

# Nunavut Return to Sport and Recreation Guidelines

## Guidelines for Sport and Recreation Activities in Gymnasiums, Community Recreation Centres, Fitness Centres, & Municipal Arenas

## Return to Sport/ Activity

Sport, recreation, and physical activity play an important role in the well-being of Nunavummiut. We are all eager to return to “normal” activities, however, have a responsibility to monitor the health and safety of our participants.

Note, that resuming activities may differ among communities based on increasing restrictions related to any COVID-19 cases and changes in advice from the Chief Public Health Officer.

Program Leaders will need to work with their local Facility Operators to arrange scheduling of activities and obey their Facility Guidelines.

Activities or programs that do not fit into the Guidelines require CPHO approval to proceed.

For questions or concerns please contact the Sport and Recreation Division at:

**SRInfo@gov.nu.ca**

**1-888-765-5506**

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<https://www.gov.nu.ca/health> ; <https://www.gov.nu.ca>



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**Within this document you will find:**

- Health & Safety Recommendations – Risk Mitigation Strategies

### Guidelines for:

1. Activities in Gymnasiums
2. Activities in Community Recreation Centres
3. Activities in Municipal Arenas (Ice Rinks)
4. Activities in Fitness Centres

### Appendix Items:

1. Risk Mitigation Tool
2. Activity/ Sport Safety Plan Template
3. Sample Illness Policy Template
4. Contract Tracing Template
5. Participant Waiver Template
6. Sample Gymnasium/ Ice Rink Schedules

For copies of the listed appendix items or questions or concerns contact [SRinfo@gov.nu.ca](mailto:SRinfo@gov.nu.ca)

*\*Guidelines and resources will be updated on a regular basis following the Chief Public Health Officer's direction*

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## 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: <a href="https://www.gov.nu.ca/health/information/nunavuts-path">https://www.gov.nu.ca/health/information/nunavuts-path</a>
		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? <b><i>Please refer to the Office of the Fire Marshal regarding maximum capacity permitted.</i></b>
		Do you have a communication plan to go over rules/expectations with participants on: <ul style="list-style-type: none"> <li>- Hand hygiene.</li> <li>- Respiratory etiquette – cover mouth with elbow, no spitting, no clearing of nasal passages during activity.</li> <li>- Illness self-assessment tools</li> </ul>

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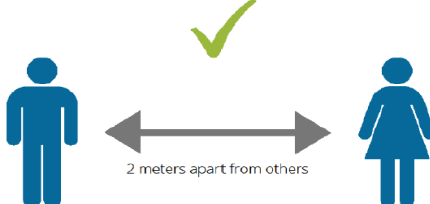



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## Recommendations for Any Facility Use for Recreation and Physical Activity

	<p>Compulsory Handwashing – pre and post workout or activity. Washing should be with soap and water for 20 seconds. Repeat often.</p>
	<p>Avoid touching face during activity.</p>
	<p>Encourage use of non-shared equipment.</p>
	<p>Provide cleaning products and wipes so that staff and users can regularly clean shared equipment such as weights, mats, and machines. Use disposable wipes.</p>
 <p>2 meters apart from others</p>	<p>Physical Distance – maintain two metres. Where needed, markers on floors or equipment. I.e. every second treadmill, space out benches, limit numbers based on room size.</p>
	<p>Keep logbook on users and staff, who is coming and going, what time, etc.</p>

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## Health and Safety Guidelines - Gymnasiums, Community Recreation Centres, Fitness Centres, and Municipal Arenas (Ice Rinks)

***Guidelines are based on current Public Health Orders and will be updated as required***

<p><b>General</b></p>	<ul style="list-style-type: none"> <li>Any programming plans must be consistent with guidelines and directives set by government and the Chief Public Health Officer.</li> <li>Implementation plans must be monitored and updated as necessary when circumstances or guidance changes.</li> <li>Boards/ Municipalities/ Clubs should understand and be comfortable with the level of risk the organization is taking on.</li> <li>Local sport organizations/ clubs/ municipalities should have their members acknowledge the risks associated with participating. Participants should be asked to sign a participant agreement acknowledging their acceptance of risks.</li> <li>Existing waivers, releases, and participant agreements should be reviewed to confirm they encompass COVID-19 related risks.</li> <li>Have extra volunteers/ supervisors to reinforce reminders on physical distancing, handwashing, limit shared use of equipment, etc..</li> <li>Minimum of two meters distance must be maintained between all participants, supervisors, and staff.</li> <li>Have sign in and sign out logbook or registration/ tracking system in place.</li> <li>All participants should frequently wash hands, be reminded not to touch their face, and be provided hand sanitizer.</li> <li>No spitting remind participants to cough into their crook of elbow.</li> <li>No “high fives”, handshakes, group hugs or celebrations.</li> </ul>
<p><b>Staff and Coaches/ Volunteers</b></p>	<ul style="list-style-type: none"> <li>Educate staff and volunteers on current public health information.</li> <li>Implement an Illness Policy – no one attends when feeling sick.</li> <li>Implement enhanced hygiene protocols:             <ul style="list-style-type: none"> <li>Frequent and proper handwashing.</li> </ul> </li> </ul>

