



Ajax-Pickering Ringette Association Return to Ringette Hygiene Protocols

What you need to add to your ringette bag this year!

- ✓ Hand sanitizer
- ✓ Face mask
- ✓ Skate guards (plastic recommended as these guards may be worn to walk in and out of the building); we encourage parents to ensure players can put their skate guards on themselves.
- ✓ Water bottle filled with water (must have your own labeled bottle); bring two if necessary
- ✓ Ziploc bag (or the like) for water bottle storage and containing used tissues, towels, etc.
- ✓ A separate small storage bag for your helmet and gloves

Hygiene Practices

- ✓ If you or your child are feeling unwell or are exhibiting any related cold or flu-like symptoms (runny nose, sore throat, fever, cough, etc.) you must advise your team and stay home until symptoms have ended.
- ✓ If you have travelled outside the country with the past 14 days, please do not come to the rink.
- ✓ Wash hands or use hand sanitizer upon entering the facility and upon leaving.
- ✓ Cough sneeze into your elbow.
- ✓ Masks must be worn within the facility, but athletes will not be required to wear them once they are on the ice.
- ✓ Do not touch your face.
- ✓ Follow physical distancing protocols (2m (6ft) apart) on and off the ice.
- ✓ Equipment should be clean prior to going to a session. This includes washing jerseys, sanitizing gloves and helmet, washing water bottles and washing the bag that an individual's helmet and gloves have been carried in. Players are encouraged to take equipment out of bags and dry it out after every session.
- ✓ No carpooling to ringette events. Players should travel to and from the events with their own family.