during the COVID-19 Pandemic, May 7, 2020)

PHASE 1 – RE-OPENING

Pitt Meadows Arena Complex will allow a soft opening in Phase 1 which will allow for some activity to return to the facility. In partnership with the City of Pitt Meadows, ViaSport guidelines, Local Sports Organizations and recommendations from the Office of the Chief Medical Officer of Health for the Province of British Columbia we will adhere to the limit of persons allowed in the facility for each activity. Further phases will also follow these directions and will loosen the protocols of Phase 1 as permitted.

Phase 1 will adhere to the Order of the Office of the Chief Medical Officer of Health for the Province of British Columbia and limit the combined number of patrons, coaches, spectators, employees and service providers to 50 or less at one given time per rink. Physical distancing measures of 6 feet / 2 metres will be enforced both on and off the ice.

In Phase 1, F&B will remain closed to program participants and spectators. Food & Beverage service will be evaluated on an ongoing basis and will only operate when it is deemed to be safe to do so for both staff and guests

No food & beverage is to be brought into the facility. Personal (filled at home) water bottles for participation in activity will be exempt.

Access to PMAC will be restricted to 1 parent per child. Spectators are to go directly to the assigned viewing area mindful of proper physical distancing of 6 feet / 2 metres. There will be no coming and going of the facility. Once you leave you will not be permitted back in.

The lobby area will be restricted to flow through traffic only and spectators waiting for their players to finish are not permitted to wait in the lobby but asked to wait in their vehicles.

Ice rinks start and finish times will be staggered to ensure minimum patron traffic, as well as possibly longer gaps (30 minutes) between sessions to allow time for proper disinfecting processes to be followed.

The number of persons permitted on the ice will be determined according to PHO recommendations along with Provincial Sports Organizations & Local Sports Organization guidelines.

Timing and frequency for floods will be determined by NRI management group in consultation with user groups.

On ice group sizes are to be determined to follow the recommendations of the Office of the Chief Medical Officer of Health for the Province of British Columbia.

ICE HOCKEY / RINGETTE RECOMMENDATIONS

Ice slots will be used for shooting, passing, and skating drills. There will be no games or battle drills and physical distancing measures will be executed using cones and other forms of markings on the ice and glass. There should be no activities that allow for line ups where physical distancing is not possible; we understand this recommendation excludes most adult hockey play in Phase 1. Game play may be permitted in Phase 2 and onwards or if there is different direction from the Office of the Chief Medical Officer of Health for the Province of British Columbia.

FIGURE SKATING / RECREATIONAL SKATING RECOMMENDATIONS

Ice slots will be used for instruction and practice for individuals only. There shall be no dual or pairs skating allowed during Phase 1. Off-ice warm-ups will not be permitted inside the facility. These

recommendations may be adjusted by direction from the Office of the Chief Medical Officer of Health for the Province of British Columbia. There will be no leisure / recreational / public skating ice slots permitted in Phase 1.

PITT MEADOWS ARENA COMPLEX WILL CONTINUE TO EMPLOY THE FOLLOWING SANITATION PRACTICES

- Frequent cleaning and disinfecting of all commonly touched surfaces such as interior and exterior door handles, railings, and ice rink gate handles.
- Common areas (Lobby, stairs, mezzanine, counters, etc.) and washrooms (faucets, hand-dryers, counters, urinals and toilets) to be cleaned, sanitized and recorded on a regular basis throughout the day.
- Sanitizing staging areas and dressing rooms (if used) between each user group.
- Physical distancing of 6 feet / 2 metres between employees and between employees and the general public within the facility.
- Face masks and plexi-shields will be used where physical distancing cannot be guaranteed.
- Signage will be posted throughout the facility to emphasize to Guests & Staff the importance of frequent handwashing and proper hygiene practices.
- Floor markings, decals and signage (provided by facility partner if so desired) will be used where necessary to indicate physical distancing, directional foot traffic, no entry zones and other restrictions pertinent to reopening and Phase 1.
- Handwashing and sanitizing stations will be available in designated areas.
- **PITT MEADOWS ARENA COMPLEX** will journalize and document
 - a. Any employee symptoms of illness
 - b. Regular, daily, hourly and 'as needed' cleaning and disinfecting within the facility

BOOKING PROCESS

As the **PITT MEADOWS ARENA COMPLEX** is progressing with a soft reopening we will not be operating as many ice surfaces / rentable spaces as a normal summer season. Therefore, the normal booking process will be different this summer. Due to operating limited rentable spaces, we may not be able to meet your need for ice / space this summer. We will work with your group to find what is feasible with less ice times possible.

