



Renfrew County and
District Health Unit

Covid-19 Guidance for Sports and Recreational Facilities

Last Revised: July 7, 2021



Table of Contents

A. GENERAL PUBLIC HEALTH REQUIREMENTS	3
Facility Attendance	3
League/Group Capacity Limits	3
Physical Distancing	4
Screening and Record-Keeping	4
Hand hygiene.....	4
Lineups	5
Miscellaneous.....	5
B. FURTHER OUTDOOR REQUIREMENTS	5
Capacity Limits.....	5
Masks and Face Coverings	6
C. FURTHER OUTDOOR REQUIREMENTS	6
Masks and Face Coverings	6
Contact Information and Record-Keeping	7
D. DISINFECTION	7
Equipment and High Touch Surfaces	7
Change Rooms/Washrooms	7
E. SYMPTOMATIC PATRONS AND STAFF	8
F. FOOD PREMISES	8
Protocols and Procedures for Food Service.....	8
G. GENERAL RECOMMENDATIONS FOR SPORTS AND RECREATION	9
H. APPENDICIES	11



This document provides public health guidance and regulatory requirements for sports and recreational facilities in Renfrew County and District (RCD) to help control the spread of COVID-19. The following information is relating to sports that are not classified as professional or elite amateur sports. For professional or elite amateur sports, guidance can be found [here](#). You can find more information on the requirements and recommendations for sports and recreation at <https://covid-19.ontario.ca/public-health-measures>.

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. There may be situations where provincial rules and local public health rules vary in levels of restriction. Please regularly review provincial legislative requirements for sports and recreational guidance for Step 2, as well as specific direction from the sport's government body. These 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.

Keeping COVID-19 community transmission low is important to help prevent the introduction and spread of the virus into the community, particularly through the participation in sporting activities. 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. Sport and recreational facilities are responsible for developing a [safety plan](#) and protocols which meet the guidelines provided by the province and encompass all of the public health measures. Sports teams/cohorts/leagues must also develop a safety plan in consultation with their applicable sport's governing body.

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 not consistently wearing masks when required. For all sporting activities we encourage 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 athlete's follow all the public health measures including screening, masking, hand hygiene and cleaning and sanitization along with adequate physical distancing.

Employers should refer to general and sector-specific guidance provided by the [Province of Ontario](#) and the [Ministry of Labour, Training and Skills Development \(MLTSD\)](#) to better understand how to prevent the spread of COVID-19. Based on community needs, some municipalities and local medical officers of health have exercised their authority to implement more restrictions or requirements. It is important that you are aware of public health practices in your area.



A. GENERAL PUBLIC HEALTH REQUIREMENTS

Facility Attendance

It is recommended that sports and recreational facilities implement capacity control measures (i.e. parking lot monitoring, booking times, online reservations, spectator gathering limits per day, etc.) to ensure that the sporting event meets provincial gathering limits. These limits ensure **two metre** physical distance can be maintained between people while indoors and outdoors, and that social gatherings are not being conducted at the facility (i.e. gathering in parking lot after game). Discourage social gatherings outside household groups and among staff members. Social gatherings in groups greater than 25 outdoors is prohibited. Staff should not be congregating without purpose, including in lunch/break rooms. 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.

Regarding scheduling of events, facility operators are discouraged from renting facilities to individuals or teams from outside RCD. This includes renting for scrimmages against teams from outside RCD. There should be enough time between events to allow for adequate cleaning and disinfection of required equipment, common 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. Crossover between events should be minimized.

Food premises (see FOOD PREMISES in section F. below) at a sports and recreational facility (i.e. canteen) are subject to Ontario Regulation 263/20, gathering limits, screening and record-keeping requirements contained in the regulation. See [Ontario Regulation 263/20](#) for all requirements.

League/Group Capacity Limits

A sports league/team must follow regulatory requirements regarding sports and recreation. There are currently no league/team capacity limits. 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.