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<p><b>Staff and Coaches/ Volunteers Cont.</b></p>	<ul style="list-style-type: none"> <li>- Wash hands upon arrival, before/ after breaks, after touching common equipment.</li> <li>- Reminders to use cough and sneeze etiquette: cough and sneeze into your elbow.</li> <li>• Implement an enhanced cleaning protocol.</li> <li>• Develop a touch map that outlines high touch areas such as:             <ul style="list-style-type: none"> <li>- Doorknobs/ push bars/ door handles.</li> <li>- Counter tops.</li> <li>- Handrails.</li> <li>- Sound system.</li> <li>- Chairs.</li> <li>- Equipment.</li> </ul> </li> <li>• When able, designate a person to ensure health and safety guidelines are being followed (limited equipment sharing, physical distancing, reminding people to cough into crook of elbow, etc.).</li> <li>• When able, designate a person (staff person) to work with User Groups to ensure protocols and guidelines are being followed.</li> <li>• Meet with staff and program leaders regularly on updates to review health and safety guidelines.</li> <li>• Establish a daily checklist – checking on employees, cleaning schedules, etc..</li> </ul>
<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>• The number of users allowed into the facility at one time should be limited to:             <ul style="list-style-type: none"> <li>- Public Health Orders for specific facilities and activities.</li> <li>- There is sufficient space to maintain two metres apart.</li> <li>- No congregating or gathering in groups.</li> <li>- Allow time for cleaning frequently.</li> </ul> </li> <li>• Implement a booking system.</li> <li>• Place markers such as tape or cones every two metres to provide clients with visual cues.</li> <li>• Use signage.</li> <li>• Direct foot traffic within the facility in one direction.</li> <li>• Space equipment at least two metres apart.</li> <li>• Encourage use of own equipment.</li> <li>• No use of showers.</li> <li>• Close drinking fountains.</li> <li>• Have hand washing stations and/ or approved hand sanitizers available, use them upon entering and exiting.</li> </ul>

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<p><b>Physical Distancing</b> <i>Cont.</i></p>	<ul style="list-style-type: none"> <li>• Restrict Access – limit access to those that are essential (only participants and coaches).</li> <li>• Points of Access – consider designated drop-off and pick up spaces, consider how to manage flow of people and put signage.</li> <li>• Pre- Registration – avoid drop-in activities, maintain tracking of who participated in session.</li> <li>• Arrival and Departure – set a schedule time for participants to arrive (no more than 15 minutes before scheduled activity).</li> <li>• Participants must immediately leave program when completed.</li> <li>• Staggered start times to account for individuals moving in and out of facility.</li> <li>• Restrict or Limit use of different spaces to maintain physical distancing and proper cleaning protocols, including equipment storage areas, locker rooms, concession areas, spectator seating, water fountains.</li> </ul>
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## Health and Safety Recommendations for Gymnasiums

***\*Third Party Programs are at the discretion of the local District Education Authority.***

***Programs that have been approved to resume should be following the Guidelines***

<p><b>Gymnasiums</b></p>	<ul style="list-style-type: none"> <li>• Total number of participants cannot exceed lesser of <b>25 people or fifty percent (50%)</b> of the rated capacity established by the Office of the Fire Marshall</li> <li>• No spectators are allowed.</li> <li>• Have a minimum of two coaches/ supervisors and up to 23 participants.</li> <li>• Coaches should come prepared with their own practice plans and training tools.</li> <li>• Maintain attendance of each session or practice.</li> <li>• Have sign in/ sign out book for adult or drop-in activities.</li> <li>• Limit number of participants in change rooms at one time.</li> <li>• Assign one person for all set-up and take down of equipment – nets, cones, etc.</li> <li>• Ensure equipment is disinfected after each use.</li> <li>• Remind participants to bring own water bottle.</li> <li>• For sports that require equipment to be shared, additional cleaning protocols and risk mitigation techniques must be put in place. Examples are:             <ul style="list-style-type: none"> <li>- For weights: make cleaners available in the weight room and encourage all participants to clean off all surfaces prior to and after use.</li> <li>- For racquet sports: each player uses their own balls, clearly marked as their own. For sharing balls/ birdies have players pass them using their racquets.</li> <li>- Ball sports: limit game play, wipe down after each use.</li> </ul> </li> </ul>
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## Health and Safety Recommendations for Community Halls/ Recreation Centres

*Community Halls/ Recreation Centres serve many purposes in communities. It is important to follow participation limits for activities based on current Public Health Orders*