- Ice / rental contracts will be provided once rental times are agreed to.
- User groups will have to provide proof of insurance (where applicable) prior to participating in any activity at the Pitt Meadows Arena Complex.

- User groups will sign the agreed to contract, and payment in full for your ice time will be required upon agreement. At this time, we will only take payments by credit card, debit card or cheque, no cash payments permitted.
- User groups will be provided a copy of the **PITT MEADOWS ARENA COMPLEX COVID-19 Operational Plan** and signed that they have read and agreed to the plan. It is the responsibility of the individual renting the ice times to disseminate the information to all of their users and that they clearly understand the protocols in place and what to expect before arriving at the facility.

ANY GROUPS USING THE FACILITY MUST HAVE AN OPERATIONAL ACTION PLAN IN PLACE PRIOR TO BOOKING ANY ICE TIME AND BEING ALLOWED USE OF THE FACILITY. INDIVIDUAL ICE RENTAL USERS MUST ABIDE BY THE FACILITY OPERATIONAL PLAN AND GUIDELINES.

ALL PARTICIPANTS, COACHES AND GUARDIANS WILL BE REQUIRED TO ABIDE BY THE FOLLOWING PROCEDURES AND GUIDELINES

- While on the premises of **PITT MEADOWS ARENA COMPLEX** (parking lot, within the arena, within dressing rooms, staging areas and on the playing surface) physical distancing of a minimum of 6 feet / 2 metres separation will be maintained between patrons, spectators, players on and off the ice, coaches and players on the ice, and employees of the Pitt Meadows Arena Complex.
- User groups will only be permitted in the building 15 minutes prior to their activity/ice time and must exit 10 minutes after their session. There will be no early admittance to the facility.
- Participants will be directed to all exit and entrances of the facility. There will be signage directing participants to and from their designated ice surface to control the flow of patrons.
- Participants must come to the facility dressed with the majority of their equipment and ready for their activity.
- Player's benches will be sectioned. Participants must sit within the section and utilize only one section during their session.
- Participants will all use their own water bottles – absolutely no sharing! Please fill at home.
- On ice physical distancing will be supported by use of cones and markers in the ice surface.
- Shooting, passing, skating drills are permitted. No games or battle and compete drills.
- Only 1 parent or guardian will be permitted in the building with each participant. No siblings.
- Upon entering the facility, the parent or guardian must go directly to their designated ice rink and remain in the stands in the Rink. These areas / stands will be marked to ensure physical distancing is practiced.
- Frequent hand washing by patrons is recommended.
- Face masks are recommended where physical distancing cannot be safely maintained.
- Limit number of patrons in washrooms to one at a time to ensure physical distancing.

- **MOST IMPORTANTLY ...** If a participant, parent, guardian, or coach have recently travelled outside the country and have not cleared 14 days of self-quarantine or if a participant, parent, guardian, or coach are experiencing any COVID-19 symptoms or have had close contact with someone who has COVID-19 like symptoms, **DO NOT PARTICPATE OR ENTER THE FACILITY.**

EMPLOYEE SCREENING

In effort to screen employees prior to entering the facility we will implement a passive screening process that requires colleagues / Managers asking each other specific screening questions prior to the start of shift, as provided by your facility partner or our provincial jurisdiction. This process will follow Provincial work safe guidelines.

We will also follow City of Pitt Meadows guidelines on safe work practices where applicable and work with the City of Pitt Meadows Health and Safety officer as well any local, Joint Health and Safety Committee

ILLNESSES OR SYMPTOMS WITH BOTH STAFF AND PATRONS/PARTICIPANTS

Patron / Participant – Should a patron / participant develop symptoms during their time in the facility, they will be given a disposal face mask to wear and the staff interacting with them will wear one as well. The individual will be asked to leave the facility immediately and instructed to contact 811 as soon as they get home as recommended by the Office of the Chief Medical Officer of Health for the Province of British Columbia. Should they be tested and found positive for COVID-19, we will follow the communication protocols listed below.

Staff – If a Staff member develops symptoms of COVID-19 they will be asked to immediately put on their community face mask and go to the designated health area. From there a Manager will advise them to go home, contact 811 and log the information, following their recommendations. Should they be recommended for testing and found positive, we will follow the communication protocols listed below.

One confirmed case of COVID-19 (Individual who tests positive for the virus causing COVID-19); **OR Two or more suspect cases of COVID-19 may lead to facility closure.**

Suspect Case:

- An individual that has 2 or more of the following symptoms:
 - fever or signs of fever,
 - new cough or worsening chronic cough,
 - runny nose,
 - headache,
 - sore throat,
 - new onset of fatigue,
 - new onset of muscle pain,
 - diarrhea or
 - loss of taste or smell; or
- An individual displaying purple fingers or toes even as the only symptom.