Consider the following when setting up league play:

- Fewer players per team which allow for greater physical distancing while on the player's bench.
- Modify 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 in baseball due to the size of the playing field, type of game played, and general sufficient physical distancing between players.
- Recommend players play in only one team/league at a time and limit the number of other teams each team is permitted to play. This would help limit the number of close contacts between people should a public health situation arise.



The Province of Ontario continues to recommend limiting travel outside of your region, except for essential purposes. Municipalities can take action to restrict use of its sports and recreation facilities to people who live in their health unit region.

Physical Distancing

Ontario Regulation 263/20 requires that every person who attends a sport or recreational fitness activity maintain a physical distance of at least **two metres** from every other person at all times, unless engaged in sport. 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, and 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. Once seated, masks/face coverings can be removed to eat or drink and must be put on once finished. It is especially important to maintain two metre physical distancing when not wearing a mask.

Screening and Record-Keeping

Sports and recreational facilities are required to actively screen all staff/volunteers prior to commencing their shift at the facility and keep these records for a period of 30 days. Guidance for active screening can be found [here](#). This also applies to staff and volunteers who also attend outdoor settings at sports and recreational facilities, even if they do not go inside a building.

The league convenor or coach must ensure that active screening is conducted by all players prior to engaging in the activity. This can be done in person or online prior to attending/commencing work and show proof (which is then documented). Screening records must be retained by the league for 30 days and made immediately available upon request. Screening tool/questions for workers/employees can be used and is found [here](#). See example of participant screening log in the appendices.

Contact information is required for staff, volunteers, players, spectators, etc. who enter an indoor or outdoor of the sports and recreational facility. Records must be kept for at least 30 days and made immediately available upon request. See example of contact information log in the appendices.

[Screening signage](#) must be posted at the main entrance to the facilities used by patrons. When outdoors, signage can be posted where patrons park their vehicles or approach the grounds. Guidance for screening can be found [here](#).

Hand hygiene

Hand hygiene is one of the key control measures to help prevent transmission of respiratory illnesses such as COVID-19. Hand Sanitizer with 70-90% alcohol content should be provided at every entrance and be placed in convenient areas of the facility (indoors and outdoors) for people to use. Coaches and players should be



encouraged to carry hand sanitizer.

Lineups

Businesses and organizations are required to ensure every member of the public is able to maintain a physical distance of at least **two metres** from every other person who is not part of the same household. Accordingly, all indoor and outdoor lineup locations including for tickets/admission, washroom facilities and food and beverage services must adhere to the physical distancing requirements or require masking in line ups unless an exemption applies.

Miscellaneous

- Instruction given to those engaged in a class, an organized program or an organized activity that is not a sport, should be delivered through a microphone if the instructor would need to raise their voice beyond the level of normal conversation, so as to not encourage loud talking, singing or shouting.
- Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.
- Players/coaches/spectators should not spit, share water bottles or food, shake hands, high five, hug etc.
- Spectators should not go on the field, dugout or in team/player designated areas or touch team/player equipment.
- Spectators are encouraged to bring their own chairs for personal use to ensure physical distance is maintained.
- Encourage players to bring their own equipment to minimize sharing and cross contamination.
- Avoid personal clothing, equipment or electronics etc. being left in common places/close to others. Minimize personal items brought to the game and store them away when possible.
- 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.
- Limit the use of water fountains to re-fill water bottles only, not for individuals to drink directly from them.

B. FURTHER OUTDOOR REQUIREMENTS

Capacity Limits

Should an outdoor organized sporting event (i.e. tournament, game, race, etc.) proceed, spectators for organized outdoor sports can attend to 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).

At any given time, the outdoor capacity limit at the facility in all of the outdoor classes, organized programs or organized activities taking place is based on the number of people that can maintain **two metres** distance at all times. For any outdoor fitness or exercise class, the capacity limit is based on the number of people that can maintain **three metres** of distance at all times.

Meeting and event spaces are subject to outdoor gathering limits. Current limits in step 2 are no more than 25 persons if the meeting or event is outdoors, and two metre physical distancing maintained at all times.

Masks and Face Coverings

Masks must be worn outside when two metre physical distancing cannot be maintained. Masking signs are available [here](#). Staff that have to work within two metres of an unmasked person must wear a medical mask and eye protection i.e. face shield.

