



### 5 PIN BOWLING

#### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 5:1 - Head & Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended - 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 ball) when possible. If equipment is to be shared, a coach is to disinfect/clean equipment between each use
- All equipment must be disinfected before and after the program

#### PRACTICE AND GAME PLAY

- Lane numbers used will be determined by venue size & layout
- Must ensure 1 seat space between each athlete. Use markings on seats where needed to help
- Lanes with seats back-to-back can only be used if physical distancing can be adhered
- Lane assignments for each cohort must be completed prior to first session & communicated to all participants to reduce congestion upon arrival at venue
- Only permitted to use every other lane to allow for physical distancing
- Assigned lanes will become a cohort. Athletes & coaches must remain with the same lane assignment and cohort each week throughout the duration of program. i.e., cohort 1 assigned to lane 1, cohort 2 assigned to lane 3, etc.
- 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 club) - All [Public Health Guidance](#) must be followed



## 10 PIN BOWLING

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 8:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended - 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 ball) when possible. If equipment is to be shared, a coach is to disinfect/clean equipment between each use.
- All equipment must be disinfected before and after the program

### PRACTICE AND GAME PLAY

- Lane numbers used will be determined by venue size & layout
- Must ensure 1 seat space between each athlete. Use markings on seats where needed to help
- Lanes with seats back-to-back can only be used if physical distancing can be adhered
- Lane assignments for each cohort must be completed prior to first session & communicated to all participants to reduce congestion upon arrival at venue
- Only permitted to use every other Lane to allow for Physical Distancing
- Assigned lanes will become a cohort. Athletes & coaches must remain with the same lane assignment and cohort each week throughout the duration of program. i.e., cohort 1 assigned to lane 1, cohort 2 assigned to lane 3, etc.
- 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) - All [Public Health Guidance](#) must be followed



## ATHLETICS

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 4:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)
- Designate an area for personal belongings. Physical distancing between items must be followed

### EQUIPMENT

- Shared equipment (shot put, mini javelin, etc.) must be disinfected by a coach between users
- Shot Put & Mini Javelin - Athletes should retrieve their own equipment after use when possible, and place in a designated space for a coach to disinfect before next use
- Long jump - use of pit permitted. Raking must be complete by same coach and sanitize rake as needed
- Long jump - boards should only be handled by a coach
- Long jump - one (1) athlete on the long jump run at a time
- High jump - mats are NOT permitted at this time
- All equipment used to mark out areas (pylons, barriers, etc.) must be cleaned before and after the program
- All equipment must be disinfected before and after the program
- Coaches should not share equipment when possible (i.e., clipboards, stop watches, etc.)



## **PRACTICE & COMPETITION**

- **Participants must be physical distancing (6ft/2m) throughout the session. Spot markers can be used to assist**
- **During use of lanes, ensure athletes are physical distancing. Only use every other lane, (i.e., lane 1,3,5). When athletes are passing on track, they must keep 6ft/2m distance between themselves and athlete they are passing**
- **Relays will not be permitted**
- **Stagger starts where needed to allow for physical distancing**
- **Use markers/barriers where needed to show areas/lanes not in use**
- **Skills and drills recommended**
- **Only intra-club competition permitted (athletes within the same club) - All [Public Health Guidance](#) must be followed**



## BOCCE

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 4:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### EQUIPMENT

- Pallina must be disinfected between each throw. Alternatively, it can be thrown by a volunteer, but it must be the same volunteer for the duration of that program session
- Player's Bocce balls need to be identified so athletes always play with the same Bocce ball. No sharing of Bocce balls when possible. If Bocce balls need to be shared, they must be cleaned by a volunteer between each use by a different player
- Leave plenty of space between courts (suggested 12 feet / 4 metres)
- Only one (1) person can install and dismantle the Bocce court
- All equipment used to mark out court (pylons, flags, etc.) must be cleaned before and after the program
- 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) - All [Public Health Guidance](#) must be followed



## CURLING

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 5:1 - Head and Associate/Assistant coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### 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 venue
- Athletes are to use their own equipment when possible
- If equipment at facility is being used/shared, a coach must disinfect equipment between each 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) - All [Public Health Guidance](#) must be followed
- 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/>
- Players 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 marking, located four 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](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 player 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 back boards, but no closer than the hack
- **Delivering Team:** The Skip has control of the house. The player whose turn it is to deliver is in the hack. The non-sweeping player in on the backboards. The sweeping player is at the T-Line. Once the stone has been released, the player who delivered the stone proceeds down the centre line of the ice until the halfway point to the marking or to the hog line 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 hog line 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 team 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 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](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 3:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### 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) - All [Public Health Guidance](#) must be followed