The facility cannot reopen until advised by Public Health. Regional Public Health will be involved to manage the outbreak and ensure contacts are identified; public health measures are in place and will lead any communication that is required.

COMMUNICATION PROTOCOLS

Should there be a single confirmed case or two suspected cases of COVID-19 of staff and/or patrons, we will immediately contact Public Health as well as Senior Management for Nustadia Recreation Inc. and partner members of the Facility Management Review Team.

We will notify The City of Pitt Meadows of any suspected or confirmed cases.

We will follow any/all recommendations from Public Health at that time. Our assumed protocol will be that if anyone at the facility is diagnosed with COVID that we will send out notification to all patrons and staff that attended at the same time as that individual. We will make initial contact by email and ask for them to confirm receipt. For those who do not confirm receipt we will follow up by phone. Facility Management must follow the direction of Public Health who may complete this process, please follow your local protocols.

STAFF CONTACTS

Scott Mosby, General Manager
Email: smosby@pittmeadowsarena.com
Cell: 778-879-0487
Office: 604-460-1531

Jodi Johnson, Office Manager
Email: jjohnson@pittmeadowsarena.com
Cell: 604-999-5676
Office: 604-460-1531

It's important to understand that this is not “business as usual”. We are venturing into a “new normal” with these procedures. Our goal is to create a safe and healthy environment for staff and users by making the necessary adjustments to help limit the risk of exposure to COVID-19. We are confident that by adhering to the above noted policies and procedures, while continuing to work with Office of the Chief Medical Officer of Health for the Province of British Columbia and the City of Pitt Meadows that we can safely phase in a soft reopening of the **PITT MEADOWS ARENA COMPLEX.**

Submitted by:

Scott Mosby
General Manager
Pitt Meadows Arena Complex



**PORT COQUITLAM RIDGE MEADOWS RINGETTE
ASSOCIATION (PCRMRA)
RETURN TO PLAY PLAN**



**APPENDIX D: RINGETTE BC'S COVID-19 SAFETY PLAN – RINGETTE
TEMPLATE**

File Name : TEMPLATE - COVID-19 Safety Plan

COVID – 19 Safety Plan – RINGETTE TEMPLATE

All Ringette Member Associations including Leagues and Club-Associations MUST develop a COVID -19 Safety Plan. This template was adapted by Ringette BC from the [viaSport COVID-19 SAFETY PLAN TEMPLATE](#).

Ringette BC has created a COVID-19 Safety Plan for Ringette BC, which follows the Worksafe BC template. Ringette BC's Return to Ringette Guidelines are the guiding document for answering the questions listed in the Safety Plan.

The Ringette BC COVID-19 Safety Plan is approved by the Ringette BC Board of Directors. It is a public document.

STEP 1: Assess the Risks at your facility or facilities:

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- ✓ We have identified where people gather.
- ✓ We have identified situations and processes where individuals are close to one another or members of the public.
- ✓ We have identified the equipment that may be shared by individuals.
- ✓ We have identified surfaces that people touch often.

STEP 2: Implement Protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission. Look to the following for information, input and guidance:

- ✓ viaSport Sector Guidelines and your sport-specific guidelines.
You may be required to identify and implement additional protocols if the posted protocols don't address all the risks to your workers.
- ✓ Orders, guidance, and notices issued by the provincial health officer and relevant to your industry.
Updates will be posted at www.viasport.ca
- ✓ Municipal or facility Guidelines

First level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- ✓ We have established maximum program numbers for our program that meets facility requirements
- ✓ We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).
- ✓ We have implemented measures to keep participants and others at least 2 metres apart, wherever possible.



Measures in Place:

List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document below:

See PCRMRA Return to Play Plan

Second level protection (engineering): Barriers and partitions

This section may only apply to facility owners and operators

- ✓ We have installed barriers where Participants can't keep physically distant from co-workers, customers, or others.
- ✓ Does not apply – facility owners and operators will provide the direction.

Measures in place

Describe how barriers or partitions will be used in your environment (if appropriate). If this information is in another document, identify that document here.

See PCRMRA Return to Play Plan

Third level protection (administrative): Rules and guidelines

- ✓ We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- ✓ We have clearly communicated these rules and guidelines through a combination of training and signage.

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.

See PCRMRA Return to Play Plan

Fourth level protection: Using masks (optional measure in addition to other control measures)

- ✓ We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- ✓ We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.
- ✓ We have trained individuals on the proper use of masks (if applicable).