C. FURTHER INDOOR REQUIREMENTS

In the Step 2, no patrons are permitted to be in the indoor areas of the facility, except as may be necessary,

- to access a washroom,
- to access an outdoor area that can only be accessed through an indoor route, or as may be necessary for the purposes of health and safety.

Further, clubhouses must be closed, except,

- for the purpose of serving food or beverages to members or patrons in accordance with the current regulation
- for the purpose of being used by appointment as event or meeting space in accordance with meeting and event space requirements as found in the current regulation
- to the extent they provide access to equipment storage, a change room, shower room or washroom or a portion of the facility that is used to provide first aid.

Masks and Face Coverings

Every individual, including employees, volunteers and members of the public must wear masks or face coverings in a manner that covers the nose, mouth, and chin at all times **inside** sports and recreational facilities. Employees in areas not accessible to the public must wear masks in work areas where they cannot maintain physical distancing from other staff members. Signs are available from RCDHU or see the updated Government of Ontario guidance for mask and face covering requirements along with exceptions based on Ontario Regulation 263/20. Masks can be removed by those seated to eat or drink (if eating/drinking is permitted at the facility) as long as they are two metres away from others. Masks must be put back on once finished eating.



Contact Information and Record-Keeping

Contact information is required for staff, volunteers, players, spectators, etc. who enter an indoor or outdoor area of the sports and recreational facility. Records must be kept for at least 30 days and made immediately available upon request. See example of contact information log in the appendices.

D. DISINFECTION

Only use cleaning and disinfecting products that have a Drug Identification Number (DIN), are 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 the manufacturer's instructions.

Equipment and High Touch Surfaces

Any equipment (high touch surfaces) that is provided to users of/at 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. This includes free weights, weight machines, treadmills, rowing machines, stationary bikes, classroom areas, balls, rackets, gloves, and other sports gear - including having a dedicated worker to ensure cleaning between uses.

If shared equipment cannot be adequately cleaned and disinfected between use/players (due to difficult to clean, absorbent, permeable material), it must be taken out of play after use/game and must not be used until a quarantine period of at least 72 hours is completed.

Increasing the frequency of cleaning and disinfecting of high-touch surfaces (at least twice daily) and common or shared spaces, such as washrooms, lobbies, change rooms, areas for workouts and classes, players and spectator seating areas (not outdoors), and workout equipment. Refer to PHO's [Cleaning and Disinfection for Public Settings fact sheet](#) (PDF). The surfaces most likely to become contaminated include door handles, handrails, toilet and faucet handles, counters, pin pads, and touch screens. Allow the disinfectant sufficient contact time (see product label) between bookings.

Decrease touchpoints such as keys and lockers and consider contactless check-in and touch-free payment systems.

Change Rooms/Washrooms

- The use of disposable paper towels is preferred over the use of hand dryers in washrooms or change rooms.
- Must be cleaned and disinfected at least twice per day when open and between groups. Encourage players to come dressed to play.



- Must be arranged to facilitate physical distancing while in use, consider blocking/ alternating urinals, lockers, showers and other amenities.
- Must be prepared for physical distancing (e.g., mark an "X" where people must sit). Block or mark off benches/seats to encourage physical distancing,
- Limited in the amount of people that can be in the change room at once which would allow for two metre distancing.
- If showers remain open (recommend closing them), ensure they are cleaned and disinfected between each use and users are spaced 2 metres apart when in communal showers.

E. SYMPTOMATIC PATRONS AND STAFF

Recommendations for symptomatic patrons or workers are set out in the Province of Ontario's Guidance for facilities for sports and recreational fitness activities during COVID-19. See the section entitled *Recommendations for symptomatic patrons or workers* and specific instructions including:

"Patrons or workers who become unwell while at the facility should be instructed to immediately self-isolate and separate themselves from others. They should be told to go home immediately (if possible, with private transportation, avoiding taxis, ride shares, and public transit) and should be encouraged to get tested. Information about testing can be found [here](#). If they have questions related to COVID-19, they should contact their primary care provider or RC VTAC at 1-844-727-6404 or visit Ontario's [COVID-19 website](#). Workers who become unwell while at work should notify their supervisor immediately."

