Guidelines for Return to Activity/ Sports

The guidelines are based on recommendations put in place by the Chief Public Health Officer and exist to reduce the risk of spreading illness in our communities. They are meant to support recreation leaders, coaches, and program leaders conduct their operations safely during COVID-19.

Before proceeding with a program:

- 1. Review the Checklist for Return to Activity/ Sport If you answer NO to any of the questions below, you should reconsider your program and planning until you can answer YES to all.
- 2. Be familiar with the Guidelines for your Facility and Activity.
- 3. Complete Appendix 1 Risk Mitigation Tool.
- 4. Develop your Communication Plan for Participants and Tracking System.
- 5. Ensure you have a Cleaning Plan in place for equipment and the facility before the next user group arrives.

General Checklist for Sport and Recreation Programs

Yes	No	
		Have you referenced the latest updates on restrictions and allowances for programs and gatherings at: https://www.gov.nu.ca/health/information/nunavuts-path
		Will you be able to monitor and maintain physical distancing at the facility before, during and after the activities?
		Will you be able to limit the number of people to the participant limits for your facility?
		Are enhanced cleaning and disinfectant protocols in place?
		Are you able to limit or minimize the use of shared equipment?
		Have you established a process to clean the equipment with appropriate disinfecting cleaner before and after each use?
		Will you maintain a user registry? (Name, dates, times and contact information for potential contact tracing)
		Have you updated your registration/consent forms to include assumption of risk language related to COVID-19?
		Are you able to discourage use of locker rooms/change rooms or reduce the number of people to 50% of max capacity? Please refer to the Office of the Fire Marshal regarding maximum capacity permitted.
		Do you have a communication plan to go over rules/expectations with participants on: - Hand hygiene. - Respiratory etiquette – cover mouth with elbow, no spitting, no clearing of nasal passages during activity. - Illness self-assessment tools

For the latest COVID-19 information and GN Departments updates in all languages: https://www.gov.nu.ca/health; <a href="https://www.gov.nu.ca/health]



