



March 26, 2021

Letter to Sports Leagues and Teams:

Renfrew County and District Health Unit (RCDHU) would like to take this opportunity to thank you for all your hard work and sacrifice that you have made to prevent the spread of COVID-19 and keep the case count low throughout Renfrew County and District. The requirements and recommendations provided in this letter are pursuant to [Ontario Regulation 364/20](#). COVID-19 infection control precautions must be maintained to ensure that coaches, players, and spectators are offered a safe environment to enjoy recreational sports.

This document does not constitute legal advice and does not replace the need for sports, recreation and fitness businesses and organizations to consult requirements from the Province of Ontario, including Ontario's COVID-19 Response Framework, O. Reg. 364/20, O. Reg. 263/20 and O. Reg. 82/20. There may be situations where provincial rules and local public health rules vary in levels of restriction. Please review Ontario Regulation 364/20 for sports and recreational requirements based on colour zone, as requirements may change quickly on short notice. For colour zone requirements, see Appendix A accompanying this document. Sports, recreation and fitness businesses/organizations must ensure compliance with the measure that is most restrictive in terms of preventing the spread of COVID-19.

In general, to prevent the spread of COVID-19 during sports and recreational activities:

Illness

- Stay at home if you are sick. This includes coaches, players, and spectators. Ensure [masking](#), [hand hygiene](#), and [physical distancing](#) signage around the facility is posted and adhered to.
- If any players or coaches become ill while at the facility, they should immediately self-isolate and separate themselves from others. They should go home immediately and get tested.

Masks and Face Coverings

- Staff/coaches/players must wear masks at all times inside a facility except when engaged in exercise. Masks are required to be worn outside when physical distancing is unable to be maintained.
- If players, coaches, staff, spectators are permitted to consume food or drink at the facility, once seated, masks can be removed to eat or drink and must be put on once finished.



Physical Distancing

- Maintain physical distancing of at least 2 metres from all other persons except when engaged in sport. This includes in any indoor or outdoor area, bleachers/dugouts, during staff breaks, and any other interactions with others.
- Sports and recreational activities must not allow for physical contact between players or can be modified to avoid physical contact between the players (i.e. no body checking).
- If players, coaches, staff, spectators are permitted to consume food or drink at the facility, they can only do so if they are seated and at least two metres from anyone outside of their household.

Screening and Record Keeping

- Ensure that the league/group leader/coach has a system in place to screen players before engaging in physical activity. Screening guidance is found [here](#).
- Teams must collect and maintain the screening forms/contact info for a period of 30 days and make immediately available to RCDHU upon request.
- A reservation may be required to enter sport or recreational facility (i.e. when in the yellow zone). In the case of members of the public participating in a team sport, only one reservation per team is required.

Capacity Limits

- A maximum of 50 players are permitted in a league and are only permitted to play against each other. Once a league/group is established, a team in that league/group cannot play against a team from a different league/group. This includes when playing in tournaments. Leagues/groups **cannot** be periodically reset.
- Spectators for organized outdoor sports can be a maximum of 100 people, given they can all be distanced by 2 metres. This limit of 100 would be permitted for each separate field as long as there is a means of separating the sports grounds. Spectators for indoor sports can be a maximum of 50 people, given they can all be distanced 2 metres.
- A maximum of 50 people are permitted in indoors at the facility in all classes, organized activities and organized programs, with a maximum class size of 10 people per room. At any given time, no more than 100 individuals can be present outdoors at the facility in all of the outdoor classes, organized programs or organized activities taking place at the time.
- Referees, coaches, and other staff are not included in league or spectator numbers.



Cleaning and Disinfection

- Perform [hand hygiene](#) either with soap and water or a 70 - 90% alcohol based hand sanitizer on a regular basis, especially after using the washroom. It is recommended that the coach/team/players bring their own hand sanitizer to use.
- The coach/players should ensure players conduct hand hygiene before, throughout, and after the game/practice.
- High contact surfaces must be cleaned and disinfected frequently (at least once per day) to maintain in sanitary condition. Ensure an [approved disinfectant](#) is used that kills viruses.
- Shared equipment must be cleaned and disinfected between use with an approved disinfectant. If shared equipment cannot be adequately cleaned and disinfected between use (because of material being soft, absorbent, permeable), it must be taken out of play after use/game and must not be used until a quarantine period of at least 72 hours has passed.

