These guidelines have been developed to support participants (players, parents & guardians) with a safe return to sport and recreation as part of stage 3. On Friday, July 17 at 12:01 a.m., the District of Timiskaming entered Stage 3. For the context of this document, sport and recreation will be used to broadly capture all organized team and individual sports and physical activity for the general public.

This document and the guidance within it are subject to change and will be updated as needed. Current information related to COVID-19 can be found at [www.timiskaminghu.com/90484/COVID-19](http://www.timiskaminghu.com/90484/COVID-19).

Refer to the Framework for Reopening our Province during Stage 3 for additional information.

**Cooperating for a Safe Return to Sport and Recreation**

A safe return to sport and recreation will require cooperation from everyone – including participants. You should prepare for changes related to how activities will be organized and coordinated (e.g. smaller group sizes, frequent hand washing, limited or no travel, avoid equipment sharing, etc.).

Facility operators and sport and recreation organizers (associations, coaches and volunteers) are being asked to create plans and adapt activities to ensure a safe and enjoyable return to sport and recreation for all.

To prepare for a safe and enjoyable return to sport and recreation, participants should follow the guidelines below and review the information on our website.

**Monitoring for Symptoms of COVID-19**

- Familiarize yourself with and regularly monitor for symptoms of COVID-19.
- Perform a COVID-19 self-assessment before attending or participating in any activity.
  - Do NOT participate in any activity if you do not pass the self-assessment or if you are feeling sick.
- Expect to be actively screened upon arrival at the activity or facility.
- If you exhibit at least one COVID-19 symptom, you will not be permitted to participate, you should self-isolate and should visit a COVID-19 Assessment Centre to be tested. If you have symptoms, but have not been tested for COVID-19, you should not participate and should self-isolate for 14 days after the start of you symptoms and until you have been symptom-free for at least 24 hours (whichever is longer).
Face Mask (Face covering)

- Wear a mask (face coverings) in the public areas of the enclosed public space. Masks (face coverings) must cover your nose, mouth, and chin. Exemptions apply. Please review the most current directives and information on masks.
- When outdoors, wear a mask or face covering in situations where physical distancing is difficult or impossible.
- Review information on proper use of masks or face coverings, and how to clean or discard single use masks appropriately.

NOTE: The temporary removal of a mask where necessary is permitted while engaging in an athletic or fitness activity including water-based activities.

Ensure Physical Distancing

Physical distancing involves taking steps to limit the number of people you come into contact with outside the members or your household or social circle.

- Participants must maintain a distance of at least 2-metres with others at all times. This does not apply to members from the same household or social circle.
  - If the venue or facility permits spectators; the same physical distancing guidelines would apply.
- Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players, or if they have modifications to avoid physical contact between players.
- Team sports in which body contact between players is either an integral component of the sport or commonly occurs while engaged in the sport (e.g. wrestling, judo, etc.) are not yet permitted, unless the approach can be modified to prevent prolonged or deliberate physical contact.
- Arrive dressed for the activity to limit the use of locker and change rooms
- Avoid group celebrations and other customs (e.g. handshakes, high fives, fist bumps, chest bumps) to limit contact with other participants.
- Arrive no more than 5-10 minutes before the activity and do not linger in the facility or parking lot after the activity.
- Arrange for transportation to and from activities so that only members from the same household or social circle are sharing rides.

Equipment and Personal Items

- Bring your own equipment and do not share your personal items (e.g. water bottle, towels).
  - Label equipment and personal items with your name so they can be easily identified.
  - Keep your personal items to a strict minimum and leave them in a designated area (do not pile your bags and equipment with your teammate’s equipment).
- Limit the use of shared equipment unless you are engaged in an activity with a participant from the same household or social circle. If equipment is shared (e.g. baseball bat), it should be cleaned and disinfected between users.
o Have cleaning supplies like sanitizing wipes in your activity bag to be able to wipe down equipment or personal equipment. If you are unable to buy commercial disinfectant, you can make your own homemade disinfectant.

- Clean and disinfect equipment and personal items before and after every activity. Wash clothing with regular laundry detergent after the activity.
- Your equipment, including sport gloves, should be visibly clean.
  o Hands should be cleaned before and after using sporting gloves.
  o Gloves should be cleaned after each use.
- Follow any cleaning and disinfection procedures set out by the facility or organization.
- If the venue or facility permits spectators, they are encouraged to bring their own chairs (e.g. for an outdoor venue) or bring disinfectant wipes to clean the sitting area.

**Hand Hygiene and Other Public Health Measures**

- **Wash your hands** with soap and water or sanitizer frequently. This is the best way to reduce the spread of germs.
  o Expect to be asked to wash or sanitize your hands upon entry and exit of the facility or venue.
  o Pack a bottle of your own hand sanitizer in your activity bag and use it frequently during the activity.
- Avoid touching your eyes, nose, and mouth (even if you are wearing sport gloves).
- Use good respiratory etiquette by covering your cough and sneeze with a tissue or coughing and sneezing into your arm, not your hand. Avoid spitting and clearing nasal passages as well.
- Limit or avoid cheering and yelling as it presents a high risk of spreading droplets.

**Leagues**

Leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50 participants. Players are not yet permitted to play against players outside of their league or group.

Keeping sport, physical activity, and recreation activities local is preferred. Travel to other regions in the province and out of province should be limited. Current provincial and federal travel restrictions should be followed.

For additional information, visit [www.timiskaminghu.com/90484/COVID-19](http://www.timiskaminghu.com/90484/COVID-19).

Adapted with permission from the Eastern Ontario Health (originally adapted from Alberta Health)