



# Ontario Public Health Measures for Sport

## Section Overview:

Colour-Coded Provincial Zones

Good Hygiene Reminders

2021 Pre-Season Actions







# Framework: Adjusting and Tightening Public Health Measures

Act earlier by implementing measures to protect public health and prevent closures

Gradually loosen measures as trends in public health indicators improve

Objective



## Green Zone: Prevent

- Focus on education and awareness of public health and workplace safety measures in place
- Restrictions reflect the broadest allowance of activities in Stage 3 absent a widely available vaccine or treatment
- Highest risk settings remain closed



## Yellow Zone: Protect

- Enhanced target enforcement, fines and enhanced education to limit further transmission
- Apply public health measures in high risk settings



## Orange Zone: Control

- Implement enhanced measures, restrictions and enforcement, avoiding any closures



## Red Zone: Restrict

- Implement broader-scale measures and restrictions, across multiple sectors, to control transmission
- Restrictions are the most severe available before wide scale business or organizational closure



## Grey Zone: Lockdown

- Implement wide scale measures and restrictions, including closures, to halt or interrupt transmission
- Consider declaration of emergency

Tactics



## GREEN ZONE PREVENT



## MEASURES FOR SPORT

### Indoor Capacity

50 Players Max  
(Consistent Cohorts)

### Outdoor Capacity

50 Players Max  
(Consistent Cohorts)

### Game Play Capacity

Modified Playing Rules  
No Body Contact

### Practice / Training

2m Distance  
No Body Contact

### League Size

50 Players / Phase  
(Consistent Cohorts)

### Spectators

Max 50 Indoor / 100 Outdoor  
(Subject to Municipal Rules)

### Protocols

Hand Sanitizer And  
Face Masks Required

### Hygiene

Shared Equipment  
Sanitized After Use

### Record Keeping

Maintain Attendance  
Records For 1 Month

### Travel

Green/Yellow/Orange Allowed  
Grey/Red Restricted

### Registration

Completed Online  
Must Include Pre-Screening

### Risk Management

Club Safety Plan Required

### Green Zone : Prevent

- Instruction / training for registered participants within an OLA association
- Competition between clubs within Public Health Units in Green, Yellow or Orange Zones in accordance with [Ontario Regulation 364/20](#) (cohorts of 50 players or less)
- Team travel outside of regional public health unit should be approved by the appropriate OLA Sector VP
- Maximum 50 players involved in any single event under modified rules which prevent body-to-body and stick-to-body contact



## YELLOW ZONE PROTECT



# MEASURES FOR SPORT

### Indoor Capacity

50 Players Max  
(Consistent Cohorts)

### Outdoor Capacity

50 Players Max  
(Consistent Cohorts)

### Game Play Capacity

Modified Playing Rules  
No Body Contact

### Practice / Training

3m Distance  
No Body Contact

### League Size

50 Players / Phase  
(Consistent Cohorts)

### Spectators

Max 50 Indoor / 100 Outdoor  
(Subject to Municipal Rules)

### Protocols

Hand Sanitizer And  
Face Masks Required

### Hygiene

Shared Equipment  
Sanitized After Use

### Record Keeping

Maintain Attendance  
Records For 1 Month

### Travel

Green/Yellow/Orange Allowed  
Grey/Red Restricted

### Registration

Completed Online  
Must Include Pre-Screening

### Risk Management

Club Safety Plan Required

## Yellow Zone : Protect

- Instruction / training for registered participants within an OLA association
- Competition between clubs within Public Health Units in Green, Yellow or Orange Zones in accordance with [Ontario Regulation 364/20](#) (cohorts of 50 players or less)
- Team travel outside of regional public health unit should be approved by the appropriate OLA Sector VP
- Maximum 50 players involved in any single event under modified rules which prevent body-to-body and stick-to-body contact





## ORANGE ZONE CONTROL



## MEASURES FOR SPORT

### Indoor Capacity

50 Players Max  
(Consistent Cohorts)

### Outdoor Capacity

50 Players Max  
(Consistent Cohorts)

### Game Play Capacity

Modified Playing Rules  
No Body Contact

### Practice / Training

3m Distance  
No Body Contact

### League Size

50 Players / Phase  
(Consistent Cohorts)

### Spectators

One Parent / Guardian For Each  
Participant Under 18 Years Old

### Protocols

Hand Sanitizer And  
Face Masks Required

### Hygiene

Shared Equipment  
Sanitized After Use

### Record Keeping

Maintain Attendance  
Records For 1 Month

### Travel

Green/Yellow/Orange Allowed  
Grey/Red Restricted

### Registration

Completed Online  
Must Include Pre-Screening

### Risk Management

Club Safety Plan Required

### Orange Zone : Control

- Instruction / training for registered participants within an OLA association
- Competition between clubs within Public Health Units in Green, Yellow or Orange Zones in accordance with [Ontario Regulation 364/20](#) (cohorts of 50 players or less)
- Team travel outside of regional public health unit should be approved by the appropriate OLA Sector VP
- Maximum 50 players involved in any single event under modified rules which prevent body-to-body and stick-to-body contact



