

# STAGE 2: GUIDANCE FOR SPORT, FITNESS AND RECREATION

## Overview

Chief Medical Officer of Health (CMOH) Order 25-2020 requires businesses and entities to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply, to the extent possible, with any applicable Alberta Health guidance found at: [alberta.ca/biz-connect.aspx](https://alberta.ca/biz-connect.aspx).

Where any part of this guidance is inconsistent or in conflict with enhanced or stronger public health restrictions set out in another CMOH Order, the enhanced or stronger public health measures would prevail. Operators are also required to follow the [General Operational Guidance](#) and any other applicable CMOH orders.

This document has been developed to support operators/organizers of sport, fitness and recreation activities and/or facilities/entities in reducing the risk of transmission of COVID-19 among attendees (including players, coaches, trainers, instructors, recreation organizations and other staff). The guidance provided outlines public health and infection prevention and control requirements specific to these settings and activities.

In all settings, it is important that measures are implemented to reduce the risk of transmission of COVID-19. This includes, but is not limited to ensuring: physical distancing, barrier use (where appropriate), proper hand hygiene and respiratory etiquette, enhanced cleaning and disinfecting, records management and building maintenance (e.g., ventilation).

## COVID-19 Risk Mitigation

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| <b>Guidance applicable to all sport, fitness, and recreation</b> | <ul style="list-style-type: none"><li>• Albertans of all ages are allowed to participate solo, 1:1 and group sport, fitness and recreational activities.<ul style="list-style-type: none"><li>○ Adults can do sport, fitness and recreation activities with or without an instructor; youth activities should be supervised by an adult instructor.</li></ul></li><li>• Sport, fitness and recreation activities are allowed in any indoor or outdoor facility.<ul style="list-style-type: none"><li>○ Capacity limits and distancing requirements apply in these settings.</li></ul></li><li>• In-person sport, fitness and recreation competitions, showcases, scrimmages, league play etc., are permitted in alignment with the guidance in this document.</li><li>• Operators should ask all attendees, including participants, parents, instructors and chaperones to screen themselves for symptoms of COVID-19 using the <a href="#">Alberta Health Daily Checklist</a> before attending the facility or activity.</li></ul> |
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|   | <ul style="list-style-type: none"> <li>• To support public health contact tracing efforts in the event that an attendee tests positive or an outbreak is identified, organizers are responsible for collecting the names and contact information of all participants.             <ul style="list-style-type: none"> <li>○ If Alberta Health Services determines a COVID-19 case to be infectious during game/practice/tournament etc. all of the members of the teams playing each other during the infectious period of the case will be considered close contacts and be required to quarantine as per current <a href="#">quarantine requirements</a>.</li> </ul> </li> <li>• The organizer of the sport, fitness or recreation activity must have detailed plans for a rapid response if an attendee becomes symptomatic while at the location where the activity occurs. For more information on what this must include, see the <a href="#">General Operational Guidance</a>.</li> <li>• It is strongly recommended that individuals engaging in sport, fitness and/or recreation and who are eligible for a COVID-19 vaccine, be vaccinated as a means to reduce the risk.</li> </ul> |
| <p><b>Trainers, Coaches, Instructors, and Supervisors</b></p> | <ul style="list-style-type: none"> <li>• Coaches and trainers must remain physically distanced from participants, unless close contact is required for instruction (e.g., to correct form or provide brief demonstration).             <ul style="list-style-type: none"> <li>○ These situations should be limited as much as possible.</li> <li>○ When these situations must occur, the coach must be wearing a mask (including outdoors), and sanitize their hands before and after the interaction.</li> </ul> </li> <li>• Coaches and trainers must wear masks indoors, except when engaging in physical activity.             <ul style="list-style-type: none"> <li>○ Swimming instructors are not required to mask when providing instruction in a pool.</li> </ul> </li> <li>• Coaches and trainers are encouraged to mask outdoors at all times, except when engaging in physical activity.</li> <li>• Youths participating in a sport, fitness or recreation activity should be overseen by an adult (e.g., a leader, instructor, coach, etc.).</li> </ul>  |
| <p><b>Shared Equipment and Materials</b></p>                  | <ul style="list-style-type: none"> <li>• Organizers should ask participants to bring their own equipment/materials, where feasible.</li> <li>• If the organizer is providing equipment or materials, they should minimize the shared use of equipment/materials, and, if possible, assign specific equipment/materials to each attendee.</li> <li>• Participants must perform hand hygiene before and after an activity where shared equipment (e.g., balls, bats) are used.</li> <li>• Organizers must clean and disinfect any shared equipment/materials between uses.</li> </ul>   |

