



# Outdoor Sports and Activities Guidelines

For general workplace guidelines, please refer to [COVID-19 Workplace Information](#). Operators of sports and recreation facilities in Saskatchewan must be in compliance with these guidelines. The information below provides guidelines for outdoor sports and activities.



## GROUP ACTIVITIES

Outdoor sports and recreational activities for children and adults may resume, including activities taking place on soccer fields, volleyball and basketball courts, baseball diamonds, lawn bowling greens and football fields. Operators must implement measures to prevent the transmission of COVID-19.

COVID-19 droplet transmission is much more likely when individuals are in close contact. The likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. Transmission is less likely in an outdoor setting, where air flow is greater and there is more space for individuals to keep physically distanced.

COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. Many activities involve shared equipment among participants, coaches/staff, instructors, officials or volunteers (e.g. shared baseballs, basketballs, volleyballs). The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important.

Each sports organization and/or facility must establish a plan for how to minimize physical contact and the risk of COVID-19 transmission between participants. The guidance should align with provincial and national sporting bodies for each activity and be at least as restrictive as provincial guidelines. This guidance is not intended to apply to professional sports teams with COVID-19 response plans.

## Guidelines for General Operation

- Designate one or more people to be responsible for ensuring compliance with these guidelines.
- Contactless fundraising activities are permitted.
- Staff and participants should be given information on physical distancing and other requirements prior to attending. Staff should discourage gathering.
- Signage must be posted to caution players about the risks of COVID-19.

- Encourage participants to arrive no more than five to 10 minutes before the scheduled activity to reduce people gathering in groups.
- Registration processes should be completed online whenever possible; however, if in-person registration is required, physical distancing and sanitizing pens between uses is required.
- Contactless payment is preferred; however, cash may be accepted where necessary.
- Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game, and must ensure physical distancing between non-household members.
- Request minimal spectators attend events. Discourage gatherings.
- Spectators must maintain distancing of at least two metres from other members of the public.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts).

## Competition and Game Play

- If physical distancing is possible, certain organized sports, physical activities and recreation activities may proceed as normal (programming, training, practice and competition). Tournaments and interprovincial competition are not permitted.
- For sports or activities where participants are unable to adhere to physical distancing, groupings (mini-leagues) should be formed. Mini-leagues can be comprised of multiple teams, but no more than 50 individuals.
  - Mini-leagues allow sports teams to return to a safe level of play, and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- The 50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times. Spectators, including parents, who are not part of a previously listed category, and others who can ensure physical distancing are not included in the 50-person total.
- No single group on the field shall exceed the gathering limits in the public health order. Teams need to be separated while on the sidelines and players cannot exceed gathering limits during games, practices or training.
- Mini-leagues must be comprised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).
- Mini-leagues should remain together until restrictions are further relaxed.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
- Teams in different mini-leagues should not play each other.

- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
- Contact must be minimized whenever possible.
- Tournaments and interprovincial travel are not permitted.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).

## Participant Health and Illness

- Members who are sick or symptomatic must not enter/participate. Participants, spectators and volunteers should use the Government of Saskatchewan's [self-assessment tool for COVID-19](#) and follow the subsequent directions.
- Players whose activities involve being within two metres of other players should self-monitor.
- Organizers must keep a record of attendees. All players, spectators, staff and volunteers must sign in on arrival with name and phone number and/or email to facilitate contact tracing, if necessary, and keep attendance records for a minimum of one month. Where possible, do not use a common pen. Providing this information is voluntary for attendees and can only be used for the purposes of COVID-19 contact tracing.
- If a person becomes sick, they should immediately stop participating and return home.
- If a person becomes sick or injured, and first aid or further care is required:
  - Try to limit the number of individuals in contact with the sick person.
  - Place a mask over the individual's mouth and nose if they are not able to do so. Maintain a safe distance until the mask is in place.
- First aid providers caring for people should follow standard precautions. Those who provide direct care requiring close or direct contact should wear a mask.
- Following care, first aid providers should discard the mask and gloves following standard procedures and perform hand hygiene.

## Physical Distancing

- Physical distancing must be observed at all times, with a minimum of two metres of space between individuals.
  - Players on the same team grouping may be within two metres during play/drills. Intentional contact should be minimized where possible.
- Areas of congregation (e.g. team benches, bleachers) must be set up and used in a way that adheres to physical distancing requirements (i.e. only allow every other row in bleachers, use visual cues, etc.).

- Pylons or other markers should define the group space.
- Schedules should be staggered to promote physical distancing and allow for adequate cleaning and disinfection between uses.

## Cleaning, Disinfection and Hand Hygiene

- Encourage participants to bring their own equipment to the facility.
- Participant-owned equipment, including sport gloves, should be visibly clean.
- Shared equipment (e.g. tennis balls, basketballs, bats, etc.) must be cleaned and disinfected frequently.
- Where rental equipment is provided, it should be assigned to one person only and be laundered or cleaned and disinfected upon return.
- Hand hygiene should be performed prior to play and contacting shared equipment, as well as through the duration of the activity (i.e. intermissions, breaks, etc.) and at the end.
- All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to field space, including benches, dugouts, bleachers, railings, picnic areas, gates, etc.

## Conduct

- Spitting (includes seeds, tobacco and fluids) and other similar activities increase the risk of transmission of COVID-19 and are not permitted.
- Individuals must not share personal items (i.e. equipment or beverage containers).
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Spectators, participants and players, staff, coaches and volunteers should try to minimize cheering and whistling as much as possible to control the spread of COVID-19.
- Consider how to adapt activities to take place outdoors and modify play to decrease physical contact, whenever possible.
- Intentional contact during sport or activity must be limited. Modifications to activities that limit physical contact are recommended.