



## PUBLIC HEALTH RECOMMENDATIONS FOR COMMUNITY SPORTS AND RECREATIONAL ACTIVITIES

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

*We encourage everyone to continue following local recommendations and precautionary measures as well.*

*Following COVID-19 measures and precautions keeps the circle of protection strong against illness, for everyone's wellbeing.*

*The virus and its variants can spread fast. The strongest layer of protection is vaccination. We recommend that each participant over 5 years old get vaccinated.*

### MONITORING PARTICIPANTS



#### Activity organizers should:

- ✓ Inform people **not to come to the event if they're feeling sick or had recent contact** with someone who tested positive for COVID-19.
- ✓ For multi-day events: **Fill out a pre-triage form** before registering participants for an activity.
- ✓ **Keep a daily registry** of everyone present at the site (workers and participants), in case of a COVID-19 outbreak and contact tracing.
- ✓ **Limit the number of participants** according to the community's phase and guidelines to ensure physical distancing is possible at the event space.



## In case of symptoms:

- ✔ Event participants should **stay at home** if someone in their household has COVID-19, or is waiting for test results.
- ✔ A child or youth who develops symptoms at the activity/event site should be **isolated in a private room**.
- ✔ Only **one staff member should look after the child** or youth while waiting for parents/guardians to come and pick them up. This staff member **must wear a procedure (medical) mask, while caring for the child/youth. Wearing protective gloves is encouraged**.
- ✔ If possible, a **rapid test should be done** on site.
- ✔ If the person with symptoms has a positive rapid test result, anyone who has had close contact with them may **also need to be tested**.
- ✔ If the person with symptoms has a negative rapid test result, please asks their parents/guardian to **contact their CMC to arrange a clinic test**.

## PHYSICAL DISTANCING

- ✔ **Maintain physical distancing** of 2 metres/6 feet between people, whenever possible.



## WEAR A MASK

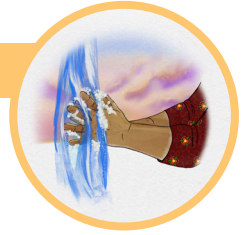
- ✔ **Encourage people to wear their masks properly** when indoors, and when physical distancing isn't possible.
- ✔ Pay particular attention to **entrances and changing rooms**.
- ✔ If necessary, **assign a staff member** or volunteer to entrances or changing rooms, so they can **provide instructions and direct participants**.
- ✔ A mask worn properly is **clean, covers the nose and mouth snugly**.



### HOW TO SAFELY USE YOUR MASK



## HAND HYGIENE AND HEALTH RESPIRATORY PRACTICES



- ✔ Set up a **handwashing station at the entrance** of the activity site, indoors or outdoors, with paper towel and a garbage bin. If running water isn't available at the site, set up a station with hand sanitizer.
- ✔ Place **handwashing posters around the site**.
- ✔ Encourage everyone to:
  - **Cough and sneeze into their elbow or a tissue**, and throw away used tissues in a covered garbage bin.
  - **Wash or sanitize their hands often** (with warm water and soap for at least 20 seconds, or alcohol-based hand sanitizer).

### ᑦᓴᑦᓴᑦᓴᑦᓴᑦ HOW TO WASH YOUR HANDS

## DISINFECTION



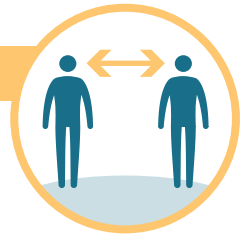
- ✔ If the activity/event is indoors, **clean and disinfect high touch surfaces** including door handles, light switches, toilets, water fountains, etc. **at least once per shift**.
  - Prepare a disinfectant solution of 1 part household bleach (5%) to 9 parts water (e.g. 1 cup bleach and 9 cups water). Make the mix fresh everyday so it will remain effective.
- ✔ **Minimize food or refreshments service** to what is needed for the activity/event. Short events may not need food or refreshments, while longer events will call for a meal.
- ✔ When and if it's reasonable, **ask participants to bring their own** snacks, water bottles, towels, etc.

**FOR EXAMPLE, THIS MEANS:**

10 ml of household bleach (5%)	10
+ 90 ml of water	9
	8
	7
	6
	5
	4
	3
	2
	1



## GENERAL RECOMMENDATIONS FOR ACTIVITY ORGANIZERS



People who are infected with COVID-19 may have very mild symptoms, or no symptoms at all. This is why precautionary measures are recommended to help reduce the risk of transmission.

- ✔ Organize your activity with **limited direct contact**.
- ✔ If possible, adapt your activities to take place **outdoors**.
- ✔ If the event is taking place indoors, the event space should be large enough to allow people to **physically distance**.
- ✔ **Air out the room/venue often** and make sure the ventilation system is working properly.
- ✔ Everyone 12 and older is recommended to **wear a procedure (medical) mask**.
- ✔ For children and youth, **set up designated subgroups who stay together** for the duration of the activity/event. For example, one educator can be placed with the same age subgroup of children.


Remind participants that **following all COVID-19 measures** and precautions keeps the circle of protection strong against illness, for everyone's wellbeing.

## ADDITIONAL RESOURCES



  
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 WIICHIHIIWAAUWIN  
 HELPLINE

**1 833 632-HELP (4357)**

  
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 COVID-19 INFO-LINE

**1 866 855-2811**


**COVID-19 TESTING**  
 MAKE IT A HABIT