Measures in place

- Who will use masks?
- What work tasks will require the use of masks?
- How have workers been informed of the correct use of masks?



If this information is in another document, identify that document here.

See **PCRMRA Return to Play Plan**

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- ✓ We have reviewed the information on cleaning and disinfecting surfaces.
- ✓ Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed.
- ✓ We have communicated good hygiene practices to participants, coaches, volunteers, etc. We have implemented cleaning protocols for all common areas and surfaces.
- ✓ Workers who are cleaning have adequate training and materials.
- ✓ We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc). If this information is in another document, identify that document here.

See **PCRMRA Return to Play Plan**

Step 3: Develop policies

Develop the necessary policies to manage your sport. Our policies ensure that workers, participants and others showing symptoms of COVID-19 are prohibited from participating in sport activities:

- ✓ Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- ✓ Anyone directed by Public Health to self-isolate.
- ✓ Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- ✓ Our policy addresses individuals who may start to feel while participating.
It includes the following: Sick individuals should report to first aid (or designated individual), even with mild symptoms.
- ✓ Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the [BC COVID-19 Self-Assessment Tool](#), or call 811 for further guidance related to testing and self-isolation.]
- ✓ If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill worker has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- ✓ We have a communication and training plan to ensure everyone is trained in policies and procedures. All participants have received the policies for staying home when sick.



- ✓ We have posted signage at the sport location, including occupancy limits and effective hygiene practices.
- ✓ We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms.
- ✓ Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- ✓ We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.
- ✓ Individuals know who to go to with health and safety concerns.
- ✓ When resolving safety issues, we will involve designated health and safety representatives

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming/business.

- ✓ We have a training plan for new staff, coaches, volunteers, and participants.
- ✓ We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities.
- ✓ We have a training plan around changes to our business/programming.
- ✓ We have identified a safe process for cleaning and removing things that have been out of use.

Organization Information:

Club – Association Name: Port Coquitlam Ridge Meadows Ringette Association

COVID – 19 Safety Plan was approved on: Aug 18, 2020

Be advised that personal information must not be included in the COVID-19 Safety Plan

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, fingerprints, or blood type. It includes information about a person's health care, educational, financial, and criminal or employment history. Visit <https://www.oipc.bc.ca/about/legislation/> for more information.



**PORT COQUITLAM RIDGE MEADOWS RINGETTE
ASSOCIATION (PCRMRA)
RETURN TO PLAY PLAN**



APPENDIX E: RINGETTE BC'S WAIVERS OF LIABILITY

File Name: COVID-19 RELEASE OF LIABILITY WAIVER_July 2020
JULY 2020 Waiver of Liability - 19 + adult_final
JULY 2020 Waiver of Liability - YOUTH_final
Participant Agreement Template

COVID-19 ASSUMPTION OF RISK, RELEASE, AND WAIVER OF LIABILITY AGREEMENT**(To be executed by Participants 19 years of age and over)****WARNING! By signing this document, you will assume certain risks and responsibilities.****PLEASE READ CAREFULLY****Participant's Name:** _____

To: The British Columbia Ringette Association (the "Association") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Leagues, Club-Associations, independent contractors, subcontractors, sponsors, successors and assigns (collectively the "Releasees")

RELEASE AND WAIVER

In consideration of my participation in the sport of ringette with Ringette BC and from _____ (insert Association name), I being 18 years of age or older, do hereby forever release, waive, discharge and covenant not to sue Ringette BC and _____ (insert Association Name) and its past, current and future officers, directors, employees, members, volunteers, coach tractors, representatives, parents, owners, affiliates, agents, and assigns (collectively, "Service Provider") from any and all damages, injuries, losses, liability, claims, causes of action, litigation, or demands, including but not limited to those for personal injury, sickness, or death as well as property damages and expenses of any nature whatsoever, which many be incurred, directly or indirectly, now or in the future in any way related to COVID-19 and in connection with my participation in the sport of ringette or any travel related thereto. I promise not to sue Service Provider for any of the foregoing.

DEFINITIONS: In this Agreement the term "ringette program" shall include all activities, programs, events, classes, and services provided, sponsored or organized by the Association including but not limited to: games, tournaments, practices, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instructional sessions or lessons, aerobic and anaerobic conditioning programs, meetings, and gym ringette programs and Come Try Ringette Programs.

ASSUMPTION OF RISKS:

I believe myself to be physically, emotionally and mentally able to participate in ringette programs and I am doing so voluntarily and willingly. I am aware that my participation in ringette programs involves many risks, dangers, and hazards, which could result in damage, loss, serious physical injury or death to me.