<b>Community Halls/ Recreation Centres</b>	<b>Recreational sports or activities – youth groups, recreation/ sport day camps, fitness classes/ groups, etc.</b>	Lesser of Twenty Five (25) people or fifty percent (50%) <b>of the rated capacity, with social distancing.</b>
	<b>Community Feasts</b>	Lesser of 100 people or seventy five percent of the rated capacity with social distancing.
	<b>Marriage Ceremonies</b>	Lesser of 100 people or seventy five percent of the rated capacity, with social distancing.
	<b>Concerts</b>	Lesser of 100 people or seventy five percent of the rated capacity, with social distancing.
	<b>Meetings open to the general public</b>	Lesser of 100 people or seventy five percent of the rated capacity, with social distancing.
	<b>Celebrations for Thanksgiving, Halloween, and Remembrance Day</b>	Lesser of 100 people or seventy five percent of the rated capacity, with social distancing.

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<p><b>Community Halls</b> <b>Cont.</b></p>	<ul style="list-style-type: none"> <li>• Have sign in book for participants.</li> <li>• Place chairs and tables to encourage physical distancing of 2 metres.</li> <li>• Ensure markers and traffic flow directions are placed so participants are not accessing other parts of the facility and space.</li> <li>• Develop procedures that limit or avoid congested areas (lobbies, doorways, etc).</li> <li>• Allow enough time for cleaning and disinfecting between events.</li> <li>• Have additional staff in place to monitor number of participants entering facility.</li> </ul> <p><b><i>For events that include food such as community celebrations and/ or community feasts:</i></b></p> <ul style="list-style-type: none"> <li>• Ensure servers are washing their hands frequently and using hand sanitizer.</li> <li>• Limit common touch points by             <ul style="list-style-type: none"> <li>- No buffet style – have food in individual portions or servings.</li> <li>- Do not share utensils. Have one person serving/ cutting meat, stew, etc.</li> </ul> </li> </ul>
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## Health and Safety Recommendations for Municipal Arenas (Ice Surfaces)

*\*Municipal Arenas (Ice Surfaces) is area that in most Community Recreation Centres that encompasses the ice surface and standing area used for skating and hockey. Skate Clubs and Minor Hockey Associations must adhere to their Governing Bodies Regulations before proceeding with programming.*

<p><b>Municipal Arenas (Ice Surfaces)</b></p>	<ul style="list-style-type: none"> <li>• Total number of people on the playing surface (ice), including participants, officials, coaches, and score keepers cannot exceed <b>fifty (50) persons or fifty percent (50%)</b> of the rated capacity of each room as established by the Office of the Fire Marshall.</li> <li>• Total number of spectators cannot exceed <b>fifty (50) people.</b></li> <li>• Dressing rooms can be used if they operators can ensure fifty percent (50%) of the rated capacity of each room can be established and physical distancing measures are in place.</li> <li>• Hand sanitizer stations should be placed at entrances/ exits, in bench areas, and in washroom facilities.</li> <li>• Encourage participants to come fully dressed in equipment, with just the need to put on skates and helmets, etc when arriving at facility.</li> <li>• Players and coaches should not arrive more than 15 minutes ahead of ice time.</li> <li>• Participants will have 15 minutes after their ice time to remove equipment and exit the facility.</li> <li>• Participants must bring own water bottles and not share.</li> <li>• Activity schedules should be staggered adequately to ensure only the participants involved are in the facility. Recommend thirty minutes between ice sessions.</li> <li>• Skate sharpening operations must ensure they are enforcing and practicing physical distancing measures – pre-book slots, have schedules in place.</li> <li>• Do not allow spectators anywhere else in facility, besides viewing area.</li> <li>• Warmups should only be allowed on ice surface, no use of hallways or other areas.</li> <li>• Direct flow of traffic so players/ coaches are not entering ice surface while others are exiting at same time.</li> </ul>
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## Health and Safety Recommendations for Fitness Centres

*\*Gyms/ Fitness Centres can open for regular use following the Guidelines directed by the Chief Public Medical Officer. Single person workouts are still encouraged and limited equipment sharing.*

<p><b>Fitness Centres</b></p>	<ul style="list-style-type: none"> <li>• Fitness centres, including fitness classes cannot exceed twenty-five (25) persons or fifty percent (50%) of the rated capacity of each room.</li> <li>• No sharing of towels.</li> <li>• Set a maximum number of people allowed in facility.</li> <li>• Set a time limit for users.</li> <li>• Consider having a sign-up process for time(s). I.e. book time to come in the day ahead.</li> <li>• Ensure equipment is placed at least two metres apart.</li> <li>• Have disinfectant equipment ready to use to wipe down any shared equipment after each use.</li> <li>• Have process to ensure enhanced cleaning and disinfection is taking place.</li> </ul>
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