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MEMORANDUM

Date: June 19, 2020

Re: Return to Sport – All Provinces in Canada.

This memorandum sets out return to sport regulations for Canada’s 10 provinces. Please note that:

- The rules summarized in this memorandum are in addition to any further rules enacted by municipal or regional authorities.
- Provincial governments and health authorities adopt, change, and repeal pandemic-related rules on regular (and even daily) basis. Take care to review announcements from all relevant authorities.
- This memorandum contains hyperlinks to other important information.

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Que., B.C., and Alta.

Category	Quebec	British Columbia	Alberta
Key sources of law	<p>Order in Council No. 177-2020 of March 13, 2020 (as renewed) - Declaration of a public health emergency</p> <p>Order No. 2020-004 of the Minister of Health and Social Services of March 15, 2020 - Closure of public places</p> <p>Order in Council No. 530-2020 of May 19, 2020 - Resumption of outdoor recreational, sports and leisure activities during COVID-19</p> <p>Order in Council No. 543-2020 of May 22, 2020 - Assemblies</p> <p>Ministerial Order 2020-043 of the Minister of Health and Social Services of 6 June 2020 - Work environments that offer the public outdoor, recreational or sports activities</p> <p>Ministerial Order 2020-044 of the Minister of Health and Social Services of 12 June 2020 - Reopening of the Institut national du sport du Québec</p>	<p>Protection Against Liability for Sports Order</p> <p>Orders made by the Provincial Health Officer:</p> <ul style="list-style-type: none"> • Mass Gathering Events (“Mass Gatherings Order”) • Workplace COVID-19 Safety Plans (“Safety Plans Order”) 	<p>Orders made by the Chief Medical Officer of Health (“CMOH”):</p> <ul style="list-style-type: none"> • CMOH Order 25-2020 (dated June 12, 2020) made under the Public Health Act <p>The State of Emergency has been lifted as of June 15, 2020, but CMOH orders remain in effect.</p>
General suspension / prohibitions relating to sporting activities	<p>Order No. 2020-004 of the Minister of Health and Social Services of March 15, 2020, orders the suspension of all activities in all places to which the public has admittance for cultural, educational, sports, recreation or entertainment purposes, including spas,</p>	<p>BC’s Mass Gatherings Order prohibits gatherings of more than 50 people attending events, which includes “sporting events.”</p> <p>As of May 23, 2020 BC’s Mass Gatherings Order no longer applies to</p>	<p>Alberta entered Stage 2 of its relaunch on June 12, 2020.</p> <p>The government has published several COVID-19 guidance documents relevant to recreation and sport activities, including:</p>

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	<p>saunas, swimming pools, ski stations, ice rinks, fitness centres and sports centres. In addition, Order in Council 223-2020 of March 24, 2020, orders the suspension, as of March 25, 2020, of all activities carried on in work environments (subject to specific exemptions).</p> <p>As of June 8, 2020, the suspension has been lifted with regard to work environments that offer the public recreational or sports activities, conducted outside, with the exception of beaches, provided the activities do not take place in water parks or spa pools.</p> <p>As of June 15, 2020, the suspension has been lifted with respect to the Institut national du sport du Québec. The Institut national du sport du Québec can therefore resume its activities throughout Québec. In addition to its main complex at Montréal Olympic Park, this includes the single-sport high performance training centres recognized by the Institut national du sport du Québec, as well as the regional multi-sport training centres that provide training for high performance athletes, however it is still advised that travel between regions or cities be avoided wherever possible.</p>	<p>“the presence of workers” engaged in work activities. As a result, employees performing employment functions will no longer factor into the calculation of 50 people.</p> <p>On June 10, 2020 BC’s Solicitor General enacted the Protection Against Liability for Sports (COVID-19) Order. This Order immunizes sports organizations, directors, officers employees and volunteers of sport organizations from liability for damages resulting directly or indirectly from exposure to COVID-19 as a result of the organization, administration or provision of an organized sport activity.</p> <p>This immunization from liability is conditional on the sport organization providing the organized sport activity in compliance with all applicable emergency and public health guidance, or a reasonable belief that the sport activity was provided in accordance with such guidance, and excludes gross negligence. The Order will end on the date when BC’s State of Emergency is lifted.</p>	<ul style="list-style-type: none"> • Guidance for Return to Sport, Physical Activity and Recreation – Stage 2 • Guidance for Outdoor Recreation • Guidance for Organized Outdoor Sport, Physical Activity and Recreation • Guidance for Outdoor Fitness Classes • Guidance for Swimming Pools and Whirlpools • Guidance for Indoor Recreation Entertainment • Guidance for Outdoor Events <p>During Stage 2, activities should be restricted to local community opportunities. Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of province. Cross-jurisdictional, or inter-regional, play should not occur.</p> <p><u>Outdoors:</u></p> <p>Outdoor recreation facilities may open provided they follow public health orders and guidance documents.</p> <p>During Stage 2, gatherings of more than 100 people at an outdoor event, including sporting events, are prohibited.</p>