I understand that while Service Provider has undertaken reasonable steps to lessen the risk of transmission of COVID-19 in connection with the ringette program, Service Provider is not responsible in any manner for any risks related to COVID-19 in connection with the ringette program.

I understand that the World Health Organization has classified the COVID-19 outbreak as a pandemic.

I further understand that COVID-19 is a highly contagious and dangerous disease, and that contact with the virus that causes COVID-19 may result in significant personal injury or death. I am fully aware that participation in the Ringette Program (including any related travel) carries with it certain inherent risks related to COVID-19 transmission ("Inherent Risks") that cannot be eliminated regardless of the care taken to avoid such risks.

Inherent Risks may include, but are not limited to,

- (1) the risk of coming into close contact with individuals or objects that may be carrying COVID-19;
- (2) the risk of transmitting or contracting COVID-19, directly or indirectly, to or from other individuals; and
- (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from COVID-19 or the treatment thereof. Further, I understand that the risks of COVID-19 are not fully understood, and that contact with, or transmission of, COVID-19 may result in risks including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks.

INITIALS _____

I hereby voluntarily accept and assume all risk of loss, personal injury, sickness, death, damage, and expense arising from such Inherent Risks. Furthermore, I represent and warrant that I do not suffer from any medical condition or disease that might in any way hinder or prevent me from receiving the Services, including, to my knowledge, COVID-19.

RELEASE OF LIABILITY, WAIVER OF CLAIM AND INDEMNITY AGREEMENT

This COVID-19 Assumption of Risk, Release and Waiver of Liability Agreement ("Agreement") shall be:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against Service Provider AND **TO RELEASE THE Service Provider** from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next-of-kin may suffer as a result of my participation in ringette programs.
2. **TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES** from any and all liability for any damage, loss, expenses or injury to my participation in ringette programs.
3. Despite the risks, dangers and hazards of ringette programs, and fully understanding such risks, dangers and hazards, I wish to participate in ringette programs with the Association, and I **FREELY ACCEPT AND FULLY ASSUME** all such risks, dangers and hazards and the possibility of personal injury, death, property damage, and loss resulting therefrom.
4. This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns, and representatives in the event of my death or incapacity.
5. I expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by applicable laws, and that if any portion of this Agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.
6. This Agreement contains the entire understanding of the parties relating to the subject matter, and shall not be altered, modified, amended, waived or supplemented in any manner whatsoever except by a written agreement signed by both parties hereto or their duly authorized representatives.

This Agreement may be executed, made and delivered electronically.

JURISDICTION:

This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia (BC), and I agree to attorn solely to the jurisdiction of the Courts of the Province of BC. Any litigation involving the parties to this Agreement shall be brought solely within the Province of BC and shall be within the exclusive jurisdiction of the Courts of the Province of BC.

By executing this form, whether on-line or by signature, you agree that you are the registering player and that you have read and understand and are bound by the Agreement terms.

I have read and understood this Agreement and enter it to voluntarily in consideration to participate in ringette programs. I acknowledge that I am giving up legal rights and/or remedies which may be available to me.

Name of Participant (print)

Signature of Participant

Date of Birth

Date Signed

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**(To be executed by Participants 19 years of age and over)****WARNING! By signing this document, you will assume certain risks and responsibilities.****PLEASE READ CAREFULLY**

Participant's Name: _____

To: The British Columbia Ringette Association (the "Association") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Leagues, Club-Associations, independent contractors, subcontractors, sponsors, successors and assigns (collectively the "Releasees")

This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in the sport of ringette and the orientation, instruction, activities, programs, and services of the Association (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

DEFINITIONS: In this Agreement the term "ringette program" shall include all activities, programs, events, classes, and services provided, sponsored or organized by the Association including but not limited to: games, tournaments, practices, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instructional sessions or lessons, aerobic and anaerobic conditioning programs, meetings, and gym ringette programs and Come Try Ringette Programs.

ASSUMPTION OF RISKS:

I believe myself to be physically, emotionally and mentally able to participate in ringette programs and I am doing so voluntarily and willingly. I am aware that my participation in ringette programs involves many risks, dangers, and hazards, which could result in damage, loss, serious physical injury or death to me. Some of these risks, dangers and hazards include but are not limited to:

Some of these risks, dangers and hazards include but are not limited to:

1. **Health:** overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes and the transmission or contraction of communicable diseases, including COVID-19 and viruses of all kinds, bacteria, parasites or other organisms or any mutation thereof.

