

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – PATH FORWARD, STEP 1

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## Overview

Section 4 of Chief Medical Officer of Health Order 25-2020 sets out that businesses and entities must:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene; and
- comply with all applicable [current public health measures](#), [COVID-19 General Relaunch Guidance](#) and any other applicable Alberta Health guidance found at: [alberta.ca/biz-connect.aspx](http://alberta.ca/biz-connect.aspx).

The measures set out in this guidance, by virtue of being posted on Biz Connect, must be followed and have been developed to support sport, physical activity and recreation organizations, participants and facilities in reducing the risk of transmission of COVID-19 among attendees.

Currently, both indoor and outdoor group physical activity is subject to newer, stronger restrictions set out in CMOH Order 02-2021. Key restrictions set out for Step 1 of the [Path Forward](#) include, but are not limited to:

- Indoor group physical activity is currently available:
  - to people 18 years of age or younger with a coach, trainer or instructor in groups of 10 or less while maintaining physical distancing;
  - as part of school or post-secondary educational program;
  - for people older than 18 engaging in one-on-one instruction with a coach, trainer or instructor; and
  - for the exclusive use of a household (a household must rent the entire pool, arena, etc.).
- Outdoor group physical activity is currently available for:
  - people 18 years of age or younger with a coach, trainer or instructor in groups of 10 or less with physical distancing;
  - as part of school or post-secondary educational programs; and
  - all people in groups of 10 or less.

In addition to following the Government of Alberta’s guidance, those participating in organized activities sanctioned by, or affiliated with, a provincial or national organization should ensure they are also complying with their governing body’s guidelines, assuming they meet or exceed provincial guidelines.

This document and the guidance within it is subject to change and will be updated as needed.

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – PATH FORWARD, STEP 1

## General Guidance for Sport, Physical Activity and Recreation Organizations and Facilities

<p><b>General</b></p>	<ul style="list-style-type: none"> <li>• Events, games, league play and tournaments are not permitted.</li> </ul>
<p><b>General Infection Prevention Measures</b></p>	<ul style="list-style-type: none"> <li>• COVID-19 enters the body through the eyes, nose or mouth (not through the skin) when an individual touches their face.             <ul style="list-style-type: none"> <li>○ Attendees should refrain (to the extent possible) from touching their eyes, nose, mouth and face during activities.</li> <li>○ It is important that sports/activities that involve shared equipment (e.g., shared baseballs, basketballs, soccer balls, footballs, volleyballs, gymnastics equipment etc.) include regular hand hygiene and cleaning of high-touch surfaces.</li> </ul> </li> <li>• Hand hygiene should occur before and after each activity.</li> <li>• Hand sanitizer containing at least 60% alcohol should be placed in convenient locations throughout the facility.</li> <li>• Respiratory etiquette is important to prevent the spread of droplets that may contain the COVID-19 virus. Attendees must refrain from spitting and clearing their nasal passages during activities.</li> <li>• Eliminate celebration gestures or customs during activities (e.g., handshakes, high fives, fist bumps, chest bumps) that bring attendees within 2 metres or promote physical contact.</li> <li>• Water bottles should be labelled with the name of the owner. Water bottles must not be shared.</li> </ul>
<p><b>Equipment</b></p>	<ul style="list-style-type: none"> <li>• Participants should be encouraged to bring their own equipment.</li> <li>• Dedicate equipment to each attendee and minimize the use of shared equipment. Where equipment must be shared, hand hygiene must occur before and after use.</li> <li>• Any shared equipment should be cleaned and sanitized at an increased frequency, and between each use.             <ul style="list-style-type: none"> <li>○ Where equipment is rented, operators should clean and disinfect between each use.</li> </ul> </li> <li>• Hands should be cleaned before and after using sporting gloves.             <ul style="list-style-type: none"> <li>○ Sporting gloves should be cleaned after each use.</li> </ul> </li> <li>• Discontinue the use of equipment that is in disrepair, as these items cannot be effectively sanitized.</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – PATH FORWARD, STEP 1

