



## **Current Guidelines for SOS Sport Programs - Effective May 30, 2021**

Special Olympics Saskatchewan (SOS) programs during COVID-19 must be delivered in a safe and prudent manner. Sport programs must be modified to follow measures from the Current Public Health Orders (that may differ by region) and the [Re-Open Saskatchewan Sports and Activities Guidelines](#) (pages 86-98) including:

### **Outdoor Sports (Next change expected June 20, 2021)**

#### **Current Guidelines for Practice and Training:**

- Practice and training can be done without past group and structural guidelines.
- Distancing, masking, sanitizing, and other COVID-19 precautions are still recommended.

#### **Current Guidelines for Competition and Tournaments:**

- Individual and team outdoor sport competition is allowed. Tournaments are not permitted.

### **Beginning May 30, 2021, competition and game play for outdoor team sports can proceed with the following requirements:**

- Participants may not compete if they are feeling unwell.
- Players and coaches should be encouraged to screen for COVID-19 symptoms prior to arriving to practice and play, using the self-assessment tool at [saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19).
- League play is allowed to resume; however, tournaments are not permitted at this time. This will be revisited in Step Two of the Re-Opening Roadmap.
- No interprovincial travel. Teams competing in regional interprovincial leagues need to contact the Business Response Team prior to beginning play.
- Capacity must be in compliance with the public health order for public outdoor gatherings for each playing surface or game area. Public outdoor gatherings are set to expand to a limit of 150 people on May 30 as part of the Re-Opening Roadmap. Common areas, such as those where there are multiple playing surfaces, must also be in compliance with gathering limits in the public health order.
- Individual and protective equipment should not be shared. When helmets and bats or other equipment are shared, cleaning and disinfecting must occur between each use.
- Commonly touched equipment used for game play (e.g. game ball, football) is routinely replaced or disinfected during the course of practice or play.
- Coaches, officials, umpires, referees and players who are not on the field are not required to wear masks outdoors under the public health order. However, masks may be worn if they are more comfortable with that layer of protection.
- No shaking hands, high-fives, etc.



- Spectators not from the same household should maintain two metres of physical distancing.
- Spectators must remain in designated areas. Masks are not required to be worn outdoors under the public health order, but they may be worn if spectators are more comfortable with that layer of protection.
- Hand sanitizer approved by Health Canada (DIN or NPN) or soap and water handwashing stations should be available for participants and spectators.
- No sharing of water bottles.
- Public washrooms, when available, are cleaned and disinfected regularly, and soap and water or hand sanitizer is available.
- Contact information of the coaches, officials and players should be recorded by the home team and maintained in order to assist with contact tracing for 30 days in the case of a confirmed case of COVID-19.

### **Indoor Sports (Next change expected June 20, 2021)**

#### **Current Guidelines for Practice and Training:**

- Athletes of all ages can participate in training and conditioning for both team and individually practiced indoor sports in groups using the following format.
  - Groups of 8, plus a coach or two
    - If a group of 8 athletes is practicing/training, having no more than two coaches is appropriate.
    - Coaches/trainers are not included in the training group numbers as long as they are masked and maintain a physical distance of three metres.
    - Coach instruction is permitted with no contact, appropriate physical distancing and mask use.
  - 3 meters of physical distancing among all participants at all times
  - Mandatory, non-medical mask use is required for all individuals during all indoor sporting activities, with aquatic activities the only exception.
  - Training and conditioning only
  - Non-contact only
  - Minimal use of equipment or use of personal equipment is recommended. Shared equipment (helmets, bats, clubs, gloves, etc.) must be cleaned frequently. Ball passing is allowed.

#### **Multiple groups of 8 per practice or training session:**

- Large indoor sport fields/floors/spaces can be used for multiple groups of individuals for the purpose of conditioning and training if the following requirements are met:



- Physical distancing of five metres between groups of participants, and three metres for high intensity and two metres for low intensity activities between groups of participants is maintained.
- Barriers/markings are required to prevent interaction and physical contact between groups of participants.
- Each group is limited to eight participants or less.
- Each group eight (or less) must remain in their own group throughout the training.
- Maximum number in the facility is 30, not including coaches and staff.
- Coaches are encouraged to remain with one group of 8 in each session. If they are floating between groups they must be wearing a medical grade face mask.
- Area is well ventilated.
- Group activities, such as swimming lessons, fitness classes and competitive swim team training, must be scheduled outside of public swim times.
- Groups are managed to avoid queuing or crowding (e.g. start and end times must be staggered between groups to prevent larger numbers in change rooms and walkways).

#### **Current Guidelines for Competition and Tournaments:**

- Individual and team indoor sport competitions and tournaments are not permitted.

#### **Spectator Guidelines:**

- Spectator maximum capacity for the facility is 30 people as long as two metres of physical distancing can be maintained from other members of the public not included in their household group and the athletes.
- Spectators should be limited as much as possible and priority given to parents and others needed to support the players, particularly for sports involving young children.
- Discourage gatherings of spectators in common areas.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts, bench areas, change rooms).

#### **Additional SHA and SOS Guidelines for Practice/Training and Competitions (Indoor & Outdoor):**

- Each SOS sport program must have a designated person to ensure compliance with these guidelines.
- Ensure all participants are properly registered and have completed the proper waivers and declarations prior to participating in their first session.
- Ensure the attendance tracking protocol of all individuals present at a session is done at the beginning of the session.



- No group shall exceed the gathering limits in the public health order and/or the requirements defined by the facility or municipality.
- Schedules should be staggered and the duration of the activity should be specified to promote physical distancing and allow for adequate cleaning and disinfection between uses.
- Wherever possible, promote physical distancing by:
  - Promoting one-way traffic flow to avoid individuals from inadvertently interacting.
  - Placing stickers or signage on the wall/floor every two metres.
  - Limiting lane use on indoor tracks to every other lane to promote physical distancing.
  - Spacing seats or assigning seating at two-metre distances.
  - Reducing capacity in each room, venue, court or ice surface in the facility.
  - Establish a spaced and quick arrival and departure procedure.