- a. **COVID-19 inherent risks include, but are not limited to,**

- i. (1) the risk of coming into close contact with individuals or objects that may be carrying COVID-19;
- ii. (2) the risk of transmitting or contracting COVID-19, directly or indirectly, to or from other individuals; and
- iii. (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from COVID-19 or the treatment thereof. Further, I understand that the risks of COVID-19 are not fully understood, and that contact with, or transmission of, COVID-19 may result in risks including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks.

INITIALS _____

2. **PREMISES:** defective, dangerous or unsafe condition of facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe or irregular conditions on ice, flooring or other surfaces, extreme weather conditions; travel to and from premises.

INITIALS _____

3. Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision or failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.

INITIALS _____

4. Contact: I acknowledge that contact with other persons, other equipment, or rings, whether intentional or unintentional, is a common part of ringette programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury.

INITIALS _____

5. I acknowledge that privacy breaches, hacking, technology malfunction or damage could occur;

INITIALS _____

6. Advice: Negligent advice regarding ringette programs.

7. My conduct and conduct of other persons including any physical altercation between ringette participants:

I acknowledge that such conduct, including my negligence and negligence of other persons, including **NEGLIGENCE ON THE PART OF THE RELEASEES**, may increase the risk of damage, loss, personal injury or death. I understand that the Releasee may fail to safeguard or protect me from the risks, dangers and hazards of ringette programs, some of which are referred above.

8. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Association has put in place preventative measures to reduce the spread of COVID-19; however, the Association cannot guarantee that the Participant will not become infected with COVID-19. I acknowledge that attending the ringette programs could increase my risk of contracting COVID-19.

INITIALS _____

RELEASE OF LIABILITY, WAIVER OF CLAIM AND INDEMNITY AGREEMENT

In consideration of the Releasees allowing me to participate in ringette programs, use its equipment and facilities and providing its ringette services and consultation, I hereby agree as follows:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against THE RELEASEES AND **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next-of-kin may suffer as a result of my participation in ringette programs DUE TO ANY CAUSE WHATSOEVER, including but not limited to:
 - a. **Negligence on the part of the Releasees;**
 - b. **Breach of contract by the Releasees;**
 - c. **Breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of equipment;**
 - d. **Breach of any statutory or other duty of care including duty of care owed under the *Occupiers Liability Act, R.S.B.C. 1996, c. 303, on the part of the Releasees; and***
 - e. **The failure on the part of the Releasees to safeguard or protect me from the risks, dangers, and hazards of ringette programs, some of which are referred to in the Assumption of Risks section of this Agreement.**
2. **TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES** from any and all liability for any damage, loss, expenses or injury to my participation in ringette programs.
3. Despite the risks, dangers and hazards of ringette programs, and fully understanding such risks, dangers and hazards, I wish to participate in ringette programs with the Association, and I **FREELY ACCEPT AND FULLY ASSUME** all such risks, dangers and

hazards and the possibility of personal injury, death, property damage, and loss resulting therefrom.

4. This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns, and representatives in the event of my death or incapacity.

INITIALS _____

SAFETY:

In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of ringette programs other than what is set forth in this Agreement.

INSURANCE:

I am aware that the Association carries insurance and that should I become injured or cause personal injury or property damage to any third party while participating in ringette programs, I may or may not be entitled to insurance coverage depending on the terms and conditions of the Association's insurance policy.

JURISDICTION:

This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia (BC), and I agree to attorn solely to the jurisdiction of the Courts of the Province of BC. Any litigation involving the parties to this Agreement shall be brought solely within the Province of BC and shall be within the exclusive jurisdiction of the Courts of the Province of BC.

By executing this form, whether on-line or by signature, you agree that you are the registering player and that you have read and understand and are bound by the Agreement terms.

ACKNOWLEDGEMENT

The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (print)

Signature of Participant

Date of Birth

Date Signed

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT
(To be executed by Participants under the age of 19)

WARNING! By signing this document, you will assume certain risks and responsibilities.

PLEASE READ CAREFULLY

Participant's Name: _____

To: The British Columbia Ringette Association (the "Association") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, Leagues, Club-Associations, independent contractors, subcontractors, sponsors, successors and assigns (collectively the "Releasees")

This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in the sport of ringette and the orientation, instruction, activities, programs, and services of the Association (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document:

DEFINITIONS: In this Agreement the term "ringette program" shall include all activities, programs, events, classes, and services provided, sponsored or organized by the Association including but not limited to: games, tournaments, practices, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instructional sessions or lessons, aerobic and anaerobic conditioning programs, meetings, and gym ringette programs and Come Try Ringette Programs.

ASSUMPTION OF RISKS:

I am the parent/guardian of the player being registered and have full legal responsibility for the decisions of said player. I believe my child/ward is physically, emotionally and mentally able to participate in ringette programs and is doing so voluntarily and willingly.

