

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

## Overview

Under current CMOH Orders, businesses and entities are required to:

- 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;
- comply, to the extent possible, with the 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).

This document has been developed to support sport, physical activity and recreation organizations, participants and facilities in reducing the risk of transmission of COVID-19 among attendees. In this document, “attendees” includes participants, staff, volunteers and, where relevant, members of the general public.

This document includes three sections:

1. General considerations for sport, physical activity and recreation (both indoor and outdoor).
2. Sport/activity-specific considerations.
3. Considerations specific to the operation of indoor sport, physical activity and recreation facilities.

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. Current information related to COVID-19 can be found: [alberta.ca/covid-19-information.aspx](http://alberta.ca/covid-19-information.aspx).

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## 1. General Considerations for Sport, Physical Activity and Recreation Organizations

<b>General Infection Prevention Measures</b>	<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, 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>• Respiratory etiquette is important to prevent the spread of droplets that may contain the COVID-19 virus. Attendees should refrain from spitting and clearing their nasal passages during activities.</li></ul>
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# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>Attendees should proactively and regularly monitor for symptoms. Symptomatic individuals are prohibited from participating.</li> <li>Limit 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 should not be shared.</li> <li>To the extent possible, arrive dressed and ready to participate. It is recommended that access to locker rooms is limited to reduce gathering.             <ul style="list-style-type: none"> <li>Where access is available, individuals should minimize time spent in dressing/locker/change rooms and maintain physical distance in lobbies and common spaces.</li> </ul> </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>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 use of equipment that is in disrepair, as these items cannot be effectively sanitized.</li> </ul>
<p><b>Cohorts</b></p>	<ul style="list-style-type: none"> <li>When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from other participants/players, the individuals in the group should form a cohort.</li> <li>The cohort should always include only the same people.             <ul style="list-style-type: none"> <li>Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact.</li> </ul> </li> <li>More information on cohorts is available <a href="#">here</a>.</li> <li>The maximum number of individuals that can form a cohort is 50.             <ul style="list-style-type: none"> <li>The 50-person maximum includes any coaches/staff, instructors, participants, officials, and volunteers who consistently and routinely engage with participants at a distance of less than 2 metres.</li> <li>Coaches, staff and officials who primarily interact with individuals or teams at a distance of 2 metres or greater do not need to be counted as part of the cohort. These individuals are required to wear a mask and perform proper hand hygiene if it becomes</li> </ul> </li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

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	<p>necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.</p> <ul style="list-style-type: none"><li>• Transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.</li></ul> <p><b>Mini-Leagues can serve as good examples of cohorts</b></p> <ul style="list-style-type: none"><li>• <b>50-person mini-leagues</b> can be formed for sports, physical activity and recreation that involve physical interaction of participants at a distance of less than 2 metres.</li><li>• A mini-league can be comprised of multiple teams, up to a maximum of 50 individuals.<ul style="list-style-type: none"><li>○ Game play should be limited to teams in the same mini-league.</li><li>○ Teams that belong to other mini-leagues should not play each other.</li><li>○ <b>For Football only:</b> to ensure play is not prohibited, two teams are allowed to cohort together under this guidance with no maximum number of players.</li></ul></li><li>• Leagues, teams, associations and organizations should encourage participants to limit the number of close-contact cohorts that their members or players are part of at one time.<ul style="list-style-type: none"><li>○ Close-contact activities are those where cohorts are necessary because participation requires being within 2 metres of other individuals.</li><li>○ These activities can include sports, but can also include dance and other non-sport cohort activities such as theatrical performance.</li></ul></li><li>• Leagues, teams, associations and organizations may choose to limit their players to one cohort, or they may set a maximum number of cohorts that their members can belong to.<ul style="list-style-type: none"><li>○ These decisions should be based on risk tolerance and conversations with players, coaches, and parents where applicable.</li></ul></li><li>• If an individual or team member wishes to change cohorts/mini-leagues, they should not participate in a new cohort activity for 14 days.</li><li>• If a mini-league comes to completion, a new mini-league comprised of new cohort teams may be formed, provided that there is a 14 day period between completion of play in the old mini-league and the beginning of the new mini-league.</li><li>• It is recommended that mini-leagues appoint a responsible person whose role is to ensure cohort rules and other public health guidance are followed.</li></ul>
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# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

