



Hygiene Checklist

For all Participants

Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
All Participants must adhere to public health authority guidelines	√	√	√	√
All participants must adhere to facility rules & guidelines				
<ul style="list-style-type: none"> Communicate with families to make sure they are aware of the spectator rules around physical distancing as well as on-ice protocol 	√	√	√	√
<ul style="list-style-type: none"> Work with the facility to have a common area with marked physical distanced seating and a common area to put on skates or remove skate guards 	√	√	√	√
<ul style="list-style-type: none"> When local health protocol allows use of dressing rooms, have players appropriately physically distanced (using multiple dressing rooms could help) 	√	√	√	√
<ul style="list-style-type: none"> Encourage participants to minimize their time in or around the facility 	√	√	√	√
<ul style="list-style-type: none"> Remind players and parents to follow physical distancing guidelines when leaving 	√	√	√	√
Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
Encourage or require patrons to register and pay online prior to arriving	√			
Look at making payment/refund policies more flexible so families do not feel pressured to make an ice session.	√			
Host an online meeting with parents/guardians to run through plans and allow them to ask questions related to:				
<ul style="list-style-type: none"> What they can expect 	√			
<ul style="list-style-type: none"> Planning for the first session 	√			
<ul style="list-style-type: none"> Precautions being taken to keep the rink clean and safe 	√			
<ul style="list-style-type: none"> Facility and ringette association protocols specific to physical distancing 	√			
Notify and reinforce the message that players and coaches need to observe physical distancing on the ice	√			
Steps to good hygiene	√			

If a player has any cold or flu-like symptoms (runny nose, sore throat, fever, cough) they must advise the team and stay home until symptoms have ended.		√	√	√
They may need to be tested for COVID-19 should symptoms match universal symptoms; if positive, follow public health authority requirements		√	√	√
A coach should be prepared to require that a player exhibiting symptoms must leave the ringette session / activity		√	√	√
When coughing or sneezing:				
○ Cough or sneeze into a tissue or the bend of the arm, not the hand		√	√	√
○ Dispose of any used tissues as soon as possible in a lined waste basket and wash hands		√	√	√
○ Avoid touching the eyes, nose or mouth with unwashed hands		√	√	√
Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
Participants identified as vulnerable to COVID-19 should be more cautious and should speak with a physician prior to participating	√	√	√	√
Promote strict hand hygiene (washing and sanitizing) before and after training		√	√	√
Wash hands after using rest rooms with soap and water for at least 20- seconds		√	√	√
Use alcohol-based hand sanitizer if soap and water are not available		√	√	√
It is recommended that anyone entering a facility should wear a cloth mask. The mask can be removed during the ringette activity, but physical distancing must still be practiced.		√	√	√
Monitor public health authority guidelines specific to the wearing of masks		√	√	√
Players must have their own labelled water bottle, washed after each session		√	√	√
Ringette bags should have hand sanitizer in them. Players should wash hands frequently – before leaving home, prior to entering the facility and after leaving the facility		√	√	√
Travel with family to ringette association activities and away events (no carpooling)		√		√
Leave ringette bags in the car if arriving early and the dressing room is not available		√		

Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
Limit dressing room use as much as possible			√	√
Have participants put on their shoes or skate guards so that they can leave quickly			√	√
Encourage participants to minimize their time in the facility			√	√
For age groups where parents need to assist with equipment, limit the number of parents in the dressing room/change area to one per player. Entry should be controlled to meet physical distancing requirements			√	√
Have a separate gym bag with clothing for dryland. If possible, have dryland clothes on under street clothes		√	√	
Wear clothing that minimizes changing in tight spaces				
If dryland, wear dryland clothing to the facility. If on-ice wear equipment other than helmet, gloves and skates		√	√	√
Shower at home.		√	√	√
Do not share toiletries of any kind		√	√	√
During the warm-up the coach should ensure physical distancing is practiced. No sharing of foam rollers or warm up equipment		√	√	√
Observe facility rules regarding team warm-ups, including physical distancing requirements		√	√	√
Players need to be prepared to disinfect fitness equipment immediately after use		√	√	√
Absolutely no spitting or open nose blowing in the ringette environment		√	√	√
Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
Minimize congregation in the lobby as much as possible.	√	√	√	√
Meet family at vehicles if suitable for age of players – follow physical distancing requirements of facility and public health authority.	√	√	√	√
Minimize going in and out of doors, including the dressing room. Facility doors are considered high-risk touchpoints.		√	√	√
Team staff should try and control the number of times players enter and exit the dressing room; this avoids hands contacting the handles. Use the elbow to open.		√	√	√
No sharing of food or drinks		√	√	√

Towels are on the bench under the guidance of the trainer for emergency use		√	√	√
Towels are not for regular player use. If a trainer uses a towel on the bench, it must be taken out of use and washed		√	√	√
Paper towels/tissues can be kept on hand to wipe faces or blow noses if on the bench		√	√	√
Garbage cans should be placed close by for disposal		√	√	√
No handshakes between teams. Referee can greet coaches but no handshakes.		√	√	√
Some equipment should be washed (jerseys, pants, socks, etc.) after each session, following manufacturer guidelines	√	√	√	√
Players must ensure that equipment is kept clean	√	√	√	√
Encourage players to take equipment out of bags and dry it out after EVERY session.	√	√	√	√
Wash all undergarments after each session following manufacturer guidelines	√	√	√	√