I am aware that my child/ward's participation in ringette programs involves many risks, dangers, and hazards, which could result in damage, loss, serious physical injury or death to my child/ward. I have spoken to my child/ward and have made my child/ward aware of these risks, dangers and hazards.

INITIALS _____

Some of these risks, dangers and hazards include but are not limited to:

1. **HEALTH:** overexertion, dehydration, fatigue, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes and the transmission or contraction of communicable diseases, including COVID-19 and viruses of all kinds, bacteria, parasites or other organisms or any mutation thereof.

a. COVID-19 inherent risks include, but are not limited to,

- i. (1) the risk of coming into close contact with individuals or objects that may be carrying COVID-19;
- ii. (2) the risk of transmitting or contracting COVID-19, directly or indirectly, to or from other individuals; and
- iii. (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from COVID-19 or the treatment thereof. Further, I understand that the risks of COVID-19 are not fully understood, and that contact with, or transmission of, COVID-19 may result in risks including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks.

INITIALS _____

2. **PREMISES:** defective, dangerous or unsafe condition of facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe or irregular conditions on ice, flooring or other surfaces, extreme weather conditions; travel to and from premises.

INITIALS _____

3. **USE OF EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision or failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.

INITIALS _____

4. **CONTACT:** I acknowledge that contact with other persons, other equipment, or rings, whether intentional or unintentional, is a common part of ringette programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury.

INITIALS _____

5. I acknowledge that privacy breaches, hacking, technology malfunction or damage could occur;

INITIALS _____

6. Advice: Negligent advice regarding ringette programs;

7. My child/ward's conduct and conduct of other persons including any physical altercation between ringette participants:

I acknowledge that such conduct, including my child/ward's negligence and negligence of other persons, including

NEGLIGENCE ON THE PART OF THE RELEASEES, may increase the risk of damage, loss, personal injury or death.

I understand that the Releasee may fail to safeguard or protect my child/ward from the risks, dangers and hazards of ringette programs, some of which are referred above.

8. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Association has put in place preventative measures to reduce the spread of COVID-19; however, the Association cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the ringette programs could increase your risk of contracting COVID-19.

INITIALS _____

RELEASE OF LIABILITY, WAIVER OF CLAIM AND INDEMNITY AGREEMENT

In consideration of the Releasees allowing my child/ward to participate in ringette programs, use its equipment and facilities and providing its ringette services and consultation, I hereby agree as follows:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against **THE RELEASEES AND TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I or my child/ward may suffer or that my next-of-kin may suffer as a result of my child's/ward's participation in ringette programs **DUE TO ANY CAUSE WHATSOEVER**, including but not limited to:

- Negligence on the part of the Releasees;**
- Breach of contract by the Releasees;**
- Breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of equipment;**
- Breach of any statutory or other duty of care including duty of care owed under the *Occupiers Liability Act, R.S.B.C. 1996, c. 303, on the part of the Releasees; and***
- The failure on the part of the Releasees to safeguard or protect me or my child/ward from the risks, dangers, and hazards of ringette programs, some of which are referred to in the Assumption of Risks section of this Agreement.**

2. **TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES** from any and all liability for any damage, loss, expenses or injury to my child/ward resulting from my child's/ward's participation in ringette programs **DUE TO ANY CAUSE WHATSOEVER**, including but not limited to negligence on the part of the Releasees; breach of contract by the Releasees; breach of warranty on the part of the Releasees in respect of the design, manufacture, selection, installation, maintenance or adjustment of equipment; breach of any statutory duty or other duty of care including any duty of care owed under the Occupiers liability Act, R.S.B.C. 1996, c. 303, on the part of the Releasees; and the failure on the part of the Releasees to safeguard or protect my child/ward from the risks, dangers and hazards of ringette programs, some of which are referred to in the Assumption of Risks section of this Agreement.
3. **TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES** from any and all liability for any damage, loss, expense or injury to any third party resulting from my child's/ward's participation in ringette programs.
4. Despite the risks, dangers and hazards of ringette programs, and fully understanding such risks, dangers and hazards, I wish my child/ward to participate in ringette programs with the Association, and **I FREELY ACCEPT AND FULLY ASSUME** all such risks, dangers and hazards and the possibility of personal injury, death, property damage, and loss resulting therefrom.
5. This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns, and representatives in the event of my death or incapacity.

INITIALS _____

SAFETY:

In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of ringette programs other than what is set forth in this Agreement.