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			<p>Wherever possible, activities should be re-located to outdoor settings instead of indoors.</p> <p><u>Indoors:</u></p> <p>Before re-opening, facility operators must consult public health guidance and determine whether they can comply with such guidelines.</p> <p>Facility ventilation systems should be both operational and appropriate for the activities practiced within.</p>
<p>Physical distancing</p>	<p>Sports federations and provincial organizations are expected to develop guidelines for their members regarding the resumption of activities.</p> <p>Sports federations and provincial recreational and outdoor activity organizations are expected to work in collaboration with the Ministry of Education and Higher Education in order to develop guidelines tailored to their respective fields and disciplines.</p> <p>Sports federations and provincial organizations are responsible for informing their members of these guidelines and for making it clear that health and safety guidelines, especially hygiene rules, must be followed in order to ensure that activities are practised safely.</p>	<p>Although some orders regarding physical distancing have been made that affect specific operations and businesses (such as retail food, grocery stores, and restaurants), there are currently no Orders that generally require physical distancing between persons.</p> <p>However, the Provincial Health Officer and other provincial medical officers have strongly recommended physical distancing of 1–2 metres between persons, and that physical distancing be facilitated wherever possible.</p> <p>With such “guidance” in mind, the Workers’ Compensation Board (“WorkSafeBC”) and various health officials possess powers under the <i>Workers Compensation Act</i> and <i>Public Health Act</i>, respectively.</p> <p>These bodies have directed that certain</p>	<p>Guidance on physical distancing is located in Guidance for Return to Sport, Physical Activity and Recreation – Stage 2. The following is a summary of the Guidance:</p> <p>Participants and spectators are expected to maintain a distance of two metres in lobbies, change rooms, multi-purpose rooms, free-weight areas and while off the field of play (players’ bench, bleachers, etc.).</p> <p>Wherever possible, promote physical distancing by:</p> <ul style="list-style-type: none"> • promoting one-way traffic flow to avoid individuals from inadvertently interacting; • placing stickers or signage on the wall/floor at 2 metre distances; • spacing seats, or assigning seating,

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		<p>businesses and operations close, on a case by case basis, if it is determined that the operations have, or will, present undue health hazards to employees or the public.</p> <p>As a result, failure to adhere to physical distancing guidance may and have been factors in determining whether a particular organization may operate.</p>	<p>at 2 metre distances;</p> <ul style="list-style-type: none"> limiting classes and group fitness to cohort groups only (e.g., assigned class times). <p>Operators of workplaces which are permitted to open should strive to follow physical distancing requirements. However, where such distancing is not possible, operators are required use physical barriers, personal protective equipment, or other mitigation tools.</p>
<p>Team sports</p>	<p>Sports federations and provincial organizations are expected to develop guidelines for their members regarding the resumption of activities.</p> <p>Sports federations and provincial recreational and outdoor activity organizations are expected to work in collaboration with the Ministry of Education and Higher Education in order to develop guidelines tailored to their respective fields and disciplines.</p> <p>Sports federations and provincial organizations are responsible for informing their members of these guidelines and for making it clear that health and safety guidelines, especially hygiene rules, must be followed in order to ensure that activities are practised safely.</p>	<p>There is currently no provincial order which prohibits participation in team sports in BC, subject to the Mass Gatherings Order described above.</p>	<p>All aspects of organized sport, physical activity and recreation may proceed (programming, training, practice and competition) if physical distancing is possible.</p> <p>If those not participating in physical activity are unable to maintain safe physical distancing, masks should be worn. In sports and activities that generally involve interaction between participants at less than two metres, it is recommended that:</p> <ul style="list-style-type: none"> The activity occur outdoors, or The activity be modified to keep participants at a safe distance. <p>Where sports and activities cannot be moved outdoors or modified to maintain distance, it is essential to limit the number of contacts between different participants. This is done by playing</p>

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			<p>within set cohorts (e.g., mini-leagues or bubbles with a fixed number of participants).</p> <p>Mini-leagues and bubbles cannot exceed 50 people. This number includes those participants, officials, coaches and trainers who cannot maintain two metres of distance from others at all times. This number does not include parents and spectators.</p> <p>Cohorts, mini-leagues and bubbles should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a county, town or quadrant of a city).</p> <p>It is recommended that mini-leagues and bubbles be supervised by a responsible person whose role is oversight over maintenance of the group and other public health guidance.</p>
Spectators	<p>For the time being, the public is not admitted. The organizers of sporting events, including professional sports, who believe that they are able to comply with the health rules in force may obtain an assessment of whether or not it is possible to hold the event.</p>	<p>Under the Mass Gatherings Order, no more than 50 people may attend a sporting event.</p> <p>Persons who are not “workers” performing “work functions” will form part of the 50 people allowed.</p>	<p>Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces).</p> <ul style="list-style-type: none"> The maximum number of spectators is determined by how many people the space can hold while keeping two metres of distance between attendees from different households/cohort families, up to a maximum of 100 persons.

