



5 PIN BOWLING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 5:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes should use their own equipment (bowling balls) when possible. If equipment is to be shared, athletes are to sanitize their hands prior to and immediately after their turn.
- Do not sanitize bowling balls before/after each use as this will make the bowling balls slippery and is a safety concern
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- The number of available lanes for use will be determined by venue size & layout
- Have participants spaced as much as possible when seated (can add additional chairs to assist where possible)
- Lane assignments for each cohort must be completed prior to the first session & communicated to all participants to reduce congestion upon arrival at the venue
- Assigned lanes will become a cohort. Athletes must remain with the same lane assignment and cohort throughout the duration of the program. i.e., cohort 1 assigned to lane 1, cohort 2 assigned to lane 2, etc.
- Participants stay in their designated area until they are called to play
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



10 PIN BOWLING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 8:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes should use their own equipment (bowling balls) when possible. If equipment is to be shared, athletes are to sanitize their hands prior to and immediately after their turn.
- Do not sanitize bowling balls before/after each use as this will make the bowling balls slippery and is a safety concern
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- The number of available lanes for use will be determined by venue size & layout
- Have participants spaced as much as possible when seated (can add additional chairs to assist where possible)
- Lane assignments for each cohort must be completed prior to the first session & communicated to all participants to reduce congestion upon arrival at the venue
- Assigned lanes will become a cohort. Athletes must remain with the same lane assignment and cohort throughout the duration of the program. i.e., cohort 1 assigned to lane 1, cohort 2 assigned to lane 2, etc.
- Participants stay in their designated area until they are called to play
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



ATHLETICS

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- When shared equipment is being used (shot put, mini javelin, etc.) athletes must sanitize their hands prior to and immediately after.
- Do not disinfect equipment after each use as this can be a safety concern.
- Shot Put & Mini Javelin - Coach/volunteer should sanitize their hands after retrieval of equipment
- Long jump - use of pit permitted. Raking must be completed by the same volunteer, sanitize rake as needed
- Long jump - boards should only be handled by a volunteer
- Long jump - one (1) athlete on the long jump run at a time
- High jump - mats are NOT permitted at this time
- All equipment must be disinfected before and after the program
- Coaches should not share equipment when possible (i.e., clipboards, stopwatches, etc.)

PRACTICE & COMPETITION

- Participants must be physically distant (6ft/2m) throughout the session.
- Only every other lane is to be used (i.e., lanes 1,3,5 etc.). When athletes are passing on the track, they should try and keep physically distant between themselves and the athlete they are passing
- Relays are not be permitted
- Stagger starts as needed to allow for physical distancing
- Use markers/barriers as needed to show areas/lanes, not in use
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



BOCCE

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes must sanitize their hands prior to throwing the pallina
- If the pallina is to be thrown again, the volunteer should retrieve and then sanitize hands
- Pallina must be disinfected between each frame
- No sharing of Bocce balls when possible. Athletes' Bocce balls should be identifiable or marked so athletes play with the same Bocce ball. If Bocce balls need to be shared, athletes must sanitize their hands prior to and immediately after use.
- Leave plenty of space between courts (suggested 12 feet / 4 metres)
- Only one (1) person can install and dismantle the Bocce court
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- Only one (1) athlete allowed in the court at a time
- Players only pick up their own Bocce ball, and only when instructed by a coach
- Physical distancing must be maintained. Players stand in their designated 6ft/2m area until they are called to play
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)
- Singles, Doubles or Team play is permitted



CURLING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 5:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes requiring assistance with equipment should have someone from their household bubble assist them
- Athletes are to arrive ready to train. Change rooms may not be available at the venue
- Athletes are to use their own equipment when possible
- If the equipment at the facility is being used/shared, sanitize hands prior to and after use
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- Only intra-club competition permitted (athletes within the same club)
- Instead of a handshake, give a friendly wave or tap brooms to start the game
- Do not use coins to decide the last stone advantage in the first end. A coach may assign them every game or use an online tool on your phone: <https://justflipacoin.com/>
- Athletes stay on the same side of the sheet. For example, if you are playing on sheet 2, always walk or position yourself on the sideline to sheet 1. This will keep players 10 feet apart
- Insert two small markings, located four (4) feet from each side of centre ice (roughly 69 feet from end board). See Distancing Illustrations here: https://www.curling.ca/files/2020/07/Poster_11x17_Appendix-5_Return-To-Play_EN_v1.pdf



