

APPENDIX A – SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered as we transition through the various return stages.

| | Strictest Controls Prior to May 19, 2020 | Transition Measures Approx. May 19th to Sept | Progressively Loosen Future date TBC | New Normal Future date TBC |
|------------------------|---|--|---|---|
| Restrictions in Place | <ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel | <ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people | Refer to PHO and local health authorities | Refer to PHO and local health authorities |
| Enhanced Protocols | Increased hand hygiene | <ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place | Increased hand hygiene | Increased hand hygiene |
| Facility | <ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed | <ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening | Outdoor/Indoor | Outdoor/Indoor |
| Participants | Individual activities | <ul style="list-style-type: none"> Small Groups No or limited spectators | <ul style="list-style-type: none"> Groups sizes may increase Limited spectators | <ul style="list-style-type: none"> Large groups allowed No restrictions on spectators |
| Non-contact Activities | <ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities | <ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills | Expansion of training activities | No restrictions on activity type |
| Contact Activities | Should not occur | <ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training | Introduction to pair or small group contact skills | No restrictions on activity type |
| Competition* | Should not occur | In club play or modified games may slowly be introduced | Interclub or regional game play may be considered | Provincial competitions and larger scale events may return |
| Equipment | No shared equipment | <ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use | <ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place | Shared equipment |

*Introduction of competitive activities should be in alignment with Sport Specific guidelines