F. FOOD PREMISES

Protocols and Procedures for Food Service

Food premise operators are required to keep the name and contact information for every member of every party of patrons who enters an area of the establishment, unless the patron temporarily enters the area to place, pick up or pay for a takeout order. The records must be maintained for at least 30 days and made immediately available upon request.

The capacity of the food premise is to be limited to the availability of physically distanced seating and must be publicly posted. Rearrange and/or remove seating and tables, or mark as unavailable, to ensure there is a minimum of two metres between customers seated at different tables unless separated by Plexiglas or some other impermeable barrier (e.g. between back to back booths). No more than **6 people** are permitted per table outdoors (unless they are all members of the same household, or seated with a member of one other household who lives alone or a caregiver for any member of the household).



Install floor markers for any area where a line-up may occur in order to maintain physical distancing.

Post signage that promotes wearing of [face coverings](#), [self-screening and physical distancing](#). Active screening must be conducted for all dine-in customers. Guidance is found [here](#). Servers must wear face coverings indoors and outdoors. Servers are required to wear BOTH a medical mask and eye protection i.e. face shield if they will be working within two metres of an unmasked person. Masks are required by all staff and customers at all times, except for customers when seated to eat/drink.

Ensure staff are properly trained on how best to serve food, maintain safe physical distancing and avoid unnecessary handling (e.g. serve to front of table and let customers distribute, avoid handling coffee cups when refilling, let customer fill/pack leftovers in containers).

It is recommended that hand sanitizer be readily available either on tables or at the entry of the food premises.

Buffet style service is not permitted. Condiments are not to be self-service style. Use menus that are single-use paper, online for customers' mobile devices, menu-boards, chalkboards. If regular menus are used, they need to be disinfected between uses.

Do not pre-set tables. Utensils should be rolled or packaged and brought out when customers are seated. Replace regular condiments with single serve versions, or sanitize between uses. Consider disposable napkins, etc.

Pool tables, dart boards etc. are permitted providing the following:

- One player at a time – maintain physical distancing of 2 metres from other persons.
- All equipment used is cleaned and sanitized after each use.
- Do not share equipment.
- Masks/face coverings are used while engaged in play.
- No food/drink while engaged in play.

For additional instruction and guidance on food service operation please refer to [Restaurant and food services health and safety during COVID-19 | Ontario.ca](#)

G. GENERAL RECOMMENDATIONS FOR SPORTS AND RECREATION

To assist the sports and recreational facilities with policy development and review, a resource package in addition to regulatory requirements is provided to ensure your procedures incorporate necessary control measures to help prevent transmission of COVID-19. Here is a list of resources for the package:

- [RCDHU FAQs Workplace Safety for Employers and Employees](#)
- [WSPS Guidance on Health and Safety for the Sports Sector during COVID-19](#)
- <https://www.ccohs.ca/covid19/sports-activities/>
- Face covering [FAQ](#) and [Do's and Don'ts of Wearing a Face Covering](#)



- Hand hygiene factsheets ([hand washing and alcohol based hand rub](#))
- PHO [cleaning and disinfecting](#) factsheet
- [Guide for Developing your Workplace COVID Plan](#)
- Provincial [resources for workplaces](#)
- Training video for staff training [how to wear a mask](#)

Additional recommendations for consideration include:

- Encourage the use of the [Ontario self-assessment website](#) for COVID-19 before visiting the facility or through social media
- [Screening](#) information for employees and the public
- Crowd control measures for spectators and parking lots should be considered for each facility and addressed within the policies.

RCDHUs Covid-19 posters:

- [Masking](#)
- [Physical Distancing](#)
- [Screening Poster](#)



APPENDICIES



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 (physical address or email)	Time of Arrival	Verbal attestation that the patron is NOT experiencing COVID-19 symptoms* (excluding those related to a chronic or other condition)	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	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	
			<input type="checkbox"/> Yes	