

PUBLIC HEALTH RECOMMENDATIONS FOR COMMUNITY SPORTS & RECREATIONAL ACTIVITIES

To protect all community members from COVID-19 and its variants, we encourage everyone to continue following recommendations provided by local officials.

These guidelines regarding sports and recreational activities, including training camps, individual and team sports, will help reduce the risk of spreading COVID-19 and its variants.



Since the COVID-19 virus and its variants can spread fast, we recommend that each participant over 18 years old get vaccinated - it's an extra layer of protection.

MONITORING PARTICIPANTS

Activity organizers must:

- Fill out a **pre-triage form** before registering participants within an activity
- O a **daily health check** with all participants
- Keep a daily registry of everyone present on site (workers and participants), in case of a COVID-19 outbreak
- S As much as possible, **limit number of participants** according to your community Alert Level



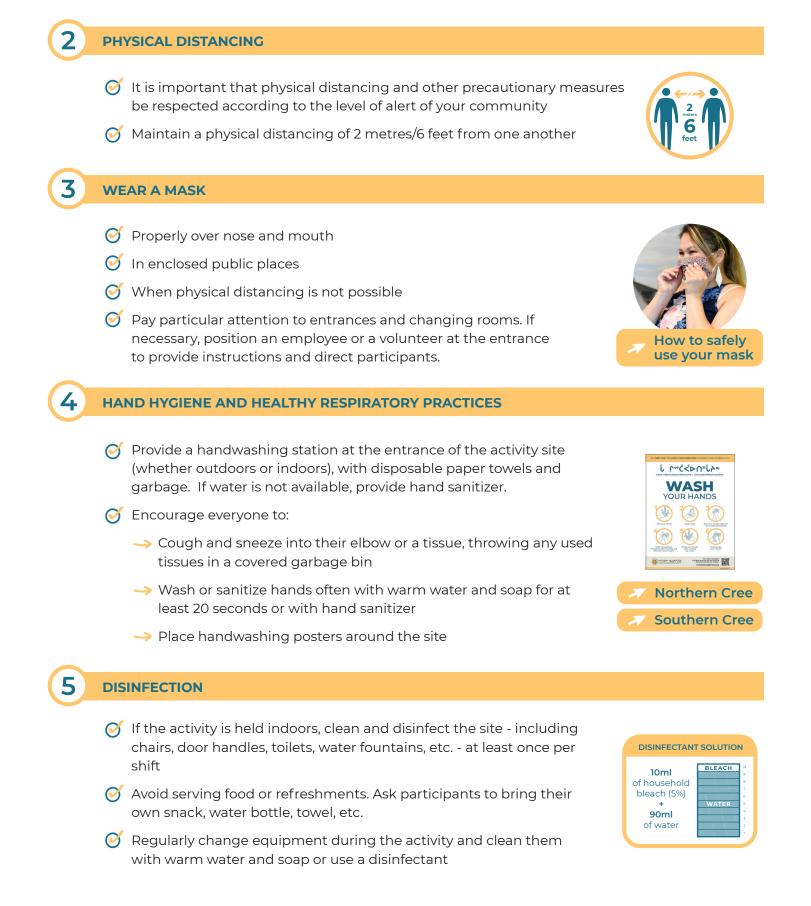
In case of symptoms

- Participants living in a household with individuals who have symptoms of COVID-19, or who are awaiting a COVID-19 test result, **should stay home**
- A child or youth developing symptoms at the activity site **must be isolated in a private room** set aside for this purpose
 - -> Only one staff member should look after the child or youth while waiting for parents
 - This staff member must wear a gown, gloves, a mask, and protective eyewear
 - Anyone who has had contact with the participant showing symptoms may need to be tested
- Solution Section 2017 Ask parents to contact their local CMC as soon as possible for instructions (or call the COVID-19 Info-Line at 1-866-855-2811)



1

For more information:



- 2 of 3 -



For more information: CREEHEALTH.ORG/COVID 1 866 855-2811 6

7

GENERAL RECOMMENDATIONS FOR ACTIVITY ORGANIZERS

Some participants may have very mild symptoms or even no symptoms of COVID-19 and its variants; follow these measures to help reduce the risk of virus transmission:

- 🧭 Organize activities with little or no contact
- 🧭 If possible, adapt your activities to take place outdoors
- 🧭 If held indoors:
 - → Rooms must be big enough to allow a 2-metre (6-foot) distance between all individuals
 - Everyone other than children under the age of 12 is required to wear a mask (see Use of Masks, above)
 - → Air-out rooms often and ensure the ventilation system is working properly
- For children and youth, form designated subgroups who stay together for the duration of the activity. For example, one educator can be placed for the same subgroup of children of a similar age.

ADDITIONAL RESOURCES

For any information related to COVID-19, contact the EEYOU ISTCHEE COVID-19 INFO-LINE

1-866-855-2811

Are you feeling stressed, anxious or depressed? CALL THE WIICHIHIIWAAUWIN HELPLINE 1833632-4357 (HELP)





For more information:

CREEHEALTH.ORG/COVID 1 866 855-2811