

# 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 and 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

<b>Guidance applicable to all sport, fitness, and recreation</b>	<ul style="list-style-type: none"> <li>• For sport, fitness, and recreation:             <ul style="list-style-type: none"> <li>○ “youth” is defined as individuals 18 years old and younger.</li> <li>○ “adult” is defined as individuals 19 years old and older.</li> </ul> </li> <li>• For sport, “varsity” means athletes involved in a sport for which the eligibility requirements for participation are established by a national association for the regulation of intercollegiate athletics, or which is designated as a varsity sport program by a post-secondary institution.</li> <li>• No drop-in sport, fitness and recreation is permitted at this time.             <ul style="list-style-type: none"> <li>○ Appointments or pre-activity sign-up is required.</li> </ul> </li> <li>• For any group of youths doing sport, fitness, or recreation, up to 2 additional adults may attend to provide safety and security to that group.             <ul style="list-style-type: none"> <li>○ These chaperoning adults must stay 3 metres away from the participants and not participate in the activity.</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• In the event a parent has to provide direct support for a child during training (e.g., swimming lessons, sport ball), the parent counts as a participant.</li> <li>• No spectators or audiences can attend a permitted indoor sport, fitness, or recreation activity.</li> <li>• Up to 10 spectators can attend a permitted outdoor sport, fitness, or recreation activity so long as individuals stay 2 metres apart from anyone who is not part of their household.</li> <li>• Operators should ask all attendees, including participants, parents, instructors and chaperones to check themselves for symptoms of COVID-19 using the <a href="#">Alberta Health Daily Checklist</a> before attending the facility or activity.</li> <li>• To support public health contact tracing efforts in the event that an attendee tests positive or an outbreak is identified, operators/coaches should collect the names and contact information for all attendees.</li> <li>• Organizers must advise participants to avoid the following high-risk activities:             <ul style="list-style-type: none"> <li>○ Spitting and clearing their nasal passages during activities.</li> <li>○ Celebratory gestures or customs (e.g., handshakes, high fives, fist bumps, chest bumps) that bring attendees within 3 metres or promote physical contact.</li> </ul> </li> </ul>
<p><b>Masking</b></p>	<ul style="list-style-type: none"> <li>• All Albertans must wear masks indoors at all times, except when:             <ul style="list-style-type: none"> <li>○ consuming food or drink; or</li> <li>○ engaging high intensity physical activity (sport or fitness) indoors.</li> </ul> </li> <li>• Masks are required when participating in a low-intensity fitness or recreation activity indoors.             <ul style="list-style-type: none"> <li>○ Masking is required in all forms of low-intensity aquatic activity (except if actively submerging your face as part of the activity).</li> </ul> </li> <li>• Coaches, trainers, instructors, group leaders and chaperones must be masked at all times in all indoor training and activity locations, with no exceptions.             <ul style="list-style-type: none"> <li>○ Aquatics instructors must mask at all times, except when having to temporarily get in the pool to assist or demonstrate a skill.</li> </ul> </li> </ul>
<p><b>K-12 and Post-Secondary</b></p>	<ul style="list-style-type: none"> <li>• Students enrolled in Kindergarten – Grade 12 or post-secondary institutions can take part in any indoor or outdoor fitness, sport, or recreation activity, so long as it is required as part of a program of study and all participants are enrolled in that program of study in that institution.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Participants must follow the <a href="#">K-12 School Re-Entry Plan</a> or the <a href="#">Guidance for Post-Secondary Institutions</a> for these activities.</li> <li>• Students are allowed to take part in these activities on or off school or post-secondary property if it is part of their normal program of study.</li> <li>• These activities are expected to have a leader (such as a teacher or conductor) to ensure guidance and precautions like distancing and masking are consistently followed.</li> <li>• Extra curricular fitness, sport, or recreation activities are permitted, but must be conducted in alignment with this guidance.</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>• Participant-owned equipment/materials must be clean and sanitary at the point of use/play.</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>• For sports/activities that require shared equipment to be handled (e.g., shared baseballs, basketballs, soccer balls, footballs, volleyballs, gymnastics equipment etc.), participants need to perform hand hygiene before and after the activity.</li> <li>• Organizers must clean and disinfect any shared equipment/materials between uses.</li> <li>• Kayaks, canoes, bicycles, golf carts and other recreational vehicles should only be used by one individual or members of one household at a time, and must be cleaned and sanitized before they are used by a another household.</li> <li>• Organizers must discontinue the use of equipment/materials that are in disrepair, as these items cannot be effectively sanitized.</li> </ul>
<p><b>Competition</b></p>	<ul style="list-style-type: none"> <li>• Sports, fitness and recreation competitions, festivals, showcases, or similar, are not permitted at this time for Albertans of any age, whether indoors or outdoors.</li> </ul>
<p><b>SPORT</b></p>	
<p><b>General</b></p>	<ul style="list-style-type: none"> <li>• All participants in group youth sport play must maintain physical distance while doing so (3 metres indoors; 2 metres outdoors).             <ul style="list-style-type: none"> <li>○ This includes the coach/instructor/trainer.</li> </ul> </li> <li>• Training for youth sports must be altered/modified to ensure distancing between participants at all times (e.g., training for soccer, floor hockey, football).</li> </ul>