- **Non-Delivering Team:** The two sweepers of the non-delivering team should be positioned on these markings while the other team is throwing. The athlete of the non-delivering team whose turn it is next to deliver should be positioned at hogline on the same side as the two sweepers. The Skip (or Vice-Skip) will stand on the backboards, but no closer than the hack
- **Delivering Team:** The Skip has control of the house. The athlete whose turn it is to deliver is in the hack. The non-sweeping athlete is on the backboards. The sweeping athlete is at the T-Line. Once the stone has been released, the athlete who delivered the stone proceeds down the centre line of the ice until the halfway point to the marking or to the hogline if it is their turn next. After the stone comes to rest, the sweeper proceeds to the halfway markings. The non-sweeper travels to the halfway mark or the hogline depending on their turn to deliver or not
- As it is a labour-intensive activity to sanitize the scoreboard numbers after each game, consider other methods of keeping score (example: a coach records on a phone/notepad)
- One sweeper only on all delivered stones. No relaying (second sweeper taking over halfway down the sheet). The person in charge of the house is not allowed to sweep under any circumstance. The skip of the non-delivering must remain in the hack area until all stones come to rest. They are not allowed to sweep the opposition stone behind the tee-line
- The skip or vice skip (not both) of the non-delivering team must stand at the hack until the other team is finished playing and has relinquished control of the house.
- The skip or vice skip (both teams) may not sweep any stones (both colours) set in motion by the delivering team
- Alternate the start of games. Even-numbered sheets start at the home end and odd-number sheets start at the away end
- Live Traffic Flow Illustrations/Videos can be found here: <https://www.curling.ca/return-to-play/>



CROSS COUNTRY SKIING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 3:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes should put on their own gear and/or have a caregiver designated to support them
- All equipment must be disinfected before and after the program

PRACTICE & COMPETITION

- Skills and drills recommended
- Stagger starts to avoid participants passing one another
- Only intra-club competition permitted (athletes within the club)



FIGURE SKATING

GENERAL

- Follow Athlete to Coach Ratio's 3:1
- All registered Special Olympics Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Sport Specific Guidelines please follow [Skate Canada NL Return to Skate Guidelines](#)
- Follow Local Figure Skating Club / Venue Specific Guidelines
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

SPEED SKATING

GENERAL

- Follow Athlete to Coach Ratio's 3:1
- All registered Special Olympics Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Sport Specific Guidelines please follow [Speed Skating Canada Return to Sport](#)
- Follow Local Speed Skating Club / Venue Specific Guidelines
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)



FLOOR HOCKEY

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes to use their own equipment when possible - Goalie equipment not to be shared during the program
- Goalie equipment should dry for 48-72 hours before another athlete uses it. The same applies to helmets, shin pads & gloves
- Bibs/pinnies are not permitted - each athlete can bring two (2) tops (light & dark as an option)
- Athletes needing assistance putting on equipment should get help from parent/caregiver
- All equipment should be clearly labelled (name/coloured tape)
- Athletes are to arrive ready to train. Change rooms may not be available
- All equipment must be cleaned/disinfected before and after the program

PRACTICE AND GAME PLAY

- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)
- Instead of a handshake, give a friendly wave or tap sticks to start/end game
- Group huddles are NOT permitted
- Physical distancing (6ft/2m) must be maintained while on the bench and when giving instruction during gameplay



GOLF

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use their own equipment when possible
- Shared or facility equipment being used must be cleaned between each use
- Assign areas for personal belongings
- All equipment must be disinfected before and after the program
- Note that the venue may not supply tees, pencils, water or sand bottles at this time
- Ball washers may not be available at this time, carry your own bottle of water & towel
- Club & pull cart rentals may not be available - note venue specific guidelines
- Sand/seed containers may not be provided; please repair divots as best you can
- Do not retrieve golf balls with your hands or touch pins, flags, or cups - contactless ball retrieval mechanism provided by the venue, note procedure in use

