



BEFORE YOU PLAY

Do not play if you:

- Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the activity.
- Bring hand sanitizer.
- Bring your own equipment.
- Bring your own water bottle.
- Clean your equipment, including your water bottle.
- Do not share equipment.
- Change into your sport apparel at home (not at the field/court location).
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Consider wearing a mask or gloves while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

WHILE PLAYING

- Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- Listen to your coach and keep to the area of the field/court the coach has instructed you to be in.
- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact with other players.
- Do not shake hands or do fist bumps, with other players.
- Avoid touching other equipment with your hands (ie cones, nets, etc).

AFTER PLAYING

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court/field as quickly as possible after you finish playing.

FAILURE TO FOLLOW

- Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.