INSURANCE:

I am aware that the Association carries insurance and that should my child/ward become injured or cause personal injury or property damage to any third party while participating in ringette programs, my child/ward may or may not be entitled to insurance coverage depending on the terms and conditions of the Association's insurance policy.

JURISDICTION:

This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia (BC), and I agree to attorn solely to the jurisdiction of the Courts of the Province of BC. Any litigation involving the parties to this Agreement shall be brought solely within the Province of BC and shall be within the exclusive jurisdiction of the Courts of the Province of BC.

By executing this form, whether on-line or by signature, you agree that you are the registering player's parent/legal guardian and that you have read and understand and are bound by the Agreement terms.

ACKNOWLEDGEMENT

The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (print)_____
Signature of Participant_____
Date of Birth_____
Name of Parent or Guardian (print)_____
Signature of Parent or Guardian_____
Date



**PORT COQUITLAM RIDGE MEADOWS RINGETTE
ASSOCIATION (PCRMRA)
RETURN TO PLAY PLAN**



APPENDIX F: ATTENDANCE SHEET FOR RINGETTE ACTIVITIES

File Name: Attendance Sheet for Ringette Activities

Ringette BC Return to Play: Attendance Tracking Form

This form is to be used anytime there is a ringette activity taking place within your Club-Association. This includes meetings, practices, skill development clinics, camps, games, coaching clinics, referee clinics, and outreach activations. Any and all activities must have **ALL** attendees tracked. This is a requirement of the BC Ministry of Health and a requirement of sanctioning by Ringette BC.

This form **MUST** be returned to your Club-Association Contact Person and records held for a minimum of 90 days by the Club-Association. For Outreach activations such as Come Try Ringette a separate attendee sheet should also be kept.

This area must be completed by the Attendance Tracker for this Activity (all fields are mandatory)

Full Name		Phone Number	
Email		Date of Activity	
Name of Location Activity		Physical Address of Facility	
Type of Activity	<input type="radio"/> Practice <input type="radio"/> Game <input type="radio"/> Skill Development Camp/Clinic <input type="radio"/> Meeting <input type="radio"/> Coaching or Referee Clinic	Total number of Attendees including spectators, coaches, etc.	
Administrative Use ONLY	Received by: _____ Position/Title: _____	Date Received: _____ Association: _____	

Please collect the following information from EVERY PARTICIPANT at this activity. This information is critical should an outbreak occur around the time of this activity. It is important that the BC Health Authority has access to this information quickly so that all persons in attendance can be contacted.

Screening Questions - Please ask all PARTICIPANTS the following questions:

1. Are you exhibiting any symptoms of COVID-19 such as, fever, dry cough, chest or respiratory pain?
2. Has any member of your household exhibited any symptoms of COVID-19 within the last 14 days?
3. Have you or any over member of your household arrived from outside of Canada in the past 14 days?

Attendees Full Name	Email	Phone Number	Answer to Attestation
1.			1. YES / NO 2. YES / NO 3. YES / NO
2.			1. YES / NO 2. YES / NO 3. YES / NO
3.			1. YES / NO 2. YES / NO 3. YES / NO
4.			1. YES / NO 2. YES / NO 3. YES / NO
5.			1. YES / NO 2. YES / NO 3. YES / NO
6.			1. YES / NO 2. YES / NO 3. YES / NO
7.			1. YES / NO 2. YES / NO 3. YES / NO
8.			1. YES / NO 2. YES / NO 3. YES / NO
9.			1. YES / NO 2. YES / NO 3. YES / NO
10.			1. YES / NO 2. YES / NO 3. YES / NO

Screening Questions - Please ask all PARTICIPANTS the following questions:

1. Are you exhibiting any symptoms of COVID-19 such as, fever, dry cough, chest or respiratory pain?
2. Has any member of your household exhibited any symptoms of COVID-19 within the last 14 days?
3. Have you or any over member of your household arrived from outside of Canada in the past 14 days?

Attendees Full Name	Email	Phone Number	Answer to Attestation
1.			1. YES / NO 2. YES / NO 3. YES / NO
2.			1. YES / NO 2. YES / NO 3. YES / NO
3.			1. YES / NO 2. YES / NO 3. YES / NO
4.			1. YES / NO 2. YES / NO 3. YES / NO
5.			1. YES / NO 2. YES / NO 3. YES / NO
6.			1. YES / NO 2. YES / NO 3. YES / NO
7.			1. YES / NO 2. YES / NO 3. YES / NO
8.			1. YES / NO 2. YES / NO 3. YES / NO
9.			1. YES / NO 2. YES / NO 3. YES / NO
10.			1. YES / NO 2. YES / NO 3. YES / NO

Date of Activity: _____