



COVID-19 Public Health Guidance: Playing Organized Sports Safely

NEW Requirements for coaches, trainers and bench staff: If a coach, trainer or other person (who is “providing service” of coaching or training, etc.) is required to come within 2 metres of players (who presumably are not masked while playing/on ice), and not separated by a physical barrier, then **they are required to wear PPE, including a medical-grade mask and eye protection** (safety glasses, goggles, face shield, etc.).

Ensure activities meet the [public health measures of Ontario’s COVID-19 Response Framework](#) according to the current level of local restrictions (including gathering limits, physical distancing, use of face coverings, number of spectators, etc.)

Ensure physical distancing

- ✓ Individual sports must maintain 2-metre physical distance from others at all times. This does not include individuals from the same household.
- ✓ Individuals playing team sports must not touch while engaging in the sport. The sport must be modified to ensure no body contact.
- ✓ Do not engage in physical contact such as high fives, handshakes, fist bumps, or hugs.
- ✓ Arrive dressed for the activity no more than 5-10 minutes before the start and do not linger in the facility or parking lot after the activity.
- ✓ Arrange the bench such that there is enough room for players and bench staff to be physically distanced
- ✓ Facilitate line changes in a manner than allows for physical distance between players starting their shift, and ending their shift
- ✓ Arrange for transportation to and from activities with members of the same household.

Limit unnecessary touching of shared equipment and gear (*e.g., protective gear, balls, bats, racquets, mats, or water bottles*)

- ✓ Bring your own equipment and keep belongings separated from others when not in use. If equipment must be shared, ensure to appropriately [clean and disinfect](#) between uses.
- ✓ Avoid sharing towels, clothing, or any items used to wipe your face or hands.
- ✓ Do not share water bottles - label your water bottle to prevent accidental drink-sharing.

Clean your hands immediately before and after activities

- ✓ Wash your hands with soap and water for at least 20 seconds. Alternatively, alcohol-based hand sanitizer (with at least 60% alcohol) may be used if hands are not visibly soiled.

Wear a face covering

- ✓ Wear a face covering in indoor spaces. This is mandatory as per [Ontario Regulation 364/20](#).
- ✓ If the face covering inhibits the ability to breath, it may be temporarily removed during the activity.

Do not play sports with others if feeling unwell

- ✓ Monitor for new or worsening [symptoms](#) and **stay home if you are sick or have been around others who are sick.**
- ✓ Expect to be [actively screened](#) upon arrival at the activity or facility.

Adopt safe personal practices

- ✓ Play one team sport at a time to reduce your risk of exposure and limit your close contacts.
- ✓ Cover coughs and sneezes by using a tissue or the inside of the elbow, not your hand. Avoid cheering and yelling as it presents a high risk of spreading droplets.

If you think you may have COVID-19 visit the Peterborough Regional Health Centre [website](#) for testing information or call the **Assessment Centre at 705-876-5086**.