## 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

## 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



## FLOOR HOCKEY

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 6:1 - all Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### EQUIPMENT

- Athletes to use their own equipment when possible - Goalie equipment not to be shared during session
- Goalie equipment should dry for 48-72 hours before another athlete uses it. The same applies for helmets, shin pads & gloves
- Bibs/pinnies are not permitted - each athlete can bring two (2) tops (light & dark as an option)
- Shared or facility equipment must be disinfected by volunteer between each use
- Athletes needing assistance putting on equipment should get help from someone in their household bubble
- 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) - All [Public Health Guidance](#) must be followed
- Instead of a handshake, give a friendly wave or tap sticks to start/end game
- Group huddles will NOT be permitted
- Physical distancing (6ft/2m) must be maintained while on the bench and when giving instruction during game play and skills and drills



## GOLF

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 4:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### EQUIPMENT

- Athletes use 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 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 balls with your hands or touch pins, flags, or cups - contactless ball retrieval mechanism provided by 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) - All [Public Health Guidance](#) must be followed



## POWERLIFTING

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 4:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors)
- Coaches/Volunteers recommended to wear NMM and face shield or goggles - in particular if spotting athletes or during first aid situations

### 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) - All [Public Health Guidance](#) must be followed



## RHYTHMIC GYMNASTICS

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 4:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### EQUIPMENT

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

### PRACTICE & COMPETITION

- Coaches/Volunteers must wear NMM and face shield or goggles if assistance is needed for athlete (first aid or safety situation)
- Participants to maintain physical distancing (6ft/2m) at all times during session
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club) - All [Public Health Guidance](#) must be followed



## SNOWSHOEING

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 3:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### EQUIPMENT

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

### PRACTICE AND COMPETITION

- Participants must be physical distancing (6ft/2m) throughout the session. Spot markers can be used to assist
- During use of lanes, ensure athletes are physical distancing. Only use every other lane, (i.e., lane 1,3,5). When athletes are passing on track, they must keep 6ft/2m distance between themselves and athlete they are passing.
- Relays will not be permitted
- Stagger starts where needed to allow for physical distancing
- Use markers/barriers where needed to show areas/lanes not in use
- Warm up shelter must allow for physical distancing (6ft/2m) between all participants
- Skills and drills recommended
- Only intra-club competition permitted (athletes within the same club) - All [Public Health Guidance](#) must be followed



## **SOCCER**

### **GENERAL**

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 6:1 - Head and Associate/Assistance Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### **EQUIPMENT**

- Athletes use 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 used to mark out field (pylons, flags, etc.) must be cleaned before and after the program
- 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 ball
- Only intra-club competition permitted (athletes within the club) - All [Public Health Guidance](#) must be followed



## SOFTBALL

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
- Follow Athlete to Coach Ratio's 6:1 - Head and Associate/Assistant Coaches must complete [Leading a Return to Sport Participation](#) eLearning module
- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### 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 will 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) - All [Public Health Guidance](#) must be followed





## SWIMMING

### GENERAL

- All Venue Specific Guidelines must be followed
- Total number of people as per current [Public Health Guidance](#) & Venue Specific Guidelines
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- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Arrive ready to train. Change rooms may not be available
- Participants - Non-medical masks (NMM) are recommended when not in the water
- Coaches/Volunteers - face shield recommended when in water
- Caregivers - face shield recommended when in water
- if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles - when not in water

### 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 number of athletes per lane to allow for physical distancing (6ft/2m)
- Participants swim in middle of 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 complete at home and prior to arrival - NOT on pool deck
- Only intra-club competition permitted (athletes within the same club) - All [Public Health Guidance](#) must be followed



## GENERAL WORKOUT

### GENERAL

- All Venue Specific Guidelines must be followed
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- For venues that allow spectators, please follow current [Public Health Guidance](#) & Venue Specific Guidelines
- Count spectators in addition to the athletes, volunteers, respites, officials, facility staff, etc.
- Group/team socialization activities are not permitted, including in facility change rooms
- Canteen services are off limits at all venues during the program
- Non-medical masks are recommended (indoors) - if first aid is needed Coach/Volunteer to wear NMM & Face shield or goggles (indoors & outdoors)

### EQUIPMENT

- Participants to bring/use own equipment when possible
- Shared or facility used equipment must be cleaned/disinfected between each use
- All equipment used to mark out court (pylons, flags, etc.) must be cleaned before and after the program
- 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) - All [Public Health Guidance](#) must be followed