

COVID-19 Return to Sport Guidelines

These guidelines are meant to support organizations in their return to their sport activities, including, but not limited to, lessons, coaching and organized programs, adhering to the [Nova Scotia Provincial Government coronavirus guidelines](#). The following must be demonstrated in any return to sport plans:

Environment

- How physical distancing will be maintained before, during, and after activities at the location the activity occurs, following the [physical distance guidelines](#).
- How the activity will limit the number of people within a [facility](#).
- How the activity will limit the congregation of people in shared areas (i.e: common space where participants are checked-in and out of, washrooms, changing rooms, equipment rooms, etc.).

Equipment

- How the activity will limit the necessity of shared equipment.
- How equipment will be managed and [cleaned](#) with appropriate disinfecting cleaner before and after use.

Personal Protective Precautions

- How you'll follow the [latest public health guidelines for cleaning and disinfecting](#)
- How you'll follow the [latest public health guidelines for hygiene, including hand hygiene](#), and promote hand hygiene throughout the space.
- How participants will be educated to make sure they don't participate if they're feeling unwell or [have symptoms](#).
- How it will be ensured that participants [wear a mask](#) at all times while in an indoor facility, except while taking part in the sport activity, if it is determined that a mask cannot be worn.

Communication

- How participants will be informed of the safety precautions that they must follow, implemented by the organization.
- How your plan will be communicated to all participants.
- If possible, maintaining a participant registry, (names, dates, time, and contact info) to facilitate potential public health contact tracing.

In addition to the provincial public health measures, organizations must adhere to any measures implemented by their affiliated National/Provincial Sport Organizations and the facilities in which they operate.