



COVID-19 Team Sports General Guidance Document

Version: March 26, 2021

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. Follow www.ontario.ca and [Regulation 364/20](#) for the most updated information.

Remember: each resident of Renfrew County and District is responsible to complete the Ministry of Health [Self-Assessment](#) online daily. Members of the public including players, coaches, spectators, or staff **must not** attend any sports or recreational facilities, events, or games if experiencing any new or worsening symptoms of Covid-19 or if they have been directed to self isolate.

Teams/ players must ensure to:

- Wear a mask or face covering in a manner that covers the nose, mouth, and chin when not engaged in strenuous exercise such as practices or games indoors. Masks must be worn when leaving the playing area/ field/ court when indoors. When outdoors, masks are required when not engaged in strenuous activity and within 2 metres of someone else outside your household.
- Consist of groups/leagues (also know as cohorts) of no more than fifty (50) players in each cohort and must not play outside their cohort. This includes when playing in tournaments. 50 player cohorts cannot be reset once engaged.
- Limit the number of people on the playing area (i.e., field, ice or court) to ensure 2-metre distancing can be maintained between people. *This does not apply to team sports which have a designated number of players.*
- Modify the game as necessary to ensure no prolonged, deliberate physical contact is made between players (i.e. no body checking).
- Bring their own equipment to avoid sharing equipment, if possible.
- Disinfect shared equipment between use with an [approved disinfectant](#).
- Avoid spitting, sharing water bottles or food, shake hands or high five, hug etc.
- Practice proper hand hygiene regularly with soap and water or alcohol based hand sanitizer of at least 70%.



Coaches must ensure to:

- Wear a mask or face covering in a manner that covers the nose, mouth, and chin when not engaged in strenuous exercise such as practices or games indoors. Masks must be worn when leaving the playing area/ field/ court when indoors. When outdoors, masks are required when not engaged in strenuous activity and within 2 metres of someone else outside your household.
- Consider the use of microphones to support physical distancing and reduce the need for shouting. If used, sanitize between use.
- Collect a list of names and contact numbers of their team players and coaches to facilitate contact tracing.
- Screen for signs and symptoms of COVID-19 prior to each event. Each team should designate a person to maintain the attendance/screening list for every game or practice and provide the list to the league convenor for safe keeping. Keep the lists for 30 days and provide to RCDHU upon request.
- Work with the facility operator to maintain a spectator/visitor log for contact tracing purposes.
- Practice proper hand hygiene regularly with soap and water or alcohol based hand sanitizer of at least 70%.

Spectators/ visitors must ensure to:

- Wear a mask or face covering in a manner that covers the nose, mouth, and chin when indoors at all times. When outdoors, masks are required when within 2 metres of someone else outside your household.
- Share name and contact information with the facility operator or designate on a spectator log for contact tracing purposes.
- Remain 2 metres apart from anyone not from same the household.
- Coaches and team support personnel do not count towards the player or spectator limit.
- Not go on the field, dugout or in team/player designated areas or touch team/player equipment.
- Practice proper hand hygiene regularly with soap and water or alcohol based hand sanitizer of at least 70%.

Facility Operator/staff must ensure to:

- Follow appropriate occupational health and safety COVID-19 precautions before coming to and while at work.
- Conduct active [screening](#) of staff prior to shifts to ensure no one attends the facility while showing symptoms of COVID-19. Maintain a logbook of daily screening results and keep for at least 30 days. Temperature checks are not required.



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

- Limit spectators to no more than 50 indoors or 100 outdoors per field or areas that are clearly separated from each other (i.e. rope, pylons, signs, etc.).
- Maintain a 2-metre distance from other people at all times.
- Wear a mask or face covering in a manner that covers the nose, mouth, and chin when in indoors at all times. When outdoors, masks are required when within 2 metres of someone else outside your household.
- Event and facility staff do not count towards the gathering limits.
- Only permit members of the public to enter the indoor area of a sports or recreational facility if they have made a reservation to do so. In the case of team sports, only one reservation per team is required.
- Keep name and contact information for anyone who enters the sports or recreational facility. The facility operator should work with the sports leagues to designate someone to complete this task.
- Practice proper hand hygiene regularly with soap and water or alcohol based hand sanitizer of at least 70%.

Cleaning and Disinfecting:

[Clean and disinfect](#) common high touch surfaces at least twice per day and between different groups or games. High-touch surfaces include players bench area, spectator seating areas (not outdoors), door handles, water bottle filling stations, washroom faucets, toilet flush handles and seats, and lockers (if open). Allow the disinfectant sufficient contact time (see product label) between bookings.

Cleaning and disinfection products must have a [Drug Identification Number \(DIN\)](#), have not expired, and are appropriate for use on the item that is to be cleaned and disinfected. Low-level hospital grade disinfectants may be used. Always follow manufacturers instructions.

If equipment must be rented and reused:

- Ensure cleaning and disinfection is performed in between users.
- Equipment that cannot be cleaned and disinfected must be laundered.
- Equipment that cannot be disinfected or laundered cannot be used by more than one person or must be quarantined for at least 72 hours.