<p><b>Cohorts or Groups</b></p>	<ul style="list-style-type: none"> <li>• A cohort concept encourages individuals who cannot maintain 2 metres physical distance when in a group setting to interact with the same people rather than switching daily contacts.             <ul style="list-style-type: none"> <li>○ The cohort concept <b>does not</b> apply in Step 1. The only exception would be individuals participating in a program of study for school or post secondary purposes (e.g. physical education class).</li> </ul> </li> <li>• Currently, public health measures allow persons 18 years of age or younger to participate in group physical activity in groups of up to 10 including any coaches, trainers or instructors.             <ul style="list-style-type: none"> <li>○ Participants must remain physically distanced from each other while training with 2 metres between participants outdoors, and 3 metres between participants indoors.</li> <li>○ Maintaining the same group of 10 individuals is recommended to further reduce the risk of disease transmission in a community.</li> </ul> </li> </ul> <p><b>NOTE: Youth group training is not a cohort. Distance must always be maintained in these groups.</b></p>
<p><b>Spectators</b></p>	<ul style="list-style-type: none"> <li>• Spectators are not currently permitted.</li> <li>• If parents/chaperones/volunteers are required to be in a facility for the purposes of assuring that clients/minors are safe, this number must be kept to the lowest amount possible.</li> </ul>
<p><b>Masks</b></p>	<ul style="list-style-type: none"> <li>• Coaches/trainers/instructors must be masked at all times (with no exceptions) in all indoor training locations. If an individual cannot wear a mask (e.g., medical reasons) they must not participate.</li> <li>• Participants must wear a mask when in indoor common areas of a facility but can remove the mask once engaging in high intensity physical activity.</li> </ul>
<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>• 3 metres physical distance must be maintained by all participants and trainers/coaches (who are not part of a school cohort or household) while engaging in the physical activity indoors. In common spaces (e.g. hallways, lobby) non-household members must keep 2 metres of physical distance.</li> <li>• 2 metres physical distance must be maintained by all participants and trainers/coaches (who are not part of a school cohort or household) while engaging in the physical activity outdoors.</li> <li>• Transportation to and from activities should be arranged so that only members from the same household share rides.</li> <li>• Carpooling is strongly discouraged.</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – PATH FORWARD, STEP 1

<p><b>Locker rooms</b></p>	<ul style="list-style-type: none"> <li>• To the extent possible, attendees should arrive dressed and ready to participate. Access to dressing/locker rooms should be limited wherever possible to washrooms and emergency access (e.g., first aid).</li> <li>• Minimize time spent in dressing/locker/change rooms and they should be only used for final preparations to enter the training area (e.g. putting on training shoes).             <ul style="list-style-type: none"> <li>○ Team gatherings and meetings are not permitted in locker rooms.</li> <li>○ Team meetings such as practice planning, white board sessions, etc., should be done virtually.</li> </ul> </li> <li>• If dressing rooms are required to complete final preparation, access should be limited to the individuals participating in the permitted activity and two metres physical distancing must be maintained between participants. If support is required, only one household (i.e., parent) should be permitted access at a time.</li> </ul>
<p><b>Coaches/Trainers</b></p>	<ul style="list-style-type: none"> <li>• Coaches cannot circulate between groups and groups can not transition between trainers during a session (i.e. no circuit training).</li> <li>• Trainers are able to book sessions with more than one individual or youth group during a day.</li> <li>• In-person sessions must allow for 3 metres physical distancing between the client and trainer.</li> <li>• The trainer/coach/instructor must be masked at all times.</li> <li>• The coach/trainer must be physically distanced 3 metres away, unless necessary for guidance or instruction being provided.             <ul style="list-style-type: none"> <li>○ A trainer can come closer than 3 metres to their client for brief moments (e.g., to correct form or provide brief demonstration)</li> <li>○ The trainer should perform hand hygiene before and after the interaction.</li> <li>○ In the event a parent has to provide support for a young child during training (e.g. swimming lessons, sport ball) the parent counts as a participant in the group of 10.</li> </ul> </li> </ul>
<p><b>Facility</b></p>	<ul style="list-style-type: none"> <li>• Allow adequate time to thoroughly clean and disinfect equipment between each group/participant.</li> <li>• Equipment must be spaced 3 metres apart.</li> <li>• A playing surface (e.g. arena, field, court) may be occupied by more than one youth group, as long as 3-metres of physical distancing can be maintained between groups of 10 and the groups do not intermingle.</li> <li>• Consider widening lanes of pools or running tracks or limiting the use of every second lane so that users can maintain 3 metres of physical distancing.</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – PATH FORWARD, STEP 1

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	<ul style="list-style-type: none"><li>• A household may rent a facility for their exclusive use. This means the entire pool, arena, court or field can be rented to a single household for their exclusive use.</li><li>• Operators should establish appointments, and schedule to ensure physical distancing can be maintained and control traffic flow.</li></ul>
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