

**April 26, 2021**

Dear provincial sport organizations,

These guidelines are meant to assist in determining whether or not people can take part in your sport on a recreational basis only. The activities are required to be outdoors, and they must comply with all NS Public Health Regulations that are in place. No organized sport is permitted, including but not limited to lessons, practices, training and competitions.

These are not official sport programs, but individuals taking part in an outdoor recreational sport activity.

**All activities must have the ability to meet the following guidelines**

**Environment**

- Take place outdoors
- Any access to a facility either before or after taking part in the activity, for the purpose of accessing necessary equipment must be limited, and the facility must be able to comply with all COVID-19 Nova Scotia Public Health Regulations that are currently in place.

**Physical Distancing and Gathering limits**

- All physical and social distancing requirements required by NS Public Health Guidelines remain in effect.
- All gathering limits in the NS Public Health Guidelines must be adhered to.
- Individuals must maintain physical distancing of at least 2 metres from others.
- After activities, individuals must maintain physical distancing when returning to vehicles or homes.

**Equipment**

- Activities in public spaces should not include the sharing of common equipment, unless the individuals are from the same household.
- Clean and disinfect equipment prior to and after use.

**Individual Precautions**

- Caution should be taken around common touch points; proper hand hygiene should be practiced.
- Wash your hands frequently.
- Refrain from touching your face with unclean hands.
- Carry and use hand sanitizer containing at least 60% alcohol content.

For the most up-to-date information about coronavirus, please refer to the provincial government website, [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus). If you have any questions related to whether or not your sport may meet these guidelines, please contact Jamie directly at [jferguson@sportnovascotia.ca](mailto:jferguson@sportnovascotia.ca).