



Western Region Coaching November Newsletter

- **Coaching Coordinator Information by Association**

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- **Getting answers using basecamp** <https://3.basecamp.com/4131766/projects>

- **Coaching Clinics - Please note there have been new Clinics added.**

<https://ringetteontario.com/the-people/coaches/coaching-clinics/>

CSI

(1 course; 2 sessions) - December 5 (9am-1pm) & December 6 (9am-1pm)

CI

(1 course; 4 sessions) Jan 09/21 @ 9:00am to 2:00pm & Jan 10/21 @ 9:00am to 2:00pm
& Jan 16/21 @ 9:00am to 2:00pm & Jan 17/21 @ 9:00am to 2:00pm

- **ONLINE COURSES**

E-learning courses can normally be taken at any time online, normally involving information that must be read, click-through activities, videos, and multiple-choice questions.

- Respect in Sport for Activity Leaders [Ringette Ontario requirement]
- Making Headway in Sport [Ringette Ontario requirement]
- NCCP Coach Initiation in Sport [Ringette Ontario requirement]
- Keeping Girls in Sport
- NCCP Coaching Athletes with a Disability
- NCCP Emergency Action Plan
- NCCP Sport Nutrition
- Safe Sport Training

- **ONLINE CLASSROOM COURSES**

Online classroom courses are courses that require live attendance with interactions with the facilitator and fellow candidates, through a laptop, PC, or mobile device, with a webcam and microphone.

- Make Ethical Decisions [Ringette Ontario requirement]
- NCCP Basic Mental Skills
- NCCP Advanced Practice Planning
- NCCP Coaching and Leading Effectively [Competition Development Course prerequisite]
- NCCP Developing Athletic Abilities [Competition Development Course prerequisite]
- NCCP Empower+
- NCCP Manage a Sport Program [Competition Development Course prerequisite]
- NCCP Leading Drug-Free Sport
- NCCP Mentorship
- NCCP Performance Planning [Competition Development Course prerequisite]
- NCCP Planning a Practice
- NCCP Prevention and Recovery [Competition Development Course prerequisite]
- NCCP Psychology of Performance
- NCCP Teaching and Learning

- **Professional Development**

- Coaches should make sure they have completed the required number of PD points to maintain their qualifications. Check out your NCCP locker at coach.ca to obtain your latest information and qualifications.
- For more information on possible PD opportunities coaches should contact their association coaching coordinator.
- In addition check out the Coach Resources page on the RO website under Coaches/Coach Resources.
- Both RO and WRRRA are working on offering numerous PD clinics on various topics over the year in various different formats. If you have any suggestions on topics please do not hesitate to pass them along.

- **Coaching qualifications can be found at this link. <https://ringetteontario.com/the-people/coaches/coaching-pathways> - Coach Qualification Chart 2020-2021**

- House League Coach
- Junior Coach
- FUN1/FUN2 Coach
- U10 Coach

- U12A Coach
- U12B/C Coach
- U14AA Coach
- U14A Coach
- U14B/C Coach
- U16AA Coach
- U16A Coach
- U16B/C Coach
- U19AA Coach
- U19A Coach
- U19B/C Coach
- 18+AA Coach
- 18+A Coach
- 18+ University Coach
- 18+B/C/Dev Coach
- Trainer Position
- Manager Certification
- On Ice Assistant Role (will not be added to official TRF)

- **COVID Safety Leader – all coaches need to remain diligent in reducing the risk of COVID and continue to connect with their associations CSL**

General Health & Safety Guidelines

- If any participants have experienced any symptoms such as coughing, sore throat, fever, shortness of breath, they must not attend activities for 14 days.
 - If staff have come in contact with someone experiencing these symptoms, they are not permitted to attend for 14 days.
 - A designated volunteer must confirm as part of the activity registration, that all participants and team staff entering the facility, have confirmed their health attestation declaration through the means designated by the Association.
 - All members must adhere to all health agency & safety regulations
 - All members must adhere to their facility health and safety regulations
 - Adhere to facility capacity restrictions
 - All players should arrive and leave as per facility regulations
- Wash hands/hand sanitizer frequently and follow facility regulations.
- No spitting
 - No chewing tobacco, no sharing of vapes or other tobacco products
 - No sharing of water bottles. All participants MUST have individual water bottles
 - No sharing of any ringette gear
 - No touching or hugging
 - Elimination of handshake – Wave to opposition or “air” high fives – salute Referees & say Thank you
 - Coaches, athletes and officials should keep rings, equipment and other objects required for play in a clean, separate space at their own homes. Items should be clean and sanitized frequently.
 - All participants should carry wipes, hand sanitizer OR pump soap in their equipment bags
 - Coaches/Bench Staff should carry extra PPE (masks, hand sanitizer, gloves) in case someone forgets theirs
 - Participants should avoid handling equipment with their bare hands.