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			<ul style="list-style-type: none"> • Unless from the same household, spectators should maintain a minimum two-metre distance from one another at all times, whether the activity is indoor or outdoor. • It is strongly recommended that all spectators wear masks, especially in an indoor setting. Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets
Locker rooms	<p>The following measures are part of the CNESST¹ Workplace Sanitary Standards Guide for the Leisure, Sports and Outdoor Recreation Sector – COVID-19:</p> <ul style="list-style-type: none"> • Clean sanitary facilities (washrooms, changing rooms and showers) every shift or more frequently and disinfect them daily. 	<p>There are currently no Orders or laws specifically directed at locker rooms.</p> <p>However, failure to take measures to facilitate physical distancing in such environments could reasonably result in determinations by WorkSafeBC and/or public health officials that the specific operation poses an undue health hazard under the <i>Workers Compensation Act</i>, or <i>Public Health Act</i>, as above. This could result in remedial orders, including an order to cease operations.</p>	<p>Facilities should discourage the use of locker rooms and change rooms whenever possible. Facilities should also:</p> <ul style="list-style-type: none"> • Encourage participants to come dressed for their activity. • Set capacity limits on how many people can use locker rooms at the same time. • Adjust lockers to enable physical distancing. <p>Facilities must also ensure that surfaces, sinks and toilets in are cleaned and disinfected regularly, and remove self-serve and common-use items such as hair dryers, cotton swabs and disposable razors.</p> <p>Cleaning and sanitation practices should</p>

¹ Commission des normes, de l'équité, de la santé et de la sécurité du travail.

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			be in accordance with Workplace Guidance for Business Owners .
Other	<p>Owners and managers of facilities and organizations responsible for organizing activities must implement hygiene and protective measures in order to comply with the parameters set by the public health authorities.</p> <p>Site managers may limit the number of people admitted, or even close a site, to ensure compliance with the recommendations issued by public health authorities.</p> <p>In addition, the CNESST has produced the Workplace Sanitary Standards Guide for the Leisure, Sports and Outdoor Recreation Sector – COVID-19.</p> <p>Additional guidance</p> <ul style="list-style-type: none"> Given that it is difficult to avoid touching your face with your hands, especially during sports activities, it is recommended that shared objects or equipment be disinfected before each person uses them. As much as possible, each participant should also use their own equipment (for example, use your own golf balls, have each tennis player use a different ball). Disinfectants used to treat the water in public swimming pools are 	<p>Pursuant to the Safety Plans Order, all employers are required to devise and publish COVID-19 Safety Plans.</p> <p>Such plans must be published on the organization’s website, if available, as well as at the workplace for review by employees, or others who attend at the worksite.</p> <p>Although there is no official format that a COVID-19 Safety Plan must take, WorkSafeBC has published template documents and guidance for the development of such plans.</p> <p>Although pre-approval is not required, WorkSafeBC has indicated that it will review the content of any COVID-19 Safety Plans when determining whether an Employer has complied with its general obligations to ensure the health and safety of employees and eliminate workplace hazards.</p> <p>Under the <i>Public Health Act</i>, persons or organizations may seek individual agreements or exemptions from orders of the Provincial Health Officer, which will include the Mass Gatherings Order. Generally, the grounds for reconsideration or agreement are:</p> <ul style="list-style-type: none"> Additional, relevant information was not available at the time the 	<p>Alberta’s guidance provides that masks should <u>not</u> be worn when conducting intense physical activities.</p> <ul style="list-style-type: none"> Masks and face shields cannot be assured to stay in place during the course of intense activity. There is some evidence to suggest that wearing a mask during high intensity activities could have negative health effects.

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	<p>capable of inactivating coronaviruses. Risks primarily concern proximity to infected individuals or contaminated surfaces. The 2-metre physical distancing rule continues to apply (except in emergency life-saving situations).</p>	<p>Order was made;</p> <ul style="list-style-type: none"> • The organization has a proposal that, if implemented, would otherwise meet the objectives of the Order. 	

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Ontario

In Ontario, every person responsible for a facility that is permitted to be open (and is in fact open) shall ensure that it is operated:

- in accordance with all applicable laws, including the *Occupational Health and Safety Act* and its regulations;
- in compliance with the advice, recommendations and instructions of public health officials (whether federal, provincial, or regional/municipal), including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting; and
- in compliance with the rules as set out below.

Ontario is re-opening in stages. The table below notes where the rules differ between stages. As of June 19, 2020:

- Toronto, Peel, and Windsor-Essex are in Stage 1 ([O Reg 82/20](#) [Stage 1 Closures]).
- The rest of Ontario is in Stage 2. ([O Reg 263/20](#) [Stage 2 Closures]).

Other key sources of Ontario law:

- [O Reg 51/20](#) [Closure of Establishments]
- [O Reg 276/20](#) [Organized Public Events, Certain Gatherings]

The Ontario table begins on the next page.

