



July 7, 2021

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 263/20](#). 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. There may be situations where provincial rules and local public health rules vary in levels of restriction. Please review current [Covid-19 health measures](#), as requirements may change quickly on short notice. 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](#), [self-screening](#) 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 2 metres away from others, masks can be removed to eat or drink and must be put back 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 personal contact



- between players or can be modified to avoid personal contact between the players (i.e. no body checking or tackling).
- 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 2 metres from anyone outside of their household.

Screening and Record Keeping

- Ensure that the league/group leader/coach has a system in place to actively screen players before engaging in physical activity. 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. Screening tool/questions for workers/employees can be used and is found [here](#). See example of a participant screening log at the end of this document.
- Teams must collect and maintain the screening forms/contact info for a period of 30 days and make immediately available to RCDHU upon request.
- Work with the facility to maintain a spectator/visitor log for contact tracing purposes. Keep records for 30 days and provide to RCDHU upon request. See example of a facility contact tracing log at the end of this document.

Capacity Limits

- There are currently no league capacity limits. It is recommended to limit the number of teams each team plays, as well as limit teams in Renfrew County and District playing against those from other jurisdictions.
- Spectators for organized outdoor sports can be a maximum of 25% capacity of the designated seating area or 25% capacity of the available outdoor area at the facility (calculated by taking the total available designated spectator area and dividing it by 16).
- 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 twice per day) to maintain in sanitary condition. Ensure an [approved disinfectant](#) is used that kills viruses and has a DIN.
- 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 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.
- 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 a recreational 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. For an example, go to <https://www.ontario.ca/page/develop-your-covid-19-workplace-safety-plan>.
- 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 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; 7-on-7 outdoor soccer, etc.). This may not be realistic for some sports 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 team/league at a time and limit the number of other teams each team is permitted to play. This would



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- help limit the number of close contacts between people.
- It is recommended that leagues limit the number of teams each team plays, as well as to perform a risk assessment on teams from other jurisdictions before playing against teams outside RCD. 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 use of indoor facilities if permitted, 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.

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](#)
- Current public health measures
<https://covid-19.ontario.ca/public-health-measures>
- WSPS Guidance for Sports:
<https://d1ow5xpphy0w2p.cloudfront.net/common/health-and-safety-guidance-sports.pdf?mtime=20210302112559&focal=none>
- CCOHS Guidance for Sports Activities:
<https://www.ccohs.ca/covid19/sports-activities/>

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://covid-19.ontario.ca/public-health-measures> to see current requirements for businesses to operate safely.

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.



Collection of Information for Recreational Facilities

Facility Name: _____ Date: _____

Anyone attending an indoor or outdoor recreational facility (i.e. coaches, players, volunteers, parents, spectators) must share their name and contact information prior to entering the facility. This information must be documented. Active screening must be conducted and documented for those participating in team sports or fitness or exercise classes.

NOTE: This template may be used or adapted to collect information at your establishment. Please remember, patron information should not be seen by other patrons on the premise, only staff members. Please retain and securely store for 30 days as directed under Ontario Regulation 263/20 from the Government of Ontario.

COVID-19 Signs and Symptoms: severe difficulty breathing, severe chest pain, feeling confused or unsure of where you are, losing consciousness, fever and/or chills, cough or barking cough (croup), shortness of breath, sore throat, difficulty swallowing, runny or stuffy/congested nose, decrease or loss of taste or smell, pink eye, headache, digestive issues like nausea/vomiting, diarrhea, stomach pain, muscle aches, extreme tiredness, falling down often (for older people).

Patron Information

First and Last Name	Telephone # OR Alternate Contact (<i>physical address or email</i>)	Time of Arrival	Verbal attestation that the patron is NOT experiencing COVID-19 symptoms* (<i>excluding those related to a chronic or other condition</i>)	Time of Departure
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	



Collection of Information for Team Sports Participants

Team: _____ Date: _____

Anyone participating in team sports or fitness or exercise classes at recreational facility must share their name and contact information prior to entering the facility. They must also be actively screened using questions (for worker/employee) found [here](#). This information must be documented.

NOTE: This template may be used or adapted to collect information at your establishment. Please remember, patron information should not be seen by other patrons on the premise, only staff members. Please retain and securely store for 30 days as directed under Ontario Regulation 263/20 from the Government of Ontario

Patron Information				
First and Last Name	Telephone # OR Alternate Contact (<i>physical address or email</i>)	Time of Arrival	Verbal active screening OR verified online screening (conducted the day of each game/event/practice prior to engaging in sport).	Time of Departure
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
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