

COVID-19: Safer Participation in Sports



Individual Skills



Team skills



Competition within-team or one cohort



Regional competition



Competition outside New Brunswick

Lower Risk

Higher Risk

- **Lower contact intensity**
- **Individual sports**
- **Effective game play modifications to reduce physical contact**
- **Higher contact intensity (proximity, frequency, duration of contacts)**
- **Team sports**
- **Close contact sports**

Take steps to protect yourself and others

Before you go

- Ask for COVID-19 operational plans (all organizations must have one)
- Know the importance of following the rules; this helps keep us safe
- Check to make sure you are feeling well; stay home if you are sick
- Bring your own labelled water bottles and snacks (don't share)
- Know your public health alert level and how activities may be affected; be flexible
- Make sure you are comfortable with the risks involved; risk for severe illness is higher for those with severe illness and/or pre-existing medical conditions

Tips for everyone

- Know the symptoms
- Have an illness plan; know how to isolate if symptoms develop
- Be supportive of the rules
- Be a good role model
- Practice physical distancing
- Wear a face mask where applicable
- Wash your hands
- Cover your cough
- Stay home when sick
- Limit number of social interactions elsewhere

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Other important risk factors to understand



Group Size

- As group size grows larger, risk becomes greater (team sizes, spectator gatherings)
- Space matters - smaller venues will have reduced capacity
- Arrive on time and depart immediately after; don't loiter



Travel

- Provincial organizations have been instructed to identify where out of region travel is necessary and not; follow their guidance
- Staying closer to home for activities prevents COVID-19 from spreading from one area to another



Safer Conduct

- No cheers, shouting, singing, spitting; this can spread COVID-19 more easily
- Find non-physical ways to celebrate that allow for physical distancing; no team huddles, high-fives, or handshakes
- Masks may or may not be required for participants depending on the activity; wear one when required and also whenever possible
- On the sidelines, players must wear a mask when not regularly substituted for play; coaches, staff, and volunteers must wear a mask on the sidelines
- All spectators must wear a mask as required



Game Play

- Group physical exertion increases risk
- Modified activities to limit contact; only brief contact during activities is allowed
- Close-contact sports are allowed a max of four consistent partners.
- Games/competitions are allowed depending on the phase of recovery. Preapproval may be required.
- Outdoors is safer than indoors (good ventilation reduces risk)

For information on specific sport rules by recovery level, see the [Sport and Recreation FAQ](#).

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Please see the [Festival and Events guide](#) for more information.



Physical
Distancing



Wash your hands often with
soap or hand sanitizer



Stay home if
you are sick



Wear a community
face mask