<p><b>Tournaments, Races and Competitive Events</b></p>	<ul style="list-style-type: none"> <li>• Tournaments, races and competitive events are permitted for sport, physical activity and recreational activities where participants can maintain 2 metre physical distancing at all times, or they follow the mini-league model.             <ul style="list-style-type: none"> <li>○ If 2 metres distance or the mini-league model are not options, the tournament/event is not permitted.</li> <li>○ Tournament/events that compel a new cohort team to be formed for a short period (e.g., a weekend) are not permitted at this time.</li> </ul> </li> </ul>
<p><b>Travel</b></p>	<ul style="list-style-type: none"> <li>• Where 2 metre physical distancing between individuals is maintained or the mini-league model is employed, travel for sport, physical and recreational activities is allowed.</li> </ul>
<p><b>Record Keeping, Public Health Contact Tracing and Privacy</b></p>	<ul style="list-style-type: none"> <li>• Team officials should record the names of all individuals in each cohort/mini-league to assist AHS should an individual test positive for COVID-19 and contact tracing is necessary.             <ul style="list-style-type: none"> <li>○ It is recommended that rosters be kept for each event/activity so there is a record of which individuals were present.</li> </ul> </li> <li>• See the <a href="#">General Relaunch Guidance</a> for more information regarding record keeping.             <ul style="list-style-type: none"> <li>○ The provision of this information by patrons is voluntary.</li> <li>○ An organization must obtain an individual’s consent and notify them about the purpose and legal authority for the information collection.</li> <li>○ Any personal information that is collected for COVID-19 contact tracing can only be used for this purpose.</li> </ul> </li> <li>• If an attendee tests positive, AHS will only request information about the attendee’s participation in sport, physical activity or recreation if it is deemed that a potential exposure is likely to have occurred during such activity.</li> <li>• When interviewing a person who has tested positive, AHS public health investigators will determine if there are close contacts that should be made aware/notified based on the period of infectivity and the organization’s compliance with public health guidance. This might involve a call to the team representatives or players, but only if necessary.</li> <li>• An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of:             <ul style="list-style-type: none"> <li>○ the reason for missing a practice or game,</li> <li>○ if they are pursuing COVID-19 testing, or</li> <li>○ the results of a COVID-19 test.</li> </ul> </li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>Organizations and team officials should be respectful of the privacy and sensitivity of every participant’s personal health information at all times, and comply with relevant requirements set out in <i>Alberta’s Health Information Act</i>.</li> </ul>
<p><b>Planning for Rapid Response to Sick Attendees</b></p>	<ul style="list-style-type: none"> <li>If an attendee becomes sick (see <a href="#">Symptoms</a>) while participating, the following requirements apply:             <ul style="list-style-type: none"> <li>While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.</li> <li>The individual should arrange, with assistance from team officials or the facility as necessary, for immediate transportation to their home/residence to begin isolation. Public transportation like buses, taxis or ride sharing should be avoided. Refer to the <a href="#">Guidance for Taxis, Limos and Rideshares</a>.</li> <li>Once a sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas that the individual may have come into contact with.</li> </ul> </li> <li>Provided that the guidance in this document is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group or mini-league, in the event that an individual becomes sick.             <ul style="list-style-type: none"> <li>Team officials should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the sick individual later tests positive for COVID-19.</li> </ul> </li> </ul>
<p><b>Spectators</b></p>	<ul style="list-style-type: none"> <li>Spectators should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces).</li> <li><a href="#">Current gathering restrictions</a> apply for all spectators of sports, physical activity and recreation.             <ul style="list-style-type: none"> <li>There should be 2 metres maintained between members of different households or core cohorts</li> </ul> </li> <li>Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.</li> <li>It is strongly recommended that spectators wear masks.             <ul style="list-style-type: none"> <li>Operators and attendees should keep up to date with the masking requirements set at the local level.</li> </ul> </li> </ul>
<p><b>Masks</b></p>	<ul style="list-style-type: none"> <li>Organizers and attendees should keep up to date with masking requirements set at the local level.</li> <li>Guidance on how to wear a mask properly can be found <a href="#">here</a>.</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>• Participants can wear masks when they are not engaging in intense physical activity.</li> <li>• Masks should not be worn during intense physical activity.             <ul style="list-style-type: none"> <li>○ Masks and face shields cannot be assured to stay in place.</li> <li>○ There is some evidence to suggest that wearing a mask during high intensity activity could have negative health effects.</li> </ul> </li> </ul>
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## 2. Sport/Activity-Specific Considerations

<p><b>High intensity Fitness Classes and Studios</b></p>	<ul style="list-style-type: none"> <li>• There is no scientific evidence establishing a ‘safe’ distance between participants during indoor high intensity activities.             <ul style="list-style-type: none"> <li>○ Both operators and participants should proceed with this type of exercise with caution and should take appropriate measures to reduce risk of exposure and transmission.</li> </ul> </li> <li>• For high-intensity classes (e.g., Zumba®, Spin®/cycle class, hot yoga, boot camp), reduce the number of participants to accommodate a <b>minimum distance of 3 metres</b> in all directions of each participant, unless from the same cohort or household.</li> <li>• Instructors should be assigned and wear microphones to reduce the need for shouting.             <ul style="list-style-type: none"> <li>○ Participants singing along to the music or shouting back at the instructor should be discouraged.</li> </ul> </li> <li>• Reduce opportunities for participants to gather before and after a class within the facility.</li> <li>• Ensure group fitness classrooms/studios are well ventilated (e.g., open windows if possible).</li> <li>• For classes with significant movement, it is recommended that participants be assigned a designated area in which they can move about. Participants should stay in their designated area for the duration of the activity (no swapping places).</li> </ul>
<p><b>Low Intensity Fitness Classes (e.g. Yoga, Pilates)</b></p>	<ul style="list-style-type: none"> <li>• Participants should be encouraged to bring their own equipment (see equipment section).             <ul style="list-style-type: none"> <li>○ Allow adequate time to thoroughly clean and disinfect equipment between each class.</li> </ul> </li> <li>• Where fitness activities involve participants in close proximity to the floor, the floor should be cleaned and disinfected thoroughly between each class.</li> </ul>



# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>Participants should maintain 2 metres of distance between each other at all times, unless from the same cohort or household.</li> </ul>
<b>Weight Rooms and Fitness Equipment Spaces</b>	<ul style="list-style-type: none"> <li>Space <b>weight machines at least 2 metres apart</b>.</li> <li>Consider spacing <b>aerobic fitness equipment</b> between 2-3 metres apart, as high exertion is common when using these machines (e.g., treadmills, rowing machines, stationary bikes).</li> <li>Designate adequate space for the use of certain equipment (e.g., stretching areas, kettle bell areas) and for movement (e.g., heavy rope, tire flipping zone) to ensure physical distancing is maintained.</li> <li>Consider using markers on the floor to define designated areas and manage the flow of participants.</li> <li>If equipment cannot be moved, and positioning will result in participants being within a 2 metre distance, consider blocking off every other piece of equipment or erecting barriers such as acrylic panels between equipment.</li> <li>Where spotting is necessary for heavy weight lifting, participants may form small cohorts to limit direct contact with others. Spotters should consider wearing a non-medical mask.</li> </ul>
<b>Indoor Tracks</b>	<ul style="list-style-type: none"> <li>Consider widening lanes or limiting the use of every second lane so that users can maintain physical distancing.</li> <li>Use markers to indicate the direction users should be travelling in (e.g., all the same direction) on the track.             <ul style="list-style-type: none"> <li>Consider having different lanes for different speeds.</li> </ul> </li> <li>Encourage outdoor running wherever possible.</li> </ul>
<b>Outdoor Races</b> <b>(e.g., running, biking)</b>	<ul style="list-style-type: none"> <li>Registration and screening should be completed online.             <ul style="list-style-type: none"> <li>Ensure registration includes participants' contact information in case it is needed for contact tracing after the race; provide information about the need for screening and instructions on how to complete online screening.</li> </ul> </li> <li>Online screening should be done right before the race.</li> <li>A specific warm-up area should be designated and limited to those who are about to start. Encourage participants to arrive close to their start time and be ready to race (i.e., already warmed up if possible).</li> <li>Stagger start times for groups of participants who share similar paces or predicted speed to facilitate physical distancing.</li> <li>There should be no more than 100 runners, volunteers, and attendees on site at any time. This number may be reduced depending on site constraints and size to accommodate physical distancing.</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>• A looped (i.e., one-way) race trail is encouraged so participants are not passing by others on their way back to the finish line. If race trails are not looped/one-way, widen pathways and use signage/markers to maintain physical distance between runners.</li> <li>• After finishing the race, participants should be directed to move away from the finish line to either a designated area or to the exit/departure area.</li> <li>• No awards ceremonies or additional entertainment should occur post-race.</li> </ul>
<p><b>Squash and Racquet Ball</b></p>	<ul style="list-style-type: none"> <li>• These sports are not well suited to safe “drop-in” play given the frequency in which participants come within 2 meters.             <ul style="list-style-type: none"> <li>○ Participants should create a cohort or mini league.</li> </ul> </li> </ul>
<p><b>Gymnastics and Rock Climbing</b></p>	<ul style="list-style-type: none"> <li>• Establish appointments and schedule usage according to specific timeframes to ensure physical distancing can be maintained.</li> <li>• Climbers and gymnasts should be asked to thoroughly wash their hands (and feet if participating in bare feet) before and after using shared equipment (e.g., climbing holds, beams, rings).</li> <li>• Enhance the frequency of cleaning of climbing holds, rings, bars and other frequently handled surfaces.</li> <li>• Many surfaces in these settings cannot be effectively sanitized. Facilities may consider modifying training to limit the number of surfaces touched or types of equipment used by participants.</li> <li>• Remove any self-serve chalk bowls and require participants to bring their own chalk.</li> <li>• If gear or equipment rental is permitted, ensure it is cleaned and disinfected after being returned.</li> </ul>
<p><b>Arena Sport (Figure Skating, Ringette, Hockey)</b></p>	<ul style="list-style-type: none"> <li>• Ice use should be limited to organized activities (e.g., figure skating, hockey, ringette).</li> <li>• No more than 50 people can be on the ice (including players’ benches, boxes) at the same time. This number includes referees and coaches who are unable to maintain a physical distance of 2 metres from participants.</li> </ul>
<p><b>Multi-use Gymnasiums, Fieldhouses and Community Centres</b></p>	<ul style="list-style-type: none"> <li>• If different activities are conducted in the gymnasium setting at the same time, cohort groups should be kept separate. Physical barriers (e.g., curtains) are recommended.             <ul style="list-style-type: none"> <li>○ Participants of different activities should not mix with other activity participants in order to limit exposure and potential spread of COVID-19.</li> </ul> </li> <li>• Organized court sports involving participant interaction at a distance of less than 2 metres (e.g., volleyball, basketball, badminton, pickle ball) may occur with mini-leagues.</li> </ul>



# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>• Players should follow marked one-way traffic patterns when entering and exiting the gymnasium.</li> <li>• Gymnasium floors should be thoroughly cleaned and disinfected at an enhanced frequency.</li> </ul>
<b>Combat Sports (Martial Arts, Mixed Martial Arts, Wrestling, Boxing)</b>	<ul style="list-style-type: none"> <li>• Cohorts should be developed for these kinds of activities because of the close interaction between combatants.             <ul style="list-style-type: none"> <li>◦ Cohorts should be formed between those from the same weight class or skill level.</li> </ul> </li> </ul>
<b>Personal Training/ Nutritional Consultations</b>	<ul style="list-style-type: none"> <li>• These services should continue to be offered virtually, or outdoors, if possible.</li> <li>• In-person sessions should allow for physical distancing or barriers between the client and trainer. If this is not possible, the trainer should wear a mask.</li> </ul>
<b>Leagues where 2 metre distancing can be maintained between teams (e.g., Bowling, Curling, Darts, Lawn Bowling)</b>	<ul style="list-style-type: none"> <li>• Most teams are expected to establish cohorts.</li> <li>• Where team members on one team are able to keep 2 metres distance from members of other teams, there is no maximum number of teams that can play in a league.             <ul style="list-style-type: none"> <li>◦ When players are waiting for their turn to throw/shoot, they should remain physically distant from participants in neighbouring lanes/sheets.</li> <li>◦ If physical distancing cannot be maintained, a mini-league should be created (see Cohorts section above).</li> </ul> </li> <li>• For casual or drop-in leagues, participants should maintain 2 meters distance from one another, unless they are from the same household or cohort.</li> </ul> <p><i>Format Options for bowling league play:</i></p> <ul style="list-style-type: none"> <li>• Use alternating lanes, where Team A uses lanes 1 &amp; 2 and Team B uses lanes 3 &amp; 4. This supports the typical rules of play (i.e., not playing in the same lane for the whole game) and also reduces the number of teams in one facility at one time.</li> <li>• Use adjoining lanes where Team A bowls on lane 1 and Team B bowls on lane 2. In this scenario, it is strongly advised that teams do not switch lanes after each frame (as is customary in normal play). This would require frequent cleaning of environmental surfaces after each frame and increases participant sharing of airspace.</li> <li>• Refer to the <a href="#">Guidance for indoor recreation entertainment</a> for more information on casual or drop in bowling play.</li> </ul>
<b>Pool and Aquatic Activities</b>	<ul style="list-style-type: none"> <li>• Consult the <a href="#">Guidance for Swimming Pools and Whirlpools</a></li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

(Swimming, Diving)

### 3. Considerations specific to the operation of indoor sport, physical activity and recreation facilities

<b>Ventilation and Indoor Air Quality</b>	<ul style="list-style-type: none"> <li>• Facility ventilation systems should be both operational and appropriate for the activities practiced within.                             <ul style="list-style-type: none"> <li>○ Refer to the <a href="#">General Relaunch Guidance</a> for more information.</li> </ul> </li> <li>• Support healthy indoor air quality by:                             <ul style="list-style-type: none"> <li>○ Discouraging use of scents to prevent sneezing and coughing.</li> <li>○ Maintaining appropriate humidity levels.</li> <li>○ Limiting the casual use of overhead ceiling fans or portable pedestal fans as much as possible. If fans are used, minimize air flow that directs current from one person directly toward another.</li> <li>○ Air filters used in ventilation systems should consider MER-14 or High Efficiency Particulate Air (HEPA) rated filters.</li> <li>○ Discard air filters carefully to prevent the discharge of viral particles.</li> </ul> </li> <li>• Wherever possible, activities should be re-located to outdoor settings.</li> </ul>
<b>Staff and Volunteers</b>	<ul style="list-style-type: none"> <li>• All Albertans must follow CMOH Order 05-2020, which establishes legal requirements for quarantine and isolation.                             <ul style="list-style-type: none"> <li>○ Anyone with symptoms of COVID-19; with a history of international travel in the last 14 days; or with close contact with a confirmed case of COVID-19 in the past 14 days must remain at home.</li> </ul> </li> <li>• It is recommended that all staff be knowledgeable with respect to how COVID-19 is transmitted.</li> <li>• It is suggested that facilities designate a responsible person to ensure public health guidelines are followed (e.g., watching for adherence to physical distancing).                             <ul style="list-style-type: none"> <li>○ The responsible person should not be someone engaged in other critical duties (e.g., referee, lifeguard).</li> </ul> </li> <li>• Encourage hand hygiene among staff. Assign equipment and supplies to individual staff members and avoid any unnecessary sharing.</li> <li>• Staff should wear masks when they are not separated by a physical barrier or when unable to maintain 2 metre distance from participants. Other personal protective equipment may be appropriate depending on the task being performed (e.g., First Aid or resuscitation).</li> <li>• When facility staff are transferring a participant who needs assistance in and out of equipment, or assisting caregivers with an activity, both the</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<p>staff member and participant should wear masks (when appropriate) whenever a 2 metre distance cannot be maintained.</p>
<p><b>Points of Entry and Controlling Access</b></p>	<ul style="list-style-type: none"> <li>• Physical barriers are recommended to separate front-desk attendants and patrons.</li> <li>• Provide hand sanitizer (60% alcohol or higher) at entry and exit points, and encourage patrons to also bring their own.</li> <li>• Limit physical contact by using online payment and registration or hands-free check in. If wrist-bands are required, self-applied bracelets are suggested.</li> <li>• To promote distancing, facilities should consider reducing capacity in each room, venue, court, pool or ice surface in the facility.</li> <li>• Consider using a booking system that sets out specified activity durations (e.g., 1 hour workout periods, 90-minute ice times).</li> <li>• Request that participants arrive no more than 5-10 minutes before their appointment or game. Coordinate appointment or game times to avoid crowding and reduce wait times.</li> <li>• Encourage patrons to limit their time spent in the facility and to maintain physical distancing when returning to vehicles or homes.</li> </ul>
<p><b>Facilitating Equitable Access</b></p>	<ul style="list-style-type: none"> <li>• Consideration should be given to how to appropriately include or accommodate vulnerable persons such as seniors, those with disabilities and persons with compromised immune systems.             <ul style="list-style-type: none"> <li>○ Examples include reducing attendance, offering virtual methods of engagement and dedicating certain rooms/times for those at greater risk.</li> <li>○ Instructors/responsible persons may not know who is an at risk person, so consideration may be given to beginning high-intensity group physical activities with a reminder that there may be increased risk of transmission in these settings, and spacing guidance should be carefully followed.</li> </ul> </li> </ul>
<p><b>Sanitation, Cleaning and Disinfecting</b></p>	<ul style="list-style-type: none"> <li>• In addition to routine facility cleaning protocols, increase the frequency of sanitation of high traffic areas, common areas, public washrooms and showering facilities as well as commonly touched surfaces and shared equipment (such as water fountain handles, doorknobs, handrails, light switches, countertops, tables, equipment and handles.             <ul style="list-style-type: none"> <li>○ A written cleaning and disinfecting schedule is recommended. Encourage staff to document the time a specific area is cleaned.</li> <li>○ Provide a spray bottle of disinfectant in showering facilities for patrons to use after each use.</li> </ul> </li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>• Increase the frequency of cleaning of gymnasium floors to reduce the risk of transmission from shared objects (e.g., balls) and those who use wheelchairs.</li> <li>• Provide hand sanitizer throughout the facility and ensure that hand washing sinks are fully stocked with soap and paper towels.</li> <li>• Follow the cleaning and disinfecting guidance in the <a href="#">General Relaunch Guidance</a> and AHS' <a href="#">Public Health Guidelines for Environmental Cleaning of Public Facilities during Respiratory Illnesses in the Community</a>.             <ul style="list-style-type: none"> <li>○ Follow the disinfectant label instructions for use.</li> <li>○ Consult the manufacturer's instructions before applying disinfectant to any potentially sensitive equipment in the facility (i.e. touch pads, electronics).</li> </ul> </li> <li>• Ensure that used cleaning supplies are properly disposed of in a lined waste bin that is emptied at least daily.</li> <li>• Where disposable water cups are provided, place a garbage receptacle close by for any used cups.</li> <li>• Remove unnecessary communal items such as candy, pens, magazines and complimentary phone chargers.</li> </ul>
<p><b>Locker Rooms and Change Rooms</b></p>	<ul style="list-style-type: none"> <li>• Encourage participants to arrive at the facility ready to participate in their activity without needing to use a change room if possible.</li> <li>• Set capacity limits for locker rooms and adjust lockers to support physical distancing.</li> <li>• Clean and disinfect surfaces, sinks and toilets regularly.</li> <li>• Remove self-serve and common-use items such as hair dryers, cotton swabs and disposable razors.</li> </ul>
<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>• Wherever possible, promote physical distancing by:             <ul style="list-style-type: none"> <li>○ promoting one-way traffic flow to avoid individuals from inadvertently interacting;</li> <li>○ placing stickers or signage on the wall/floor at 2 metre distances;</li> <li>○ spacing seats, or assigning seating, at 2 metre distances;</li> <li>○ limiting classes and group fitness to cohort groups only (e.g., assigned class times).</li> </ul> </li> <li>• Facilities should develop procedures that allow for uncongested drop off and pick up of participants. (e.g., drive-thru lanes for pick up and drop off of sport participants, dedicated entrances and exits for incoming and outgoing sport teams)</li> <li>• Common area chairs and tables should be stacked, roped off or removed from the area to promote distancing.</li> </ul>
<p><b>Participant Hygiene</b></p>	<ul style="list-style-type: none"> <li>• The use of highly visible posters that remind attendees to practice respiratory etiquette and hand hygiene is strongly encouraged (e.g., entrances, washrooms and staff rooms).</li> <li>• Posters are available <a href="#">here</a>.</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

