



Dear ringette community,

Ringette Manitoba is excited to return to the sport we all love. We would like to encourage our athletes to proceed with caution when returning to activity. After months of potentially being off ice, athletes, coaches, officials and spectators involved in the return to activity must be made aware of the potential risk of injury when returning to activity in full motion.

Things to consider when returning to ringette activities:

1. Ensure you participate in a proper warm-up. Warm-up should be 15-20 minutes in length. A proper warm-up will increase blood flow and oxygen uptake, improve range of motion in joints, and improve performance.
 - a. Failing to follow a proper warm-up, can result in an increased injury risk.
 - b. Here is a good warm-up for a ringette session (off-ice):
 - i. Light jogging, skipping, high knees, butt kicks, etc.
 - ii. Dynamic movements to warm up entire body:
 1. Leg swings
 2. Arm swings or circles
 3. Walking lunges
 4. Body weight squats
 5. Side lunges
 6. Etc.
 - iii. Coordination and concentration:
 1. Ring tossing - hand-eye coordination warm-up
 2. Soccer ball passing - foot-eye coordination warm-up
 3. Juggling - hand-eye coordination warm-up
2. When returning back to activity, remember your body is not as prepared as it once was.
 - a. Do not expect your body to be able to withstand the same intensity as it did prior to shutdown.
 - b. Starting at a slower pace, gradually working up to where you were before with proper progressions.
 - i. I.e. starting at 60% effort, moving up slowly with every session.
3. Ensure you participate in a proper cool-down. Cool-down should be 10-15 minutes. A proper cool-down assists in limiting soreness in the body post activity. Movements to be included in a cool-down should focus on allowing the heart rate to gradually return to its resting state.
 - a. Failing to follow a proper cool-down, may result in sore muscles and stiffness in the body.
 - b. Here is a good cool-down for after a ringette session (off-ice):
 - i. Light jogging, skipping, walking, etc.

- ii. Static stretching to stretch the muscles that were used in the session:
 - 1. Butterfly stretch
 - 2. Downward dog
 - 3. Seated forward bend
 - 4. Child's pose
 - 5. Knees to chest (supine position)
 - 6. Standing quadriceps stretch
 - 7. Standing forward bend
 - 8. Shoulder cross chest stretch
 - 9. Tricep overhead stretch
 - 10. Etc.

Have fun, stay warm, stay safe!

- Ringette Manitoba