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COVID-19 INFORMATION

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<p><b>Indoor</b></p>	<ul style="list-style-type: none"> <li>Youth may engage in training/practice for sport of any intensity in groups of up to 10 (including coaches/trainers) so long as 3 metres' distance can be maintained between participants and between groups.</li> <li>Athletes of any age who belong to a varsity sports team can practice their sport at any level of intensity in groups of up to 10 (includes coaches/trainers) so long as 3 metres' distance can be maintained between participants and between groups.</li> <li>More than one group of youth or varsity sports team can occupy an indoor playing surface at a time (for example, arenas, fields, courts or pools), so long as they can maintain the required physical distancing between groups and individuals within the groups (3 metres indoors; 2 metres outdoors).</li> <li>All Albertans can engage in one-on-one or one-to-household sport training, with 3 metres' distance between the coach/trainer/instructor and client.</li> <li>No indoor group adult sport is permitted at this time.</li> </ul>
<p><b>Outdoor</b></p>	<ul style="list-style-type: none"> <li>All Albertans can practice sport of any intensity in groups of up to 10 (including coaches/trainers) so long as 2 metres' distance can be maintained between participants and between groups.             <ul style="list-style-type: none"> <li>2 meters' physical distance must be maintained at all times between all between groups (e.g. two groups sharing a soccer pitch).</li> </ul> </li> </ul>
<p><b>Coaches, trainers, instructors</b></p>	<ul style="list-style-type: none"> <li>Coaches/trainers must remain physically distanced from participants and from each other, unless brief guidance or instruction is required (e.g., to correct form or provide brief demonstration).             <ul style="list-style-type: none"> <li>Coaches/trainers must be 3 metres' distanced indoors, and 2 metres' outdoors.</li> <li>The coach/trainer must perform hand hygiene before and after a close-contact interaction.</li> </ul> </li> </ul>

**FITNESS**

<p><b>General</b></p>	<ul style="list-style-type: none"> <li>Low intensity fitness is described as activity that does not result in significantly increased rates of respiration in the participant.</li> <li>High intensity fitness is described as activity that results in significantly increased respiration rates in the participant.</li> </ul>
<p><b>Indoor</b></p>	<ul style="list-style-type: none"> <li>All Albertans, regardless of age, may only engage in any fitness activity, high or low intensity, in a one-on-one or one-on-household format with a trainer, so long as there is 3 metres' distance between the client(s) and trainer, and everyone else.</li> <li>Youth may engage in fitness training/practice of any intensity in groups of up to 10 (including coaches/trainers) so long as 3 metres' distance can be maintained between participants and between groups.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Low- and high-intensity adult group fitness or individual fitness without a trainer is not allowed indoors.</li> </ul>
<b>Outdoor</b>	<ul style="list-style-type: none"> <li>• All Albertans may engage in any fitness activity outdoors as an individual or in groups, with or without instructors, so long as they keep 2 metres' distance from any other person.             <ul style="list-style-type: none"> <li>○ Groups must be limited to 10 individuals.</li> </ul> </li> </ul>
<b>Trainers, Coaches, Instructors</b>	<ul style="list-style-type: none"> <li>• Coaches/trainers must not circulate between groups and groups cannot transition between coaches/trainers during a session (i.e. no circuit training).</li> <li>• Trainers are able to book sessions with more than one individual or youth group during a day.</li> <li>• In-person sessions must allow for 3 metres of physical distancing between the client and trainer when indoors, and 2 metres when outdoors.</li> <li>• The coach/trainer must remain 3 metres' physically distanced, unless brief guidance or instruction is required (e.g., to correct form or provide brief demonstration).             <ul style="list-style-type: none"> <li>○ The coach/trainer must perform hand hygiene before and after the interaction.</li> </ul> </li> </ul>

