

COVID Protocols for Sport and Recreation Settings

What measures are coming into place on February 17?

The following protocols are in place beginning on Thursday February 17, 2022. Please note, sport organizations should carefully consider what steps they are taking to minimize transmission and close contacts. Further guidance is below.

Activities that involve interactions within 6 ft – These are activities where participants get into each other's space and it isn't possible to physically distance.

- Individuals and team sports can begin competition so long as the total number of participants interacting is less than 50 per day (e.g. game 1 between Team A and Team B at 7 pm with 40 participants, game 2 between Team C and Team D at 8:15 pm with 40 participants).
- Individuals and teams are able to participate in interprovincial games and events
- Masking is still required as participants enter/exit facilities, move about within them and in the change rooms
- Participants 19 years and older must follow the Vaxpass requirements of showing proof of vaccination for entrance.
- If activity is mixed with some participants 19 years of age and older and some 19 years of age and younger, all participants are required to show proof of vaccination.
- No big tournaments that would see more than 50 participants interacting over the span of a day permitted

Activities that involve no interactions – These are activities where you can do the entire activity and are not required to interact with other participants within 6 ft. For instance, a group class, a set-timed public activity or an organized program (non-teams) where physical distancing is possible between the participants, a facility with program times for individuals coming in and leaving at their own time without interaction within 6 ft between individuals/households/close social groups. Examples include fitness facilities, drop-in gymnasium times, fitness classes, public skates, organized hiking or snowshoe programs.

These activities must follow 50% capacity limits (of standard operating capacity) and organizers are required to maximize use of space to allow for as much distancing as possible.

Spectators

- Venues can allow up to 50% of their capacity for spectators to watch the event. This means if you have space for 300 spectators, 150 are allowed to enter the facility to watch the event.
- Organizers are required to maximize use of space to allow for as much distancing as possible and spectators should physical distance as best they can within the facility space.
- There is no requirement for any spectators to cohort based on which team they are supporting.
- All spectators must follow the mask requirements for indoor public spaces, including during the activity and while moving about inside the facility. (See more here: [link](#))

<https://www.princeedwardisland.ca/en/information/health-and-wellness/wearing-masks-in-the-community-and-workplaces>)

- All spectators must meet the Vaxpass requirements:
 - Spectators 19 and older must show proof of vaccine and valid ID
 - Spectators 12 to 18 just need to show proof of vaccine
 - More information on the PEI Vax Pass program is here:
<https://www.princeedwardisland.ca/en/information/health-and-wellness/businesses-services-and-events-important-pei-vax-pass-information>

*Proof of vaccine only refers to the two doses and does not involve the booster dose.

For the most up to date information about the public health measures in place, please visit:

<https://www.princeedwardisland.ca/en/information/health-and-wellness/moving-on-transition-plan-to-living-with-covid-19>

Does the 50 person limit include coaches as well as participants or is it just the participants since they are the ones usually doing the interacting with one another?

It just includes the participants so long as the coaches and volunteers are able to physical distance from the players while doing the activity. If coaches and volunteers are part of the activity or are in close proximity with the participants and interacting with them then they would be included as part of the 50.

Can parents help children put on gear?

Parents can assist younger participants to get ready for their activity so long as the following is observed:

- Parents must wear their mask all the time and physical distance as much as possible.
- To support physical distancing, facilities should allow for extra space by allocating additional change rooms (if possible) to larger teams or groups and consider staggering use if possible.
- Vax pass requirements are still in place for those 19 years of age and older and for groups where there are participants are both over and under 19 years of age.

Parents can stay and watch the activity in the stands while following facility guidelines for capacity and maximizing distancing.

Can Spectators stay for multiple ice times?

Yes they can, so long as they are meeting the Vaxpass requirements and the facility hasn't exceeded the 50% capacity of the venue.

Do the players need to be separated between ice times?

Players arriving for the next ice time should stay in their change room area prior to their ice time. Arena's can continue to indicate a 30-minute arrival time prior to the ice time to facilitate this.

General sport and rec guidance:

Who would be considered a close contact in a sport and recreation setting?

- During the [infectious period](#) of someone with COVID-19, a close contact is someone:
 - you had face to face interaction with indoors or outdoors for at least 10 minutes, including 10 minutes in total over a 24 hour period (*this means including total minutes added up over a 24 hour period, e.g. 2.5 min + 2.5 min + 2.5 min + 2.5 min over the span of a practice*), or
 - you were within 2 meters (6 feet) indoors for at least 10 minutes, including 10 minutes in total over a 24 hour period, or
 - you were hugging, kissing, coughing or sneezing near, or
 - who provided care to you at home.
- If both individuals wore an appropriate well-fitting mask properly for the duration of the interaction (or at minimum the person who tested positive), this wouldn't be considered a close contact situation. An appropriate mask could be a three-layer non-medical mask (that includes a filter layer), a medical mask, or a respirator.

What this could look like in a sport and recreation setting (where masks are not worn/not worn properly/appropriate masks not used):

- If the participants practiced/took breaks in pairs or small groups throughout the entire activity, and physically distanced from all others, close contacts are the other pair/members of small group
- If there was prolonged interaction within 6 ft for more than 10 min without masks, or shorter amounts of time that could add up to being more than 10 min, everyone in the group is considered a close contact (unless they are confident there was no interaction with the other player e.g. goalies on opposing teams)

What can we do to minimize transmission of COVID-19 in a sport or recreation setting and also minimize who is considered a close contact?

