



October 20, 2020

Important COVID-19 Information as of

IMPORTANT information to be cascaded to **ALL COACHES / BENCH STAFF, SAFETY OFFICERS, and Players** within your association.

EFFECTIVE DATE These Orders are effective as of **11:00 p.m. on October 19, 2020 and remain in effect until 11:00 p.m. on November 2, 2020 in the Capital Region**

Use of Masks

24(1) A person who enters or remains in an indoor public place must wear a mask in a manner that covers their mouth, nose and chin without gapping.

24(3) Subsections (1) and (2) do not apply in respect of the following:

(ii) actively engaging in an athletic or fitness activity... **Effective in until 11:00 p.m. on November 2, 2020 in the Capital Region**

- Inside dressing rooms by all participants (Safety Officers, Instructor /Coaches, Jr. Coaches, Trainers, Managers, Players, & Parents);
- On the ice, coaches must wear a mask, may be removed while demonstrating a drill/skill (CODE ORANGE – Restricted);
- When arriving and departing arena mask must be worn by all.

Physical Distancing:

- 6ft/2M apart;
- Including in the dressing room, on the bench, in line ups on the ice;
- **No loitering in the parking lot of arena before or after ice times (this includes all spectators);**
- Entering and Leaving the ice Surface – space players out 6ft/2M apart;
- Coaches / Instructors, **NOT** to physically support new skaters on the ice. (ie. *Helping children up after falling, if they cannot stand after 3 attempts, they are not to be on ice*).

<https://ringgettemanitoba.ca/return-to-ringette/> for direct link to Government of Manitoba COVID-19's current health and safety standards in Manitoba.

Previous provisions in place for all other sectors, not listed above, in this region remain in place. Further direction or additional restrictions may put in place by public health at any time.

The Winnipeg Metropolitan / Capital Region includes the City of Winnipeg and the following rural municipalities in other health regions:

- **Interlake-Eastern Regional Health Authority:** City of Selkirk, Town of Stonewall, Town of Teulon, RM of Rockwood, RM of Springfield, RM of St. Andrews, RM of St. Clements (including Birds Hill Provincial Park), RM of West St. Paul, RM of East St. Paul and the Village of Dunnottar.

- **Southern Health** - Santé Sud -Rural Municipality (RM) of Cartier, RM of Headingley, RM of Macdonald, RM of Ritchot, RM of St. François Xavier, RM of Taché and the Town of Niverville.

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Know your Zone – Each area in Manitoba at different times may their own Government RESPONSE CODE COLOUR. It is up to each individual to be aware of what area you are in or are going to be going to and familiarize yourself with the code and restrictions.

Arena Websites – Individual Arena Protocols in Manitoba can be found on Ringette Manitoba’s website <https://ringettemanitoba.ca/arena-guide/>

Please make sure to check your facility protocols prior to arriving at each facility. Not all facilities have the same protocols so be sure you are aware of each and every one that you will arriving at.

City of Winnipeg Arenas – arrive dressed for participation, dryland warmups not permitted, arena doors may not open until 15 minutes prior to ice. Safety Officer to identify self to Arena Staff.

1:1 Player / Parent permitted to enter.

Code **Orange** - Restricted:

- Wear a mask in all indoor public places.
- Stay home when sick.
- Practice social distancing, hand washing/sanitizing and cough etiquette.
- Follow public health guidance on travel and self-isolation.
- On the ice, coaches must wear a mask, may be removed while demonstrating a drill/skill (CODE ORANGE – Restricted)

Code **Yellow** - Caution:

- Stay home when sick.
- Practice social distancing, hand washing/sanitizing and cough etiquette.
- Wear a mask in indoor settings where social distancing is not possible.
- Vulnerable people, such as seniors, are encouraged to exercise additional caution.
- Limit group sizes to a maximum of 50 people indoors and 100 outdoors. Larger group sizes will be allowed where participants can be separated into distinct groups that remain separate and where each distinct group remains under the limits above.
- Individuals identified as having COVID-19 or a close contact of someone with COVID-19 must immediately enter mandatory isolation/self-isolation (quarantine) until public health officials advise they can end isolation/self-isolation (quarantine). Additional guidance on self-isolation for confirmed cases and close contacts.

It continues to be critically important that we focus on the fundamentals to help stop the spread of COVID-19:

- Stay home if you feel sick, even mildly ill
- Wash/sanitize your hands, cover your cough and physically distance when you are with people outside your household
- If you cannot physically distance, you should wear a mask to help reduce your risk
- Reduce the number of close contacts outside your household, and avoid closed-in or crowded spaces

We will continue to update you as we receive new information.

Thank you and stay safe.

<https://ringettemanitoba.ca/return-to-ringette/>