## RECREATION

<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> </ul>
<b>Indoors</b>	<ul style="list-style-type: none"> <li>• Youth can take part in structured or organized recreational activities or programs in groups of up to 10 people with 3 metres' distance between them. Instructors or leaders must be counted as part of the group.             <ul style="list-style-type: none"> <li>○ Examples include: Girl Guides, Scouts, 4-H Club, youth programs affiliated with religious organizations and outreach programming (e.g., Boys and Girls Club), as well as classes in a non-drop in structure (e.g., art or baking classes).</li> </ul> </li> <li>• More than one group of youth can occupy an indoor space at a time, so long as they can maintain the required physical distancing between the groups and individuals within the groups (3 metres indoors; 2 metres outdoors).</li> <li>• Adult indoor group recreation is not permitted indoors.</li> </ul>
<b>Outdoors</b>	<ul style="list-style-type: none"> <li>• Outdoor recreation is permitted at this time in groups of up to 10 (including coaches/trainers) so long as 2 metres' distance can be maintained between participants and between groups.</li> </ul>
<b>Coaches, trainers, instructors</b>	<ul style="list-style-type: none"> <li>• A coach/trainer must remain 3 metres physically distanced, unless brief guidance or instruction is required (e.g., to correct form or provide brief demonstration).</li> </ul>

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	<ul style="list-style-type: none"> <li>○ The coach/trainer must perform hand hygiene before and after the interaction.</li> </ul>
<b>FACILITIES/VENUES</b>	
<b>General</b>	<ul style="list-style-type: none"> <li>● Capacity will be unique to each facility and set by the operator with consideration for the maximum number of participants that can be in the venue at one time with 3 metres of physical distancing maintained between all individuals while engaging in activity, and the ability to maintain and control entrances, exits, washrooms and change rooms.             <ul style="list-style-type: none"> <li>○ More than one youth group can occupy an indoor space at a time (e.g., arenas, fields, courts or pools) at a time, so long as they can maintain the required physical distancing between groups and individuals within the groups (3 metres indoors; 2 metres outdoors).</li> <li>○ Organizers and operators must ensure that usable equipment is spaced 3 metres apart to ensure physical distancing between participants.</li> <li>○ Widen lanes of pools or running tracks, or limiting the use of lanes, so that users can maintain 3 metres of physical distancing.</li> </ul> </li> <li>● Rental of an indoor sport, fitness or recreation facility for the exclusive use of an individual or household is permitted.             <ul style="list-style-type: none"> <li>○ Amenities within a facilities cannot be simultaneously rented to multiple individuals or households unless the spaces are physically separate by permanent or semi-permanent walls.</li> </ul> </li> <li>● Operators should place hand sanitizer containing at least 60% alcohol in convenient locations throughout their facility.             <ul style="list-style-type: none"> <li>○ Organizers and facility operators must allow adequate time to thoroughly clean and disinfect equipment between each group/participant.</li> <li>○ Operators must enhance cleaning and disinfecting practices as described in the COVID-19 <a href="#">General Operational Guidance</a>.</li> </ul> </li> <li>● Facility operators should establish activity schedules to ensure physical distancing can be maintained and control traffic flow.</li> <li>● Facility operators should disable fans to limit dispersion of droplets.</li> </ul>
<b>Locker rooms</b>	<ul style="list-style-type: none"> <li>● To the extent possible, attendees should arrive dressed and ready to participate. Organizers should limit access to dressing/locker rooms wherever possible to final preparations, washroom use and emergency access (e.g., first aid).</li> <li>● Attendees should be encouraged to minimize time spent in dressing/locker/change rooms for final preparations only, prior to entering the training area (e.g., putting on training shoes, skates, etc.).</li> </ul>

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- Individuals using the dressing/locker/change room must maintain 2 metres physical distancing from other participants.
    - If participants require support in the dressing/locker/change rooms (i.e., parents), 2 metres of physical distance must be maintained between households and masks must be worn.
    - Gatherings, meals and meetings are not permitted in locker rooms.
  - Group meetings such as practice planning and white board sessions should be done virtually.
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This document and the guidance within it is subject to change and will be updated as needed.

Last Revised: April 2021

Superseded