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Recommendations for Community sport and recreational activities

COVID-19 prevention Public health Directives

Date: June 28th, 2020

The following guidelines pertain to the practice of sport and recreational activities in Eeyou Istchee. This includes training camps and the practice of team or individual sports. Indeed, although the complete reopening of all sports and recreational activities is planned for Phase 3 of Eeyou Istchee Deconfinement Plan, some of these activities can be practiced as of Phase 2, to the extent that they comply with the current social gathering restrictions.

For example, as of <u>Phase 2</u>, all sports can be practiced, as long as the following precautionary measures can be respected:

- Outdoor sport activities can be practiced, insofar as all the participants do not represent more than 5 households, and the measures of physical distance between the members of distinct households are respected.
- The practice of indoors activities, is limited to participants of 2 households only, also with the restriction of respecting physical distancing between people not living at the same address. **Indoors sports are considered at <u>higher</u> risk than those practiced outside**, due to the lack of ventilation and space for physical distancing.

While the majority of the guidelines below contribute to mitigating the COVID risk associated with these activities within groups of all ages, the last section presents recommendations that are specific for holding activities with children and youth.

THE BEST WAY TO AVOID CONTAMINATING YOURSELF AND OTHERS IS TO

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1. Monitoring of high risk workers and participants

- Activity organizers must make sure to identify and **exclude all workers and activity participants who are at risk of being infected with COVID-19**. To do so, organizers need to ensure the following questions are asked to all workers and participants before they can access the activity site:
 - Have you been out in a region considered at <u>risk for Eeyou Istchee</u> in the last 2 weeks?
 - Have you been in contact with someone who has COVID-19, or someone who has recently become sick with symptoms that could be COVID-19 in the last 2 weeks?
 - Do you have any of the following symptoms, even if they are mild: fever, cough or difficulty breathing, sore throat, fatigue, diarrhea or sudden loss of sense of taste or smell?
 - > Please note that temperature taking is not required.
- Anyone answering yes to any of the above questions should be excluded from the activity, until they have ended their isolation period.
- In addition, anyone presenting active symptoms must be referred to their local CMC, for investigation and testing (see <u>https://www.creehealth.org/about-us/contacts</u>)
- Finally, organizers must **keep a daily registry** of everyone present (workers and participants).
 - In the event of a case of COVID-19 within the group participating in this activity, public health will conduct an investigation to determine the level of contact with other people. Depending on the assessment, other workers might also have to be tested and self-isolate for 14 days.
- 2. Promoting hand hygiene and respiratory etiquette

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- Provide a space, right **at the <u>entrance</u> of the activity site** (whether outdoors or indoors), where everyone can wash their hands or apply an alcohol-based solution (making sure that it is outside the children's reach)
- Encourage everyone to cough into a bent elbow, or into a tissue that is discarded immediately after use, then washing hands as soon as possible
- Place posters to remind everyone of the importance of respecting these basic hygienic measures <u>poster hand washing</u>, <u>poster respiratory etiquette</u>

3. Ensuring proper physical Distancing poster

- Although there is no limit to the exact number of participants allowed on the activity site, it is important to respect the following activity capacity:
 - If the activity is practiced **indoors**, participants should be limited to members of **2 households** only
 - If this is an **outdoor** activity, on the other hand, limit participant number to members of **5 households** maximum
- Keep a minimum distance of 2 meters (6 feet) between people of different households
 - It is important to maintain a 2 meter physical distance between people that are not living at the same address; however, people living at the same address do not need to physically distance from one another

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This means that there should always be 2 meter distance <u>between</u> groups composed of people living at the same address, but that this is not necessary for people <u>within</u> the group, as long as they all live at the same address., as illustrated below.



Source: <u>https://centreconnexions.org/wp-content/uploads/2020/06/june-15.jpg</u>

- Brief interactions (under 15 minutes) that take place between people of different households at less than 2 meters distance is <u>not</u> considered at very high risk and does not require additional measures.
 - For example, passing by someone for a few minutes without contact does not present a risk (e.g., on a staircase or in a corridor).
 - However, in situations where a longer contact within 2 meters of a person who is from the same household is necessary, it is important to wear a mask (or a scarf if no mask is available).
 - Pay particular attention to areas acting as bottlenecks (e.g., entrance to activity site, changing rooms, etc.): If necessary, position an employee or a volunteer at the entrance to provide instructions and direct participants.
- 4. Ensuring adequate disinfection

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- If the activity is held indoors, it is important to ensure proper cleaning and disinfection of the activity site (chairs, door handles, toilets, etc.); A frequency of at least once a shift is recommended
- Avoid serving food or refreshments, and ensure each participant have their own snack, water bottle, towel, etc.
- Remove any equipment that is not easily washable and clean equipment frequently, especially those that are manipulated by multiple persons (basketballs, baseball bats, etc.)

5. Measures specific for activities aimed at children and youth

- Because children and youth do not always show clear COVID-19 symptoms, access must be refused not only to children who exhibit symptoms associated with the disease, but <u>also</u> to those who are living with someone exhibiting COVID-19 symptoms, or who is waiting for a COVID-19 test result:
- Any child developing symptoms while on the activity site must be isolated in a room provided for this purpose.
 - Only one staff member should be looking after a child exhibiting symptoms while waiting for parents to come to get the child;
 - This staff member must wear gloves and an gown, as well as a procedure mask and protective eyewear; •
 - The parents of the children in the affected group and the staff in contact with the symptomatic child must call the local CMC (see https://www.creehealth.org/about-us/contacts)
- Due to risk of children transmitting COVID-19 to people who are at increased susceptibility of severe COVID-19 infections, we also recommend that children living with household members who present the following vulnerability factors do not attend activities:
 - Pregnant women,
 - Elders who are 70 years old or older,

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- People with a chronic disease or an immunodeficiency, as well as parents whose children suffer from these conditions
- However, these conditions cannot be used to exclude children from activities; the only factor that activity organizers can use to refuse access, apart from its intake capacity, is if a parent and/or child have contracted COVID-19 or have been in contact with a person who has tested positive for COVID-19.
- Modify activities so that they are done outside, as much as possible.
- If held indoors, make sure groups are always assigned the same room.
 - Make sure rooms allow a distance of 2 meters to be maintained between persons not living under the same roof
- Form subgroups (of 1 educator with children of similar age group, for example) which remain stable over time.
 - o Avoid transferring a person from one subgroup to another

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