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|   | <ul style="list-style-type: none"> <li>• Wherever possible, use of a recreation vehicle should be limited to an individual or members of one household at a time.</li> </ul>   |
| <b>K-12 and Post-Secondary Programs</b> | <ul style="list-style-type: none"> <li>• Indoor/outdoor group sport, fitness and recreation activities are allowed at K-12 schools and post-secondary institutions so long as participants follow this guidance, the <a href="#">Guidance for Schools (K-12) and School Buses</a> and the <a href="#">Guidance for Post-Secondary Institutions</a>.</li> </ul>   |
| <b>SPORT</b>                            |  |
| <b>General</b>                          | <ul style="list-style-type: none"> <li>• All Albertans may take part in indoor or outdoor sports training, practices, events, competitions, gameplay, and league play             <ul style="list-style-type: none"> <li>○ For Albertans 12 years or older, there are no limits on the number of persons participating in the sport.</li> </ul> </li> <li>• Physical distancing is not required during game play or in sport practice, but 2 metres distancing is required indoors at all times when not actively participating in the sport.             <ul style="list-style-type: none"> <li>○ Wherever possible, physical distancing should be maintained during sport practice (i.e., in training exercises where close contact is not required).</li> </ul> </li> </ul>   |
| <b>Cohorts for 0-11 year olds</b>       | <ul style="list-style-type: none"> <li>• Cohorts are strongly recommended for sports with children 0-11 years of age:             <ul style="list-style-type: none"> <li>○ These groups should be no more than <b>50 children</b> (including all teams who play games with each other).</li> <li>○ Staff and coaches are not counted as part of the 50-person cohort.</li> <li>○ Members of the cohort are not required to physically distance from one another when actively participating in the sport.</li> <li>○ Members of different cohorts should stay physically distanced and not interact (e.g., play, practice or compete) with each other.</li> </ul> </li> <li>• Children should participate in only one cohort at a time.             <ul style="list-style-type: none"> <li>○ Parents should wait 7 days following the end of a child’s participation in one cohort before allowing them to join a new cohort.</li> </ul> </li> </ul> |
| <b>Masking</b>                          | <ul style="list-style-type: none"> <li>• Indoors, masking is required for sports that are primarily low-intensity (e.g., bowling), but not required for aquatic activities or high-intensity sports.</li> <li>• Participants are required to mask in all other indoor areas of the facility (e.g., change rooms, hallways, entries and exits).</li> <li>• Masking is not required for outdoor sports, but is encouraged in low-intensity practice where physical distancing is not maintained.</li> </ul>  |

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## FITNESS

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| <b>General</b> | <ul style="list-style-type: none"> <li>• All Albertans may take part in indoor or outdoor fitness, with no limit on the maximum number of participants:             <ul style="list-style-type: none"> <li>○ Indoors, if 3 metres' distance is maintained between households or an individual who lives alone and their close contacts; or</li> <li>○ Outdoors, if 2 metres' distance is maintained between households or an individual and their close contacts.</li> </ul> </li> <li>• Drop-in attendance is permitted, but appointments are strongly encouraged.</li> <li>• Coaches/trainers/instructors must maintain physical distance at all times from client/participant (3 metres indoors; 2 metres outdoors) and follow other guidance in this document.</li> </ul>   |
| <b>Masking</b> | <ul style="list-style-type: none"> <li>• Masking is not required for outdoor fitness activities except when close contact is required for instruction.             <ul style="list-style-type: none"> <li>○ When these situations must occur, the coach must follow the guidance in this document.</li> </ul> </li> <li>• Indoors, masking for participants is not required while doing a fitness activity; however, it is strongly recommended when doing low-intensity fitness and, especially in small spaces or areas with poor ventilation.             <ul style="list-style-type: none"> <li>○ Coaches/trainers/instructors must be masked indoors for the entire session except when actively engaged in physical activity as part of their instructional activity.</li> </ul> </li> <li>• Participants must mask in all other indoor areas of the facility (e.g., change rooms, hallways, entries and exits).</li> </ul> |

## RECREATION

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| <b>General</b> | <ul style="list-style-type: none"> <li>• Recreation refers to structured activities or programs where the purpose is related to development (e.g., intended to develop skills, leadership).</li> <li>• All Albertans may take part in indoor or outdoor recreation practices, events, competitions, gameplay, and league play with no limit on the maximum number of persons participating, so long as 2 metres' distance can be maintained between households or an individual who lives alone and their 2 close contacts.</li> </ul> |
| <b>Masking</b> | <ul style="list-style-type: none"> <li>• Masking is not required for outdoor recreation activities.</li> <li>• Indoors, participants must wear a mask while participating in recreational activities.             <ul style="list-style-type: none"> <li>○ If physical activity is involved, masking is encouraged but not required.</li> </ul> </li> <li>• Participants are required to mask in all other indoor areas of the facility (e.g., change rooms, hallways, entries and exits).</li> </ul>                                  |

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## FACILITIES/VENUES/AUDIENCES

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| <b>Advice for Facility Operators</b> | <ul style="list-style-type: none"> <li>• Facility staff are required to mask indoors.</li> <li>• More than one group can occupy a space at a time (e.g., arenas, fields, courts or pools) at a time, so long as they can maintain physical distancing between groups and individuals within the groups.</li> <li>• Fitness equipment must be spaced to ensure 3 metres physical distancing between participants.</li> <li>• Widen lanes of pools or running tracks, or limit the use of lanes, so that users can maintain physical distancing.</li> <li>• Pools, steam rooms, saunas, and hot tubs within a fitness facility may operate at 1/3 capacity, as long as 2 metres distance between households or an individual who live alone and their 2 close contacts is maintained.             <ul style="list-style-type: none"> <li>○ Lane swimming is permitted. The number of individuals participating at once should be limited to ensure physical distancing is maintained.</li> </ul> </li> <li>• Operators should place hand sanitizer containing at least 60% alcohol in convenient locations throughout their facility.</li> <li>• Operators must enhance cleaning and disinfecting practices as described in the COVID-19 <a href="#">General Operational Guidance</a>.</li> <li>• Facility operators should disable fans to limit dispersion of droplets.</li> </ul> |
| <b>Audiences</b>                     | <ul style="list-style-type: none"> <li>• Audiences must be limited to the capacity for the facility:             <ul style="list-style-type: none"> <li>○ 1/3 of normal seating capacity for indoor settings (fixed seating only); no indoor non-seated audiences are permitted.</li> <li>○ 1/3 of normal seating capacity for outdoor fixed seating settings.</li> <li>○ 150 people for an outdoor public gathering.</li> </ul> </li> <li>• All audiences must have 2 metres' distance between households, or individuals who live alone and their 2 close contacts.</li> <li>• Appropriate guidance for these settings must be followed.</li> </ul>  |

This document and the guidance within it is subject to change and will be updated as needed.

Last Revised: June 2021