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Category	Ontario: Facilities for athletic training or competitions	Ontario: Indoor or outdoor sports facilities	Ontario: Pools and other facilities
Type of facility	<p>Facilities for indoor sports and recreational fitness activities, <u>other than pools</u>, opened for use by one of the following (each an “Applicable Organization”) to train amateur or professional athletes or to run amateur or professional athletic competitions:</p> <ul style="list-style-type: none"> • A national sport organization (NSO) funded by Sport Canada or a member club of such an organization. • A provincial sport or multi-sport organization recognized by the Ontario Ministry of Heritage, Sport, Tourism and Culture Industries or a member club of such an organization. • A professional sport league or a member club of such a league.² • Any NSO that is a member of, or is recognized by, either the COC or the Canadian Paralympic Committee or a member club of such an organization. <p>Furthermore:</p> <ul style="list-style-type: none"> • Only athletes who are members of the Applicable Organization may use the facility. • All sports activities must be conducted in accordance with the 	<p>The following indoor facilities:</p> <ul style="list-style-type: none"> • Indoor golf driving ranges. • Indoor horse riding facilities. • Indoor shooting ranges, including those operated by rod and gun clubs. <p>In <u>Stage 2</u>, all facilities for outdoor sports and recreational fitness activities, other than playgrounds, play structures and facilities containing outdoor fitness equipment.</p> <p>However, in <u>Stage 1</u>, only the following facilities for outdoor sports and activities:</p> <ul style="list-style-type: none"> • Baseball diamonds. • Soccer fields. • Tennis, platform tennis, table tennis and pickleball courts. • Basketball courts. • BMX parks. • Skate parks. • Motorsport tracks. • Frisbee golf locations. • Cycling tracks and bike trails. 	<p>The following facilities:</p> <ul style="list-style-type: none"> • Indoor and outdoor pools <u>in Stage 2 only</u>. • Golf courses. • Outdoor driving ranges. • Marinas. • Boating clubs. • Other organizations that maintain docking facilities for members or patrons.

² Facilities operated by sports teams in one of the five major professional sports leagues (CFL, MLB, MLS, NBA, and NHL) have their own set of rules which we have not included here, but can research on request.

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Category	Ontario: Facilities for athletic training or competitions	Ontario: Indoor or outdoor sports facilities	Ontario: Pools and other facilities
	rules and policies of the Applicable Organization, including the rules and policies put in place to ensure a safe return to the sport.	<ul style="list-style-type: none"> • Horse riding facilities. • Shooting ranges, including those operated by rod and gun clubs. 	
Physical distancing	<p>Any person who enters or uses the facility must maintain a physical distance of at least two metres from any other person using the facility.</p> <p>Activities that are likely to result in individuals coming within two metres of each other must not be practised or played within the facility.</p> <p>In <u>Stage 2</u>, the organization responsible for a facility that is open to the public shall ensure that the facility is operated to enable members of the public in the facility to, to the fullest extent possible, maintain a physical distance of at least two metres from other persons.</p>	<< Same as at left.	The person responsible for a business that is open to the public, or an organization responsible for a facility that is open to the public, shall ensure that the place of business or facility is operated to enable members of the public in the place of business or facility to, to the fullest extent possible, maintain a physical distance of at least two metres from other persons.
Team sports	<p>Team sports must not be practised or played within the facility.</p> <p>Except, in <u>Stage 2</u>, it is permissible to run training sessions for members of a sports team that do not include games or scrimmage games.</p>	<< Same as at left.	There are no special rules for spectators, but refer to the “Physical distancing” row in this column.
Spectators	Spectators are not allowed except for one accompanying parent, guardian or adult for each athlete under the age of 18.	There are no special rules for spectators, but refer to the “Physical distancing” row in this column.	There are no special rules for spectators, but refer to the “Physical distancing” row in this column.
Locker rooms	Locker rooms, change rooms, showers and clubhouses in the facility must be	<< Same as at left.	<< Same as at left. However, in <u>Stage 2</u> , locker rooms,

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Category	Ontario: Facilities for athletic training or competitions	Ontario: Indoor or outdoor sports facilities	Ontario: Pools and other facilities
	closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid.		change rooms, showers and washrooms may be open if used in conjunction with a pool, but they must be cleaned and disinfected as frequently as is necessary to maintain a sanitary environment.
Other	<p>In <u>Stage 2</u>, any equipment that is rented or provided to users of the facility must be cleaned and disinfected between each use.</p> <p>[In <u>Stage 1</u>, review the advice, recommendations and instructions of public health officials to determine whether equipment rentals are permitted, and if so on what basis.]</p>	<p><< Same as at left.</p> <p>For outdoor sports and recreational fitness activities in <u>Stage 2</u>, activities that require the use of equipment or fixed structures that cannot be cleaned and disinfected between each use must not be practised or played within the facility.</p> <p>[In <u>Stage 1</u>, review the advice, recommendations and instructions of public health officials to determine whether activities that require the use of equipment or fixed structures are permitted, and if so on what basis.]</p>	<p>In <u>Stage 1</u>, indoor and outdoor pools must remain closed.</p> <p>In <u>Stage 2</u>, indoor and outdoor pools may open if they comply with the following conditions:</p> <ul style="list-style-type: none"> • No access may be provided to high-contact aquatic features, including slides, diving boards and climbing structures, with the exception of ladders. • Any equipment that is rented or provided to patrons must be cleaned and disinfected between each use. <p>Golf courses, outdoor driving ranges, marinas, boating clubs, and other organizations that maintain docking facilities for members or patrons may open if they comply with the following conditions:</p> <ul style="list-style-type: none"> • Gyms/fitness centres, steam rooms, saunas, and whirlpools/hot tubs on the premises must be closed. • Clubhouses must be closed, except: <ul style="list-style-type: none"> • To the extent they provide access a washroom or a portion of the

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			<p>facility that is used to provide first aid.</p> <ul style="list-style-type: none"> • In <u>Stage 2</u>, to the extent they provide access to equipment storage. • In <u>Stage 2</u>, as event or meeting space, if used by appointment and in accordance with applicable law.

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Man., Sask., and Nfld. & Lab.

Category	Manitoba	Saskatchewan	Newfoundland and Labrador
Key sources of law	COVID-19 Prevention Orders (effective June 1, 2020) made under The Public Health Act	Public Health Order (dated June 13, 2020) made under The Public Health Act, 1994 Re-Open Saskatchewan List of Critical Public Services and Allowable Business Services	Special Measures Order (General – Alert Level 3) (dated June 8, 2020) made under the Public Health Protection and Promotion Act Information Sheets for Businesses and Workplaces contains several guidance documents: Sport Guidance, Outdoor Recreation Activities, etc.
General suspension / prohibitions relating to sporting activities	<p>All outdoor sporting or recreational facilities can open.</p> <p>Organized sporting activities may take place at those facilities. This includes:</p> <ul style="list-style-type: none"> • Golf courses. • Driving ranges. • Baseball diamonds. • Soccer fields. • Football fields. • Running tracks. <p>Indoor sporting or recreational facilities can open and organized sporting activities may take place at:</p> <ul style="list-style-type: none"> • Volleyball courts. • Basketball courts. • Hockey rinks. • Indoor soccer fields. 	<p>Under the Re-Open Saskatchewan plan, certain types of activities can resume depending on which phase the province (or a region of the province) has reached.</p> <p>Various sporting activities are set out below, along with a select list of conditions for re-opening. In each case, please consult the Re-Open Saskatchewan plan for the full list of conditions.</p> <p>Golf courses can open. The following conditions apply:</p> <ul style="list-style-type: none"> • Maximum of four players per group. • No walk-on players; all players must have a tee time. • Tee times must be minimum 12 minutes apart. • One person per golf cart (unless the occupants reside in the same 	<p>Under the NL Life with COVID-19 plan, certain types of activities can resume depending on which alert level the province (or a region of the province) has reached.</p> <p>Various sporting activities are set out below, along with a select list of conditions for re-opening. In each case, please consult the Information Sheets for Businesses and Workplaces for the full list of conditions.</p> <p>During Alert Level 3, the following activities are allowed <i>if physical distancing can be maintained</i>:</p> <p>Brief contact sports with low potential risk of COVID-19 spread:</p> <ul style="list-style-type: none"> • Any individual sport or activity held outdoors (e.g., athletics, bicycle, equestrian, golf, outdoor swimming, and outdoor conditioning).

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	<ul style="list-style-type: none"> • Squash, racquetball, handball, tennis and badminton courts. • Archery and rifle ranges. • Bowling alleys. • Indoor skateboard parks. • Indoor driving ranges. <p>Swimming pools can open if the operator limits the number of patrons in the pool to 50% of the usual capacity and implements measures to ensure social distancing of at least 2 metres between patrons.</p>	<p>household).</p> <p>Gyms and fitness facilities can open (except those located in the Northwest Region). The following conditions apply:</p> <ul style="list-style-type: none"> • One staff member must be present at all time. • The number of patrons allowed must be limited to allow for social distancing and to prevent congregating. • Equipment should not be shared or used simultaneously. • Group facilities, including sports courts and other group sports areas must remain closed. • Group fitness classes are only allowed to the extent that four metres of physical distancing can be maintained at all time for classes that involve intense aerobic or physical training, and two metres of physical distancing can be maintained at all time for classes that involve lower intensity activity. <p>Outdoor sports and recreational activities are allowed <u>as of June 22, 2020</u>. This includes activities taking place on:</p> <ul style="list-style-type: none"> • Soccer fields. 	<ul style="list-style-type: none"> • Tennis. <p>Brief contact sports moderate potential risk of COVID-19 spread in outdoor environments, with modifications as necessary to ensure physical distancing:</p> <ul style="list-style-type: none"> • Badminton. • Ball Hockey (no checking). • Baseball. • Basketball (no contact). • Flag football. • Gymnastics. • Rowing. • Rugby (no contact). • Sailing. • Soccer. • Softball. • Volleyball. <p>Outdoor sports activity offerings for groups of 20 people or less (including coaches and athletes) may occur only if the following conditions can be respected:</p> <ul style="list-style-type: none"> • The facilities provide access to hand-washing stations or hand sanitizer stations. • A minimum of 2 metres or 6 feet is

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		<ul style="list-style-type: none"> • Volleyball courts. • Basketball courts. • Baseball diamonds. • Lawn bowling greens. • Football greens. <p>Full contact sports (tackle football, rugby, wrestling, boxing, martial arts, and ball and field hockey with checking) are not yet permitted.</p> <p>Other applicable conditions include:</p> <ul style="list-style-type: none"> • Group size/team gathering must adhere to the gathering limits under the public health order (maximum of 30 people outdoors as of June 17, 2020). • Teams are encouraged to train, practise and play/scrimmage within the team. <p>Individual outdoor recreation is also allowed. The following conditions apply:</p> <ul style="list-style-type: none"> • Instruction is permitted with no contact and appropriate physical distancing. • Competitions or fundraising events are not permitted. <p>Outdoor aquatic facilities can open <u>as of June 22, 2020</u>. The following conditions</p>	<p>maintained between participants.</p> <ul style="list-style-type: none"> • All shared equipment must be sanitized before and after the activity. <p>Frequent contact and/or indoor sports such as martial arts, boxing, wrestling and touch football are not permitted. Unless extensive modifications are put in place (for example, performing drills and forms, or limiting gameplay to members of the same household bubble in an outdoor environment).</p> <p>Licensed outdoor pools can operate. The following conditions apply:</p> <ul style="list-style-type: none"> • Limit of 20 participants in the pool/deck area (including regulated staff) is permitted providing they can maintain physical distancing. • No more than 2–3 individuals per lane during lane swim. • Locker rooms, including showers and toilet facilities <u>must</u> be available for use. • Change rooms may be open with physical distancing measures in place. <p>Gym and fitness facilities, yoga studios, indoor tennis and squash facilities, arenas, indoor pools, indoor gymnasium and court facilities, dance studios and</p>

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Category	Manitoba	Saskatchewan	Newfoundland and Labrador
		<p>apply:</p> <ul style="list-style-type: none"> • Aquatic facilities must contact their local Saskatchewan Health Authority Public Health Inspection Office prior to opening to the public. • Competitive swim team training must be scheduled outside of public swim times. • The use of diving boards is permitted subject to enhanced cleaning and disinfection. • Training/instruction activities that promote grouping, such as instructions at whiteboards, deck side demonstrations, etc., must be done in a way to ensure physical distancing. • Competitive swim meets or other group events are not allowed at this time. • Facilities are limited to a maximum of 100 people as long as physical distancing can be maintained. • Facilities should use booking systems to manage public admission. <p>The following activities are restricted until Part II of Phase Four of Re-Open Saskatchewan (date to be determined):</p>	<p>performance spaces must remain closed.</p>

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Category	Manitoba	Saskatchewan	Newfoundland and Labrador
		<ul style="list-style-type: none"> • Indoor recreational activities. • Indoor pools and rinks. 	
Physical distancing	<p>Operators of outdoor or indoor sporting or recreational facilities must:</p> <ul style="list-style-type: none"> • Implement measures to ensure • members of the public are reasonably able to maintain a separation of at least two metres from each other (excluding participants while they are actively engaged in a sporting or recreational activity). • Limit occupancy to all portions of the facility where sporting or recreational activities are not conducted to 50% of the usual capacity. 	<p>Generally, public and private gatherings are limited to the following (except in the case of family members living in the same household):</p> <ul style="list-style-type: none"> • 15 people indoors. • 30 people outdoors. <p>However, any activity-specific physical distancing guidelines from Re-Open Saskatchewan take precedence should they explicitly permit an alternative gathering size. In any case, physical distancing must be observed at all times, with a minimum of two metres between individuals.</p>	<p>All individuals should avoid crowds and maintain a two-arms'-length distance from other people.</p> <p>Gatherings of more than 20 people are prohibited.</p>
Team sports	<p>The practice of team sports is allowed.</p>	<p>Outdoor team sports are allowed <u>as of June 22, 2020</u>. The following conditions apply:</p> <ul style="list-style-type: none"> • Teams are encouraged to train, practise and play/scrimmage within the team. • Tournaments and travel between provinces for games and competitions are prohibited. • Where possible, physical distancing should be observed with a minimum of two metres of space between individuals. 	<p>Team sports are allowed if outdoors and with modifications as necessary to ensure physical distancing.</p> <p>Competition within training groups or against other teams is not permitted.</p>

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Category	Manitoba	Saskatchewan	Newfoundland and Labrador
		<ul style="list-style-type: none"> Please consult the Re-Open Saskatchewan Plan for a complete list of the applicable conditions. 	
Spectators	<p>Spectators are allowed, but refer to the “Physical Distancing” section of this column.</p> <p>Spectators are prohibited at horse racetracks.</p>	<p>Organizers should request minimal spectator attendance at outdoor sporting events.</p> <p>Physical distancing guidelines and gathering size limits also apply to spectators.</p>	<p>Spectators must maintain physical distancing of two metres between household bubbles.</p>
Locker rooms	<p>Locker rooms can open only if measures are put in place to ensure that users are reasonably able to maintain a separation of at least two metres from each other and the locker rooms are limited to 50% of their usual capacity.</p>	<p>Gyms and fitness facilities locker rooms and showers must remain closed except for washrooms.</p> <p>Washrooms located within a golf course clubhouse may remain open, with only one individual allowed at a time.</p> <p>Washrooms located within outdoor sports and recreational facilities may be open <u>as of June 22, 2020</u> under the following conditions:</p> <ul style="list-style-type: none"> Increased cleaning and disinfection must take place. Hand-washing facilities must be provided. Locker rooms must be closed. Players are asked to change footwear in the parking lot. <p>Outdoor aquatic facilities change rooms can open <u>as of June 22, 2020</u> under the following conditions:</p> <ul style="list-style-type: none"> The number of lockers available 	<p>Public washrooms for outdoor sports facilities may open only if they can be monitored, cleaned and replenished with supplies regularly.</p> <p>Use of common space change rooms is prohibited.</p>