Facility attendance

- Discourage social gatherings outside household groups and among staff/players/spectators. Social gatherings in groups greater than 10 indoors and 25 outdoors is prohibited.
- Encourage individuals to arrive as close to game/practice time for example, no more than 20 minutes early to a game/practice. Individuals should also leave the facility immediately when the game/practice is over.
- There should be enough time between events to allow for adequate cleaning and disinfection of required equipment, high touch areas and removal of garbage.
- Time between events must allow for participants/spectators/coaches involved to fully vacate the premise BEFORE participants involved in the subsequent event are permitted to enter the outdoor or indoor areas of the facility. There must be no crossover between events.
- If two events are occurring simultaneously at the same premise, there must be a means of separation between them (i.e. fencing/rope between fields, signage) so players/spectators/coaches are encouraged to keep to their appropriate area. This also ensures that capacity limits, physical distance, and league bubbles can be maintained.
- Recommend staggering of operation of the fields, so they are not all being used at one time.
- Names and contact information for every individual entering an indoor facility, including spectators, players, coaches must be provided and retained for at least 30 days.



Miscellaneous

- Consider the use of a microphone if the coach/referee would need to raise their voice beyond the level of normal conversation.
- Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.
- Develop and implement a COVID-19 safety plan in consultation with your applicable sports governing body. Go to [12218-5-icd-20e.pdf \(eohu.ca\)](#) or <https://www.ontario.ca/page/develop-your-covid-19-workplace-safety-plan> for an example.
- Players/coaches must not spit, share water bottles or food, shake hands, high five, hug, etc.
- Avoid personal clothing, equipment or electronics from being left in common areas. Minimize personal items brought to the game and store them away when possible.
- Consider the following when setting up leagues/groups:
 - Fewer players per team which would allow for more teams in one league, increasing the variety in opponents. This would also allow for greater physical distancing while on the player's bench.
 - Modifying game play to foster greater physical distancing between players (e.g., 3-on-3 hockey; 3-on-3 basketball; 5-on-5 indoor soccer; 7-on-7 outdoor soccer, etc.). This may not be realistic in baseball due to the size of the playing field, type of game played, and general sufficient physical distancing between players.
 - Recommend having players only play in one league at a time. This would help limit the number of close contacts between people.
 - Keeping leagues within one Health Unit to avoid potential issues between Health Unit regions. For example, a municipality may choose to restrict use of their facility to people who live in their Health Unit region only. This would also prevent issues related to restrictions in one region that are different from another region.

For all sporting activities, RCDHU encourages you to be familiar with and assess your personal risks, obtain the information from the organizers on their COVID-19 safety plan and ensure that people follow all the public health measures including screening, masking, hand hygiene and cleaning and disinfection along with adequate physical distancing. We have seen in various cases and outbreaks associated with sports where transmission has likely occurred because of inconsistent adherence to several public health measures, including using indoor facilities like dressing rooms, carpooling with members from multiple households, individuals coaching more than one team/cohort, individuals playing or training with more than one team/cohort, along with failing to consistently wear masks when required. It is important to remember that even with precautions, participating in sporting activities with others is considered high risk for COVID-19 transmission. Everyone should consider the risk to themselves and other residents when choosing to engage in these types of activities.



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RCDHU is including more information on how to continue to prevent the spread of coronavirus and other viruses.

[RCDHU-FAQs-Workplace-Safety-for-Employers-Employees-Oct-15-2020.pdf](#)

[Guidance for facilities for sports and recreational fitness activities during COVID-19 | Ontario.ca](#)

[Guidance on Health and Safety for the Sports Sector during COVID-19 \(d1ow5xpphy0w2p.cloudfront.net\)](#)

[Sports Activities \(ccohs.ca\)](#)

Pay attention to the government of Ontario's COVID-19 information page for updates at <https://news.ontario.ca/search/en?keywords=covid19>. Also, click on <https://www.ontario.ca/laws/regulation/200364> to see all the requirements for businesses to operate safely in stage 3.