- **Police Checks**

Bench Staff are reminded that they must have a current Police Check within the past 3 years (Vulnerable Sector Check)

- **Please note that the application process for the 2023 CWG Head Coach position is now open.**
- **Bench Staff Requirements (revised November 18th) - For both practice and modified game play.**

Attached to this document are the revised Ringette Ontario Bench Staff requirements

Ringette Ontario recognizes that some associations have had to reshuffle multiple times and this has impacted the number of trained coaches they require and have available to ensure compliance. West Region appreciates the time and effort all associations are putting in to provide our athletes with the best experience possible during these times.

- All information on bench staff requirements can be found on the RO website under Coaches/Coach Pathways. The Pathway contains checklists by age and level showing all requirements as well as links to find details.
- Please note, on ice assistant role has not been modified. The role requires the volunteer to be registered, screened and to have completed the online modules.

Ringette Ontario Modified Bench Staff Reminders



Reminders for keeping our athletes, volunteers, officials, and coaches protected during this modified season

- All bench staff and volunteers must be registered with a Ringette Ontario Association.
 - All bench staff must physically distance themselves during on ice practices and/or on the bench during modified game play.
 - All bench staff must always wear a mask, wearing of masks will not be considered an alternative to the physical distancing requirement.
 - Must always adhere to the **Rule of Two**. The Rule of Two requires that there always be two screened and NCCP trained or certified coaches with an athlete, especially a minor athlete. All one-on-one interactions between a coach and an athlete must take place within earshot and in view of the second coach except for medical emergencies. One of the coaches must also be of the same gender as the athlete. Should there be a circumstance where a second screened and NCCP trained or certified coach is not available, a screened registered coach can be used.
- Supplemental Coaches/Instructors include power skating specialists and goalie coaches:
 - This type of programming is permitted only if these individuals can maintain physical distancing while delivering the program. They must always remain at least 2 meters away from all cohort members (3m when participants are engaged in moderate to intense physical activity). The coach/instructor must wear a mask.
 - Once Ringette Ontario moves into Stage 4 all bench staff will require appropriate qualifications as listed on the Coach pathways for each age group and level of play in order to be a member of a team's bench staff and all normal requirements should be adhered to.

Bench Staff Responsibilities:

- Be familiar with all provincial and local health guidelines and adhere to them.
 - Review the Return to Ringette plans from Ringette Ontario, Ringette Canada, and your Association.
- Be familiar with facility guidelines and requirements.
 - Host an information meeting with parents/guardians/participants to review health and safety guidelines, on-ice, and off-ice programming, and to allow for questions (virtually is preferred).
 - To minimize large groups in the facility, older players can reunite with family members in the parking lot.
- Avoid congregating players and/or parents in common areas of the facility, such as the lobby.
 - Send practice plans out to the team electronically at least 12 hours in advance (if possible) to avoid close gatherings around white boards and to make the most of limited ice time.
- Practice and remind players and parents to follow physical distancing guidelines when leaving.
 - Dressing room use, if available, will be controlled by the facility. It will be important to respect all facility controls so adequate cleaning and disinfecting can be done.
 - When public health protocols and facility guidelines allow use of dressing rooms, ensure players are physically distanced (using multiple dressing rooms is a good option, if available).
 - For age groups where parents need to assist players with equipment, limit the number of parents in the dressing room/change area at any one time to one per player. Parent entry should be controlled to meet physical-distancing requirements.
 - Assist other team staff in meeting requirements as needed during ringette activities while on or off the ice.
 - Ensure certifications and any education requirements are completed when they become available.
 - Bring own coaching equipment such as boards or whistles and sanitize it after every session. Avoid sharing this equipment.
- Clean and sanitize team equipment (i.e. rings, pylons, etc.) after every session.
 - Do not hold items for players, everyone is responsible for their own belonging and everything should be labelled.
- Mix up your practice plans, focus on personal and team goals. HAVE FUN!