	<ul style="list-style-type: none"> <li>• Communicate to all participants (coaches/staff, instructors, officials, participants and their guardians, volunteers) about the risk of COVID-19 and practices that should be undertaken to mitigate risk.             <ul style="list-style-type: none"> <li>○ Communication platforms could include online registration forms, rental contracts and automated telephone switchboards.</li> </ul> </li> </ul>
<p><b>Equipment</b></p>	<ul style="list-style-type: none"> <li>• Encourage participants to bring their own equipment to the facility. Wherever possible, limit the use of shared equipment unless participants engaged in the same activity are from the same household.             <ul style="list-style-type: none"> <li>○ Participant-owned equipment, including sport gloves, should be visibly clean.</li> <li>○ Equipment handled by hand or head (e.g., tennis balls, basketballs, soccer balls) during play should be frequently cleaned.</li> </ul> </li> <li>• Where rental equipment is provided, it should be assigned to one person only and be cleaned and disinfected upon return. Do not use equipment that cannot be disinfected.</li> <li>• Have processes to ensure enhanced cleaning and disinfection of shared fitness equipment between each use by having readily available supplies and cleaning reminders and instructions located in accessible places. Facility staff should ensure that cleaning occurs between uses.</li> <li>• Space <b>weight machines at least 2 metres apart</b>.</li> <li>• Consider spacing <b>aerobic fitness equipment</b> between 2-3 metres apart, as high exertion is common when using these machines (e.g., treadmills, rowing machines, stationary bikes).</li> <li>• Designate adequate space for the use of certain equipment (e.g., stretching areas, kettle bell areas) and for movement (e.g., heavy rope, tire flipping zone) to ensure physical distancing is maintained.</li> <li>• Consider using markers on the floor to define designated areas and manage the flow of participants.</li> <li>• If equipment cannot be moved, and positioning will result in participants being within a 2 metre distance, consider blocking off every other piece of equipment or erecting barriers such as acrylic panels between equipment.</li> </ul>
<p><b>Screening &amp; Response Plan</b></p>	<ul style="list-style-type: none"> <li>• Consider implementing active screening of attendees (where applicable) for COVID-19 symptoms,             <ul style="list-style-type: none"> <li>○ Operators may choose to use <a href="#">Alberta Health Daily Checklist</a>.</li> <li>○ The Alberta Health Services <a href="#">COVID-19 Self-Assessment tool</a> can be used by attendees.</li> </ul> </li> <li>• Any attendee exhibiting any <a href="#">symptoms</a> cannot enter the facility or participate in outdoor activities operated by the facility.</li> <li>• A rapid response plan sets out a fast-action plan for operators when an attendee shows symptoms or tests positive for COVID-19.</li> </ul>

# GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION

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	<ul style="list-style-type: none"><li>○ Operators should develop a plan that includes appropriate policies and procedures based on the type of attendees specific to their services and settings.</li><li>● Staff should be familiar with and follow the rapid response plan if an attendee starts feeling symptoms. This should include:<ul style="list-style-type: none"><li>○ Immediately isolating the attendee from others.</li><li>○ Requiring hand hygiene and masking of the attendee.</li></ul></li><li>● Cleaning and disinfecting all surfaces with which the symptomatic attendee may have come into contact.</li></ul>
<b>Facility Amenities / Food and Beverage</b>	<ul style="list-style-type: none"><li>● Food service providers are required to follow the <a href="#">Food Regulation</a> and <a href="#">Food Retail and Foodservices Code</a> and existing occupational health and safety requirements.<ul style="list-style-type: none"><li>○ Operators should also follow the <a href="#">COVID-19 General Relaunch Guidance</a> and the <a href="#">Restaurants, Cafes, Pubs, and Bars Guidance</a></li></ul></li><li>● Ensure vending machines are cleaned frequently, in particular touch keypads.</li></ul>

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