If you have any questions, please feel free to reach out to us or visit www.rcdhu.com. Let's keep working together to stop the spread of this virus so businesses can remain open.

Thank you.

Michelle Street, CIPHI(C)
Coordinator, Healthy Environments



Appendix A Sports and Recreation Colour Zone Quick Reference Guide

	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
Physical Distancing	Maintain at least a 2 metre physical distance of from every other person unless engaged in a sport.	<p>Maintain at least a 2-metre physical distance from every other person unless engaged in a sport.</p> <p>Maintain at least a 3-metre physical distance from people using weights or exercise machines and from people engaged in fitness or exercise classes.</p>	<p>Maintain at least a 2-metre physical distance from every other person unless engaged in a sport.</p> <p>Maintain at least a 3-metre physical distance from people using weights or exercise machines and from people engaged in fitness or exercise classes.</p>	<p>For indoor and outdoor exercise classes not in a community centre:</p> <ol style="list-style-type: none"> 1. Fitness or exercise class: 3 metre physical distancing 2. Every person participating in any other kind of class, organized program or organized activity must maintain a physical distance of at least 2 metres. 3. Any person who enters or uses the amenity must maintain a physical distance of at least two metres from any other person who is using the amenity.
Screening	Individuals must conduct self screening prior to entering the indoor premises of the facility.	Individuals must conduct self screening prior to entering the indoor premises of the facility.	The facility must actively screen individuals in accordance with advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the indoor premises of the facility.	The facility must actively screen individuals in accordance with advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the indoor premises of the facility.



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	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
Capacity Limits	<p>The total number in classes, organized programs and organized activities at any one time limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>50 persons indoors 100 persons outdoors</p> <p>Total capacity in all areas of facility containing weights or exercise machines is 50 persons who are physically distanced by at least 2 metres.</p>	<p>The total number in classes, organized programs and organized activities at any one time limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>50 persons indoors 100 persons outdoors</p> <p>Indoor fitness or exercise class at the facility maintain at least 3 metre physical distance, and in any event cannot exceed 10 people,</p> <p>ii. each indoor fitness or exercise class at the facility must take place in a separate room, and</p> <p>iii. the total number of members of the public permitted to be in any particular outdoor fitness or exercise class at the facility is a maximum of 25 while maintaining 3 metres physical distance.</p>	<p>The total number in classes, organized programs, organized activities, and areas containing weights or exercise machines at any one time is limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>50 persons indoors 100 persons outdoors</p> <p>Indoor fitness or exercise class at the facility maintain at least 3 metre physical distance, and in any event cannot exceed 10 people,</p> <p>ii. each indoor fitness or exercise class at the facility must take place in a separate room, and</p> <p>iii. the total number of members of the public permitted to be in any particular outdoor fitness or exercise class at the facility is a maximum of 25 while maintaining 3 metres physical distance.</p>	<p>The total number in classes, organized programs and organized activities not in a community centre: any one time limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>10 persons indoors 25 persons outdoors</p> <p>Total capacity in all areas of facility (not in a community centre) containing weights or exercise machines is 10 persons who are physically distanced by at least 3 metres.</p> <p>Total capacity in all areas of facility (not in a community centre) that provides indoor classes, organized programs or organized activities AND also has one or more areas containing weights or exercise machines, must not exceed 20 persons at any one time.</p>



	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
Spectators	<p>The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility, and in any event cannot exceed,</p> <p>i. 50 spectators, if the spectators will be indoors, or</p> <p>ii. 100 spectators, if the spectators will be outdoors.</p>	<p>The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility, and in any event cannot exceed,</p> <p>i. 50 spectators, if the spectators will be indoors, or</p> <p>ii. 100 spectators, if the spectators will be outdoors.</p>	<p>No spectators are permitted to be in the facility, but each person under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.</p>	<p>No spectators are permitted to be in the facility. However, a person under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.</p>
Organized Team Sports	<p>Organized team sports leagues must</p> <p>i. contain no more than 50 players and not permit teams to play against teams outside of the league, or</p> <p>ii. divide teams into groups of 50 or fewer players and not permit teams in different groups to play against one another or against teams outside of the league.</p>	<p>Organized team sports leagues must</p> <p>i. contain no more than 50 players and not permit teams to play against teams outside of the league, or</p> <p>ii. divide teams into groups of 50 or fewer players and not permit teams in different groups to play against one another or against teams outside of the league.</p>	<p>Organized team sports leagues must</p> <p>i. contain no more than 50 players and not permit teams to play against teams outside of the league, or</p> <p>ii. divide teams into groups of 50 or fewer players and not permit teams in different groups to play against one another or against teams outside of the league.</p>	<p>No practising or playing of team sports within the amenity, with the exception of training sessions that do not include games for members of a sports team.</p> <p>Activities that are likely to result in individuals coming within two metres of each other must not be practised or played within the facility.</p>