PRACTICE AND GAME PLAY

- Practice greens can be used, as long as physical distancing (6ft/2m) is maintained
- Note all signage at venue showing number of people allowed in designated areas & pace of play procedures
- Bunker rakes may not be available - please smooth sand with your foot or the club. Preferred lies are permitted in the bunker or the bunkers are to be played as Ground Under Repair at this time. If bunker rakes are available, only volunteers are permitted to use them
- Only intra-club competition permitted (athletes within the same club)



POWERLIFTING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Bar will not be sanitized after every use (safety) - Athletes will sanitize their hands before and after each lift
- All equipment must be disinfected before and after the program

PRACTICE & COMPETITION

- Skills and drills recommended
- Only intra-club competition permitted (athletes within the club)



RHYTHMIC GYMNASTICS

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 4:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use own equipment when possible
- Shared or facility equipment being used must be disinfected/cleaned between each use

PRACTICE & COMPETITION

- Participants to maintain physical distancing (6ft/2m) at all times during the session
- Only intra-club competition permitted (athletes within the same club)



SNOWSHOEING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 3:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use their own equipment when possible
- All shared equipment must be clearly labelled and cleaned/disinfected between each use
- All equipment must be disinfected before and after the program
- Coaches should use their own equipment when possible
- Shared coach equipment (clipboard, stopwatches, hand radios, etc.) require cleaning/disinfecting between each use

PRACTICE AND COMPETITION

- Participants must be physically distant (6ft/2m) throughout the session.
- Only every other lane is to be used (i.e., lanes 1,3,5 etc.). When athletes are passing on the track, they should try and keep physically distant between themselves and the athlete they are passing
- Relays are not be permitted
- Stagger starts as needed to allow for physical distancing
- Use markers/barriers as needed to show areas/lanes, not in use
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



SOCCER

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use their own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use
- Bibs/pinnies are not permitted - each athlete can bring two (2) tops (light & dark as an option)
- All equipment must be disinfected before and after the program

PRACTICE AND GAME PLAY

- Participants to maintain physical distance (6ft/2m) throughout the session (bench, warm-up, practice)
- Skills and drills recommended
- No heading and no hand contact with the ball
- Only intra-club competition permitted (athletes within the club)



SOFTBALL

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Athletes use own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use (with the exception of helmets, gloves & catchers gear - which will not be shared)
- All equipment must be disinfected before and after the program
- If dugout/benches are available, physical distancing must be maintained (6ft/2m) (additional area may be needed along fence line)

PRACTICE AND GAME PLAY

- Base coaches must be (6ft/2m) from 1st and 3rd base at all times - it is recommended, where possible, that no base coaches be used
- The catcher must be (6ft/2m) behind the strike mat
- Game balls are not to be shared between teams. Each team will provide sanitized balls. Balls will be controlled by the respective bench. If a ball goes out of play, the defensive team will throw a sanitized game ball into play. The out of play ball will be returned to the bench and sanitized. All balls must be disinfected after each half inning
- On deck batter limited to 1 bat & should remain in designated area until stoppage of play
- Catcher and Batter will maintain physical distance (6ft/2m)
- To eliminate potential contact: no force plays, including home plate, and no tag plays, including catcher pick off attempts
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)



SWIMMING

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 6:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Participants to bring/use own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use
- If venue allows use of blocks, starting blocks must be cleaned between each use
- All equipment must be disinfected before and after the program

PRACTICE & COMPETITION

- Reduce the number of athletes per lane to allow for physical distancing (6ft/2m)
- Participants swim in the middle of the lane (on lane line) where possible to maximize physical distancing
- Participants must maintain physical distancing (6ft/2m) throughout practice
- Skills and drills recommended
- Dryland training to be completed at home and prior to arrival - NOT on the pool deck
- Only intra-club competition permitted (athletes within the same club)



GENERAL WORKOUT

GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#)
- Follow Athlete to Coach Ratio 3:1
- Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- Group/team socialization activities are not recommended
- Canteen services are off-limits at all venues during the program
- Non-medical masks are mandatory indoors
- If first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Upon arrival, athletes are to go directly to their assigned lane

EQUIPMENT

- Participants to bring/use own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use
- All equipment must be disinfected before and after the program

PRACTICE

- Maintain physical distancing (6ft/2m) throughout practice
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club)