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Category	Manitoba	Saskatchewan	Newfoundland and Labrador
		<p>should be reduced to coincide with the capacity of the facility to reduce cleaning and disinfection demands.</p> <ul style="list-style-type: none"> • An adequate supply of soap should be provided for washroom and shower facilities. <p>Wherever possible, members of the public should be encouraged to enter and exit the facility in their swim clothes to minimize crowding in the change rooms.</p>	

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N.S., N.B., and P.E.I.

Category	Nova Scotia	New Brunswick	Prince Edward Island
Key sources of law	Order by the Medical Officer of Health (made June 18, 2020) under the Health Protection Act	Renewed and revised Mandatory Order COVID-19 (made June 8, 2020) under the Emergency Measures Act.	<p>Public Health Order (made June 12, 2020) under the Public Health Act</p> <p>Renew PEI Planning Document: Essential and Allowable Services (Updated June 10, 2020)</p> <p>Guidance of the Chief Public Health Officer (“CPOH”):</p> <ul style="list-style-type: none"> • Organized Recreational Activities and Team Sports Guidance • Fitness Facilities Guidance • Golf Course Guidance • Swimming Pool Guidance • Gatherings Guidance • Multiple Gatherings Guidance
General suspension / prohibitions relating to sporting activities	<p>Fitness establishments such as gyms may open but must develop and comply with a Workplace COVID-19 Prevention Plan. A fitness facility may adopt as its Plan the Medical-Officer-of-Health-approved fitness facility guidelines (linked to in the Order by the Medical Officer of Health).</p> <p>Further guidance for fitness facilities is available from the Recreation</p>	<p>Except in the Campbellton Region³, hosting, organizing, facilitating and playing low-contact sports is permitted, but must be done in compliance with guidelines of the Chief Medical Officer of Health.</p> <p>(The term “low-contact sports” is not defined.)</p> <p>Except in the Campbellton Region, the following facilities may operate, but must</p>	<p>The Renew PEI Together plan sets out the government’s projection for re-opening the province.</p> <p>The following are allowable businesses that are permitted to operate subject to guidance of the CPOH:</p> <ul style="list-style-type: none"> • Golf courses and driving ranges (outdoor operations only) • Marinas and yacht clubs

³ The Campbellton Region comprises the village of Belledune and Restigouche County, except the parishes of Grimmer and Saint-Quentin.

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Category	Nova Scotia	New Brunswick	Prince Edward Island
	<p>Facility Association of Nova Scotia. Sport Nova Scotia also requires that all provincial sport organizations (PSOs) adopt “return to activity” plans that adhere to the COVID-19 Return to Sport Guidelines. Sport Nova Scotia maintains a list of PSOs whose plans have already been submitted and approved.</p>	<p>ensure distancing and follow the other requirements of the Chief Medical Officer of Health and WorkSafeNB:</p> <ul style="list-style-type: none"> Swimming pools, saunas, rinks and arenas, but they must limit occupancy to 50 persons in any pool area, sauna or facility. Rinks, arenas and gyms, but they must limit spectators to 50. 	<ul style="list-style-type: none"> Outdoor shooting ranges Music lessons (in line with guidance on singing and playing instruments) Organized recreational activities Recreational facilities/indoors (arenas, swimming pools, hot tubs, wellness recreational centres, gyms and fitness facilities, yoga and Pilates studios, bowling alleys, etc.) <p>The CPOH has also issued certain sport-related Guidance documents, which set out conditions to be met by those organizing or engaging in sports. The Guidelines and their conditions are summarized below, but please consult the Guidance for the full list of sports and conditions</p> <p>The Organized Recreational Activities and Team Sports Guidance applies to any organized recreational activity or team sport held outside or indoors, including, but not limited to, baseball, basketball, dance, gymnastics, hockey, and soccer, and day camp activities. Conditions to be met include:</p> <ul style="list-style-type: none"> Individuals may share equipment (i.e. soccer balls, baseballs, gymnastics equipment, etc.) among individuals from different households when necessary and with precautions. Clean and disinfect shared equipment