Here are some general rules and recommendations to follow:

- Utilize 70-90% [alcohol-based hand sanitizer](#). Hand sanitizer must be available near the entrance and in convenient areas of the facility (indoors and outdoors) for people to use.
- Ensure [handwashing stations](#) are supplied with running water, soap and hand drying amenities.



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

- Place signage at the facility entrance for [2 metre distancing](#), [respiratory etiquette](#), [mandatory](#) masking, and COVID-19 screening. Signage should also be posted in proximity to outdoor facilities (i.e. field).
- Review COVID-19 precautions/safety plan with users (and parent/guardians for underage clients). Ensure the user or their parent/guardian sign off on their review and understanding of the facility's COVID-19 precautions. This could be recorded on a team attendance sheet or placed online.
- Limit the use of water fountains to be used only to re-fill water bottles, not for individuals to drink directly from them.
- Stagger schedules and use visual cues that support patron flow to allow physical distancing in buildings, fields and parking lots. This will minimize congestion.
- Floor fans, pedestal fans or high-powered fans on/near the floor should not be used as they generate strong air currents within breathing zones or across surfaces which may contain virus particles. If ceiling fans are present, the location of the fans should not allow droplets blowing from one person to another. High ceiling fans (e.g., 25 feet up in a gym), are less of a concern than low ceiling fans.
- If indoors, avoid stagnant air conditions by opening windows and maximizing outdoor air ratio of the heating, ventilation and air conditioning (HVAC) system settings. Avoid recirculation of air as much as possible.
- Facility operators are discouraged from renting facilities to individuals or teams from outside Renfrew County and District. This includes renting to scrimmage against outside RCD teams.
- Players should only play in a single league at this time. Discourage spectators and non-essential visitors. Encourage essential visitors to perform their role and leave rather than staying at the facility (e.g., encourage parents to drop off their children and leave, then return at a set time to pick up the children, as opposed to staying in the facility during the course of play).
- Players should be encouraged to be 2 metres apart when not engaged in physical activity, e.g., seated on benches or waiting to perform a drill.
- Encourage individuals to arrive as close to game/practice time, for example no more than 20 minutes before a game/practice. Individuals should also leave the facility immediately when the game/practice is over.



Resources:

Ontario Regulation 364/20, Rules for Areas in Stage 3:

<https://www.ontario.ca/laws/regulation/200364>

Guidance for facilities for sports and recreational fitness activities during COVID-19:

<https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>

CCOHS Guidance for Sports Activities:

<https://www.ccohs.ca/images/products/pandemiccovid19/pdf/sports.pdf>

List of disinfectants with effective against Covid-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Poster: Mandatory Masking for indoor spaces: <https://www.rcdhu.com/wp-content/uploads/2020/07/ATTENTION-MASK-poster.pdf>

Poster: Physical Distancing: <https://www.rcdhu.com/wp-content/uploads/2020/04/Physical-Distancing-Poster-general-with-no-tips-April-28-2020-FINAL-3.pdf>

Poster: Screening: <https://www.rcdhu.com/wp-content/uploads/2020/09/Screening-poster-retail-entrance-Sept28-FINAL.pdf>



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.



	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> <ul style="list-style-type: none"> i. 50 spectators, if the spectators will be indoors, or ii. 100 spectators, if the spectators will be outdoors. 	<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> <ul style="list-style-type: none"> i. 50 spectators, if the spectators will be indoors, or ii. 100 spectators, if the spectators will be outdoors. 	<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> <ul style="list-style-type: none"> i. contain no more than 50 players and not permit teams to play against teams outside of the league, or 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>Organized team sports leagues must</p> <ul style="list-style-type: none"> i. contain no more than 50 players and not permit teams to play against teams outside of the league, or 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>Organized team sports leagues must</p> <ul style="list-style-type: none"> i. contain no more than 50 players and not permit teams to play against teams outside of the league, or 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>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>



Renfrew County and District Health Unit
 "Optimal Health for All in Renfrew County and District"

	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
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>



Renfrew County and District Health Unit
 "Optimal Health for All in Renfrew County and District"

	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
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	Recommend that the person responsible for the facility to ensure that, i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded, ii. the records are maintained for a period of at least one month	The person responsible for the facility must ensure that, i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded, ii. the records are maintained for a period of at least one month 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.	The person responsible for the facility must ensure that, i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded, ii. the records are maintained for a period of at least one month 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.	The person responsible for the facility must ensure that, i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded, ii. the records are maintained for a period of at least one month 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.



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
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.



	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
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> <ul style="list-style-type: none"> 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 ii. must not encourage loud talking, singing or shouting. 	<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> <ul style="list-style-type: none"> 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 ii. must not encourage loud talking, singing or shouting. 	<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> <ul style="list-style-type: none"> 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 ii. must not encourage loud talking, singing or shouting. 	<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> <ul style="list-style-type: none"> 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 ii. must not encourage loud talking, singing or shouting.



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

	Green (Regulation 364/20)	Yellow (Regulation 364/20)	Orange (Regulation 263/20)	Red (Regulation 82/20)
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