



February 28, 2022.

Ringette Ontario Return to Play Update

Ringette Ontario recognizes that there are a number of different scenarios that athletes, coaches and families are encountering as we continue to deal with the spread of COVID-19 and the easing of restrictions.

First and foremost, we must stay vigilant with our screening for COVID-19 symptoms. If you or someone in your home has COVID-19 symptoms, stay home.

COVID-19 symptoms include:

- fever and/or chills; OR
- cough; OR
- shortness of breath; OR
- decrease or loss of taste or smell, OR
- Two or more of:
 - runny nose/nasal congestion
 - headache
 - extreme fatigue
 - sore throat
 - muscle aches/joint pain

When in doubt, do what will expose yourself and your team to the least amount of risk of transmission.

As we have communicated since the beginning of COVID-19, athletes, coaches, and Clubs must follow their Public Health Unit Guidelines and restrictions for returning after exposure or symptoms.

Basic guidelines to follow:

If you have symptoms of COVID-19 or have tested positive:

- Isolate for at least 5 days.
- You can end isolation after five days only if you have no fever and all other symptoms have been improving for at least 24 hours (or 48 hours for gastrointestinal symptoms).
- For a total of 10 days from symptom onset, individuals returning to ringette must wear a well-fitted mask in all public settings, including on ice for game play.
- https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mngmt/management_cases_contacts_omicron.pdf

Any questions can be directed to the Ringette Ontario Acting Executive Director, Karla Xavier at executivedirector@ringetteontario.com.