## RED ZONE RESTRICT



## MEASURES FOR SPORT

### Indoor Capacity

10 Participants Max  
(8 Players + 2 Coaches)

### Outdoor Capacity

25 Participants Max  
(23 Players + 2 Coaches)

### Game Play

No Scrimmages Or  
Games Allowed

### Practice / Training

Training Only (3m Distance)  
No Contact

### Event Size

10 (Indoor Sessions)  
25 (Outdoor Sessions)

### Spectators

One Parent / Guardian For Each  
Participant Under 18 Years Old

### Protocols

Hand Sanitizer And  
Face Masks Required

### Hygiene

Shared Equipment  
Sanitized After Use

### Record Keeping

Maintain Attendance  
Records For 1 Month

### Travel

Restricted To  
"Essential Travel Only"

### Registration

Completed Online  
Must Include Pre-Screening

### Risk Management

Club Safety Plan Required

### Red Zone : Restrict

- Instruction / training for registered players within an OLA association (no games or competition of any kind)
- Strict on-floor / on-field physical distancing
- Maximum 10 participants indoors (includes coaches), maximum 25 participants outdoors (includes coaches)
- Minimum 2 registered coaching staff present





## GREY ZONE LOCKDOWN



## MEASURES FOR SPORT

### Indoor Capacity

No Team Sports Allowed

### Outdoor Capacity

No Team Sports Allowed

### Game Play

Not Allowed

### Practice / Training

High Performance Athletes  
Only (Olympic Pathway)

### Event Size

No Team Sports Allowed

### Spectators

No Team Sports Allowed

### Protocols

Communication With  
Registered Members

### Hygiene

N/A

### Record Keeping

Maintain Attendance  
Records For 1 Month

### Travel

Restricted To  
"Essential Travel Only"

### Registration

Postponed

### Risk Management

N/A

### Grey Zone : Lockdown

- No in-person programming delivered



# GOOD HYGIENE REMINDERS

## Personal Hygiene

Frequent hand-washing and hand-sanitizing

## Non-Medical Masks

Worn at all times except when participating in activity

## Limit Contact

No shaking hands or initiating personal contact

## Limit Travel

Travel should be limited in Green/Yellow/Orange zones

## Cleaning

Clean personal equipment after every use

## Sanitizing

Sanitize shared equipment and surfaces after every use

## Protocols

Follow all posted and communicated rules

## Interactions

Avoid gatherings and exchanges with other people

## Outdoor Spaces

Prioritize outdoor opportunities wherever possible

## Do Not Share

Personal equipment should not be shared

## Maintain Distance

Stay 2m or more away from others, especially indoors

## Technology

Use touchless technology wherever possible

## The Difference Between Cleaning, Sanitizing and Disinfecting

COVID-19 is susceptible to disinfectants and sanitizers, which means that increased cleaning, sanitizing and disinfecting of personal and shared surfaces and spaces will reduce the risk of transmission. The Government of Canada provides instructions on cleaning, sanitizing and disinfecting public spaces during COVID-19. When used in combination, cleaning, sanitization and disinfectants can significantly reduce the spread of COVID-19 and other transmittable infections. Clubs and municipal facilities are responsible for ensuring that cleaning, sanitizing and disinfecting is taking place at appropriate intervals. [Click here to read more.](#)





# 2021 PRE-SEASON ACTIONS

## Get In Touch

Survey parents from 2020 to gauge interest for 2021

## Plan for 2021

Determine program offerings and expected start dates

## Recruit Volunteers

Establish a volunteer base through the community

## Be Flexible

Start dates will vary  
Clubs should be ready to pivot

## Plan for Coaches

Reach out to coaches about returning in 2021

## Plan for Competition

Determine player eligibility and necessity to rebalance teams

## Plan for Access

Confirm field and facility availability for RTA sessions

## Plan for Emergencies

Create and rehearse an Emergency Action Plan

## Communicate!

Create templates to share updates with members

## Communicate!!

Post regularly online and on social to drive excitement

## Communicate!!!

Reach out to other clubs to plan and prepare together

## Communicate!!!!

Connect with the OLA to share successes and challenges

## Expect the Unexpected

COVID-19 is an ongoing and evolving situation that affects everyone. A cycle of uncertainty, learning and adaptation has shaped the pandemic from its beginning, and the introduction of inoculation continues to challenge the world. Even the most thorough preparation cannot anticipate all issues, but it is essential to build learning and flexibility into planning for the 2021 season. Successful club programs will benefit from three keys approaches to 2021: planning, communicating and reacting with flexibility.