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			<p>frequently. Depending on the activity, this may be after each player's use, between periods or innings, at specified breaks, after switching gymnastics stations, and between group classes.</p> <p>The Fitness Facilities Guidance applies to gyms, fitness studios, yoga studios, climbing walls, swimming pools, spas, and similar indoor recreational facilities.</p> <p>The Golf Course Guidance applies to golf course operators.</p> <p>The Swimming Pools Guidance applies to any indoor or outdoor facility with a publicly-accessible swimming pool or swimming pools, including hotels, campgrounds, municipal pools, and fitness facilities.</p> <p>If there will be more than one gathering at one time at a facility (indoor or outdoor), Multiple Gatherings Guidance must be followed.</p>
Physical distancing	<p>People can gather in groups of up to 10 without physical distancing.</p> <p>People in a group are not required to be exclusive but they are strongly encouraged to maintain a consistent group.</p> <p>For gatherings of 11-50 people for sports and physical activity, everyone must maintain physical distancing of</p>	<p>Everyone is prohibited from knowingly approaching within 2 metres of any other person, with the exception of family and friends. (This rule does not apply if someone comes within two metres inadvertently or despite best efforts to avoid close contact.)</p> <p><u>Outdoor</u> gatherings are limited to a maximum of 50 people who do not live</p>	<p><u>Owners and operators</u> of businesses, services and organizations that are permitted to operate must take every reasonable step to ensure minimal interaction of people (including employees and/or clients) within two metres of each other.</p> <p><u>Everyone</u> gathering, whether indoors or outdoors, shall keep at least two metres from those who do not reside in their</p>

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	<p>at least six feet, whether indoors or outdoors.</p> <p>Gatherings of greater than 50 people are not permitted.</p> <p>Organizations that are too small to ensure physical distancing can have no more than 10 people on their premises at a time.</p>	<p>together, except for family and friends.</p> <p><u>Indoor</u> gatherings are limited to a maximum of 10 people who do not live together, except for family and friends.</p> <p>A person is not “gathering” when they perform work duties or attend at places of business. A gathering implies common intent or purpose associated with socializing, celebration, ceremony or entertainment.</p> <p>If someone over the age of two finds themselves in a location where distancing is not possible, they must either remove themselves promptly from the location or must wear a face covering that covers their mouth and nose.</p> <p>Every business proprietor, every employer, and everyone who owns or occupies land or buildings must take all reasonable steps to ensure the safety of employees, patrons and visitors from COVID-19 infection, in compliance with guidelines from WorkSafeNB and the Chief Medical Officer of Health.</p>	<p>household. An exception to this rule is made for those following the Organized Recreational Activities and Team Sports Guidance. However, spectators are required to maintain at least two metres from others.</p> <p>Indoor gatherings of more than 15 persons, and outdoor gatherings of more than 20 persons, are prohibited except in accordance with the Multiple Gatherings Guidance.</p>
Team sports	Refer to the “Physical distancing” row in this column.	Refer to the “General suspension / prohibitions relating to sporting activities” row in this column.	<p>Team sports are permitted subject to the Organized Recreational Activities and Team Sports Guidance. Generally, the level of contact during the sport governs whether the sport is permitted.</p> <p>Low potential, brief contact sports permitted include:</p>

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			<ul style="list-style-type: none"> • Tennis. • Gymnastics. • Curling. • Swimming. • Horseback riding. • Any solo sport or activity. <p>Moderate potential, brief contact sports permitted, with modifications, include:</p> <ul style="list-style-type: none"> • Baseball. • Flag football. • Volleyball. <p>High potential, frequent contact sports permitted, with modifications, include:</p> <ul style="list-style-type: none"> • Basketball. • Soccer. • Touch football. • Hockey without checking. <p>Full contact sports <u>not</u> permitted:</p> <ul style="list-style-type: none"> • Martial arts. • Boxing. • Wrestling. • Tackle football. • Rugby.

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Category	Nova Scotia	New Brunswick	Prince Edward Island
			<ul style="list-style-type: none"> Hockey with checking.
Spectators	Refer to the “Physical distancing” row in this column.	<p>Except in the Campbellton Region, the following facilities may operate, but must ensure distancing and follow the other requirements of the Chief Medical Officer of Health and WorkSafeNB:</p> <ul style="list-style-type: none"> Swimming pools, saunas, rinks and arenas, but they must limit occupancy to 50 persons in any pool area, sauna or facility. Rinks, arenas and gymnasia, but they must limit spectators to 50. 	<p>Spectators must remain two metres or more from one another.</p> <p>Activities that include cheering, whistling, singing, the use of wind and brass instruments, and other vigorous vocalization should be minimized as much as possible to reduce the transmission of respiratory droplets. Singing, wind, and brass instruments are permitted provided singers/vocalists, wind and brass players are a minimum of 3.5 metres (12 feet) apart from each other and everyone else.</p>
Locker rooms	The Medical-Officer-of-Health-approved Workplace COVID-19 Prevention Plan for fitness facilities provides guidance for locker rooms. Consult the link for the full guidance.	There is no order or guidance specifically directed at locker rooms.	<p>The Organized Recreational Activities and Team Sports Guidance and Fitness Facilities Guidance requires the following:</p> <ul style="list-style-type: none"> If restrooms and/or showers are available, limit the number of users at a given time, maintain hand washing supplies, increase cleaning and disinfecting frequency, and install no-touch garbage bins.
Other			<p>Operations must keep daily records of all persons using the facility. This can be done with a responsible person completing attendance on site or electronically with verification on site. Records including the names and phone number should be kept for one month to facilitate contact tracing in the event of an</p>

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			outbreak. Operations should have an internal process in place to quickly retrieve these records, should the records be needed, even on weekends.