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Playing of Sports	Modify or prohibit physical contact when playing or practicing sports.	Modify or prohibit physical contact when playing or practicing sports.	Modify or prohibit physical contact when playing or practicing sports.	No practising or playing of team sports within the amenity, with the exception of training sessions for members of a sports team that do not include games.
Cleaning and Disinfection	<p>Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p>	<p>Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p>	<p>Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p>	<p>Locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the amenity that is used to provide first aid.</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p>



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Time Restrictions	No time restriction, but it is recommended that no member of the public be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport.	No time restriction, but it is recommended that no member of the public be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport.	No member of the public may be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport.	No member of the public may be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport.
Contact Information and Record Keeping	<p>Recommend that the person responsible for the facility to ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p>	<p>The person responsible for the facility must ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p> <p>iii. the records are disclosed only to a medical officer of health or an inspector under the <i>Health Protection and Promotion Act</i> on request for a purpose specified in section 2 of that Act or as otherwise required by law.</p>	<p>The person responsible for the facility must ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p> <p>iii. the records are disclosed only to a medical officer of health or an inspector under the <i>Health Protection and Promotion Act</i> on request for a purpose specified in section 2 of that Act or as otherwise required by law.</p>	<p>The person responsible for the facility must ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p> <p>iii. the records are disclosed only to a medical officer of health or an inspector under the <i>Health Protection and Promotion Act</i> on request for a purpose specified in section 2 of that Act or as otherwise required by law.</p>



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Line Ups	<p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <ul style="list-style-type: none"> i. is a child who is younger than two years of age, ii. has a medical condition that inhibits their ability to wear a mask or face covering, iii. is unable to put on or remove their mask or face covering without the assistance of another person, iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety, v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or vi. is being reasonably accommodated in accordance with the Human Rights Code. 	<p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <ul style="list-style-type: none"> i. is a child who is younger than two years of age, ii. has a medical condition that inhibits their ability to wear a mask or face covering, iii. is unable to put on or remove their mask or face covering without the assistance of another person, iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety, v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or vi. is being reasonably accommodated in accordance with the Human Rights Code. 	<p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <ul style="list-style-type: none"> i. is a child who is younger than two years of age, ii. has a medical condition that inhibits their ability to wear a mask or face covering, iii. is unable to put on or remove their mask or face covering without the assistance of another person, iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety, v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or vi. is being reasonably accommodated in accordance with the Human Rights Code. 	<p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <ul style="list-style-type: none"> i. is a child who is younger than two years of age, ii. has a medical condition that inhibits their ability to wear a mask or face covering, iii. is unable to put on or remove their mask or face covering without the assistance of another person, iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety, v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or vi. is being reasonably accommodated in accordance with the Human Rights Code.



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Reservations	No reservation required to enter the facility.	No member of the public may enter the facility unless they have made a reservation to do so. In the case of members of the public participating in a team sport, only one reservation per team is required.	No member of the public may enter the facility unless they have made a reservation to do so. In the case of members of the public participating in a team sport, only one reservation per team is required.	No member of the public may enter the facility unless they have made a reservation to do so. In the case of members of the public participating in a team sport, only one reservation per team is required.
Sound Level	<p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p>	<p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p>	<p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p>	<p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p>



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Other				Outdoor playgrounds, play structures and facilities containing outdoor fitness equipment may open. Pools, splash pads, spray pads and wading pools must be closed.

Version: March 26, 2021