



## COVID-19 Team Sports General Guidance Document

Version: July 7, 2021

The following information is for team sports that are not classified as professional or elite amateur sports. For professional or elite amateur sports, guidance can be found [here](#). Soccer specific guidance can be found [here](#). 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. Follow [www.ontario.ca](http://www.ontario.ca) and [Regulation 263/20](#) 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 when within 2 metres of someone else outside your household.
- 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 personal contact will occur (i.e. no body checking or tackling).
- 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, shaking hands or high fives, hugs etc.
- Practice proper hand hygiene regularly with soap and water or alcohol-based hand sanitizer of at least 70%.



**Coaches must ensure to:**

- Utilize a [Covid-19 Safety Plan](#) for your team/league.
- 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. 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 when 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.
- Actively screen players 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 records for 30 days and provide to RCDHU upon request. 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.
- Work with the facility operator to maintain a spectator/visitor log for contact tracing purposes. Keep records for 30 days and provide to RCDHU upon request.
- Practice proper hand hygiene regularly with soap and water or alcohol-based hand sanitizer of at least 70%.
- 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 in other jurisdictions.

**Spectators/ visitors must ensure to:**

- Not exceed 25% capacity of the designated seating area or 25% capacity of the available outdoor area at the facility.
- 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 the same 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. Screening tool/questions for workers/employees can be found [here](#).
- Create and utilize a [Covid-19 Safety Plan](#) for the facility and ensure each league using the facility has a safety plan as well.
- Limit spectators to no more than 25% capacity of the designated seating area or 25% capacity of the available outdoor area at the facility.
- Maintain a 2-metre distance from those outside of their household 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.
- Keep name and contact information for anyone who enters an indoor or outdoor the sports or recreational facility. The facility operator should work with the sports leagues to designate someone to complete this task. See example of a facility contact tracing log at the end of this document.
- 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 should 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.
- 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 asked to use caution when renting facilities to individuals or teams from outside Renfrew County and District. This includes renting to scrimmage against outside RCD teams.
- Discourage 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.



# Renfrew County and District Health Unit

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

## Resources:

Ontario's Current Covid-19 Measures:

<https://covid-19.ontario.ca/public-health-measures>

CCOHS Guidance for Sports Activities:

<https://www.ccohs.ca/covid19/sports-activities/>

WSPCS Guidance on Health and Safety for the Sports Sector during COVID-19

<https://d1ow5xpphy0w2p.cloudfront.net/common/covid-19-sports-sector-health-and-safety-guidance.pdf?mtime=20200720090829&focal=none>

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>



## 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 # <b>OR</b> 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 # <b>OR</b> 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	