

BC SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered as we transition through the various return phases.

	Strictest Controls (Prior to May 19, 2020)	Transition Measures (approx. May 19th to Sept)	Progressively Loosen (Future date TBC)	New Normal (Future date TBC)
Restrictions in Place	Maintain Physical Distance (2m) No non-essential travel	Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	Increased hand hygiene Symptom Screening in place	Increased hand hygiene	Increased hand hygiene
Facility	Outdoor or within home Facilities and playgrounds closed	Outdoor is safest Indoor facilities slowly re-opening	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	Small Groups No or limited spectators	Groups sizes may increase Limited spectators	Large groups allowed No restrictions on spectators
Non-contact Activities	Low risk outdoor activities can occur (biking, running, etc). Virtual activities	Fundamental movement skills Modified training activities, drills	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	Should not occur Contact sports should look for non-contact alternatives to training	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	Minimal shared equipment Disinfect any shared equipment before, during and after use	Some shared equipment Enhanced cleaning protocols in place	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines