

ACTIVE START PROTOCOL

General	For community-based programs, there must be one parent/caregiver present to work with their athlete. A 1:1 ratio of child to adult will support children with safely following the coach's instruction from a distance, and reduce exposure to additional individuals. Only one parent or caregiver per child is allowed during the program.
General	Physical distancing (2 metres) must be in place between members from different households/social bubbles.
General	Practice proper hygiene. Wash hands before and after practice, do not touch your face, and avoid touching frequently touched surfaces when at practice.
General	Do not loiter in venue or parking lots before/after practice. Following practice, exit the venue as promptly as possible and avoid socializing in the lobby and/or parking lot after your practice.
General	If 2 metres cannot be maintained during entry or exit in the facility, wearing a mask is strongly advised.
General	Community-based programs will be limited to 5 participants, 5 parents/caregivers, 2 coaches, and 1 program safety volunteer.
Coach	Stagger arrival and departure times so families are not entering the facility at the same time. Ensure that distance is maintained during the COVID screening upon arrival using signage, markers and visual aids.
Coach	Use tape, chalk, floor markers, hula hoops, cones or other Young Athletes equipment to help create a physical space for each individual child.
Equipment	In early levels of Return to Youth Programs, sharing equipment is not allowed. Coaches may ask parents/caregivers to bring a set of household items that will be used for each session, and/or divide and assign program equipment so each family has their own set for individual use during the session.
Equipment	Any equipment belonging to the program must be sanitized before and after each training session. Those cleaning any equipment should wear gloves and must wash their hands often.
Parents/Caregivers	Participation is required to help support your child. Respect all rules and protocols as laid out by your Young Athletes Program Leader.
Parents/Caregivers	Bring your own snacks and water to Young Athletes activities. Do not assume that refreshments will be available for purchase in any facility/venue.

Considerations for School-Based Programs

Students should be participating in program with students in their learning cohort. Please follow protocols and procedures as laid out by your school districts on what may or may not be allowed in physical education/gym classes.