The general measures for limiting transmission of COVID-19 in a sport or recreation setting would be the same as the general population. Steps that limit transmission would also limit who would be considered a close contact.

General steps to limit transmission/who is a close contact include:

- not attending if not feeling well and getting tested if symptoms of COVID-19,
- wearing a well-fitted three-layer mask wherever you can, including in dressing rooms, team meetings, and during activities that require minimal exertion (e.g. some activities with younger children, some drills, activities like curling)
- maintaining distancing
- keeping groups small and consistent for activities involving closer contact (e.g. close contact drills in consistent pairs or small groups or minimizing the number of competitions on a given day), and
- gathering outdoors rather than indoors.

Organizations can consider, for instance:

- if or when masks need to be removed
- how to organize drills, games and competitions
- where people sit for breaks, etc.

Individuals are responsible for assessing their own personal risk and making decisions about what activities to participate in. Individuals in school or early child care centres should also continue to follow rapid antigen screening programs in place.

Organizations are responsible for determining what activities they are comfortable organizing, within what the public health measures permit.

If there is someone at the team or activity who tested positive, what is the process?

Information for people who test positive can be found here:

<http://www.princeedwardisland.ca/testedpositive>

As outlined on that page, people are now responsible for notifying their own close contacts. As such:

If the participant was infectious during a sport/recreational activity, they should notify the organizer.

If the participant is able to identify their close contacts:

- and have the contact information for the other participants, they/their parents should notify their close contacts, and direct them to the guidance on www.princeedwardisland.ca/closecontact.
- and DO NOT have the contact information for the other participants, they should reach out to the organizer, and have them notify the close contacts and direct them to the guidance on www.princeedwardisland.ca/closecontact.

If the participant is not able to identify their close contacts, they should reach out to the organizer, and have them notify the close contacts and direct them to the guidance on www.princeedwardisland.ca/closecontact.

If you are a sport organization notifying close contacts, do not identify to the contacts who the positive case was, simply advise them they have been identified as a close contact, when the date of exposure was, and direct them to the www.princeedwardisland.ca/closecontact webpage.

To support notification of close contacts where necessary, organizations should ensure that contact information for participants in sport and recreation activities where there is interaction within 6 ft is up-to-date.

The case and contact management guidance for COVID-19 continues to be reviewed. Please visit the websites listed above for the most up to date information.

Examples

Figure Skating Program

Example 1

A group of 30 skaters are participating in a training session. All participants have worn their masks properly in the change room. Once they were on the ice, masks were removed, and the group was divided into 10 small groups of three. In trios, the participants attended different stations throughout the training session. The next day, there is a message that one skater had tested positive. The two other participants in their trio would be considered close contacts since they were not able to distance 6 feet and had extended contact without a mask.

Example 2

A group of 12 skaters are participating in a training session. All participants have worn their masks properly in the change room. Once they were on the ice, masks were removed, and they began their activities. This is a synchronized skating group where they are in close proximity to one another while doing their skills. The next day, there is a message that one skater had tested positive. All the other participants in the group would be considered close contacts since they were not able to distance 6 feet and had extended contact without a mask.

Example 2: Part 2

If the same group decided to do the same training but all the participants decided to wear properly fitting masks, then none of the participants would be considered close contacts.

Team Sport Activity

Example 1

A group of 16 athletes gather for a training session. They all wear properly fitting appropriate masks in the change room area.

During drills with masks removed, the group:

- maintains a 6-foot distance from one another during every stoppage of practice (teaching, water breaks, etc.).
- have only passing face to face contact with other participants (very brief and would not approach 10 minutes in total time added over the span of the activity).

Towards the end of the practice, players are paired off with another participant for offense and defense purposes (without masks). This lasts for 20 minutes. They are physically distant from all other pairs.

The next day, there is a message that one participant tested positive for COVID-19. The participant who was paired up with that person is a close contact, the remaining participants are not.

Example 2

A group of 16 athletes gather for a training session. They all wear properly fitting appropriate masks in the change room area.

- The coach divides the group in half and they play four on four at each end (without masks).
- Throughout the activity, the players are taking turns defending each other, the coach is shuffling the group from offense to defense with lots of game simulations.

- Each group of 8 stays physically distant from the other but within the group of 8 there is lots of interactions during the one-hour training session.

The next day, there is a message that one participant tested positive for COVID-19. The seven other participants who are a part of that person's group of 8 would be considered close contacts.

Example 3:

Two hockey teams, Team A and Team B, gather for a game. They all wear properly fitting appropriate masks in the change room area.

- The team members do not wear a mask on the bench between shifts or during breaks.
- They are not wearing masks during the game;
- They compete for an hour. Teams are within 6 ft of members of the other team for brief periods of time as well as members of their own team.

The next day, there is a message that one participant on Team A tested positive for COVID-19.

The members of Team A would be considered close contacts, unless the participant who tests positive is certain the team member was not within 6 ft on the ice, not on the bench at the same time as them, and was not within 6 ft during breaks, for 10 minutes or more total over the span of the activity (e.g. possibly a goalie).

The members of the opposing team, Team B, would not be considered close contacts. Organizations may consider notifying the opposing team of potential exposure and to monitor for symptoms.