

Tourism, Heritage & Culture – Sport & Recreation Branch

COVID-19 WINTER PLAN – LEVEL MEASURES FOR RECREATION AND ORGANIZED SPORT

The information provided in this document reflects the Branch’s efforts to provide clarity and guidance to our partners in the Recreation and Sport sector based on feedback from public health and requirements noted in the [Mandatory Order](#).

The situation is fluid and the guidelines change regularly. The onus is on each organization to understand the restrictions set out by the Province, the recommendations and requirements provided by Public Health, and the Guidelines for New Brunswick Workplaces issued by WorkSafe NB.

- **All organizations/facility operators are required to have a “[Communicable disease prevention plan](#)” (formerly referred to as COVID-19 operational plan) that addresses requirements for mask use, physical distancing, disinfecting, sanitizing and screening and are revised based on GNB level measures.**
- **Recreation and sport organizations should be cautious by assessing and understanding the risk associated with their activities. It is reasonable and acceptable for an organization to adopt stricter requirements depending on the risk assessment of their activities.**
- **Proof of vaccination (2 doses) or medical exemption is required for all indoor organized sport and recreation activities for everyone 12 years and over.**
- **For information on GNB COVID-19 Winter Plan Level Measures see: [GNB COVID-19 Winter Plan Level Measures](#)**

	Level 1	Level 2	Level 3
Masks	<p>Masks mandatory in indoor public spaces including change/locker rooms, meetings, and in outdoor public spaces when physical distancing cannot be maintained</p> <p>Masks are not required by individuals while participating in an organized sport or fitness activity. If some sports are able to incorporate wearing a mask into play or on a team bench, that is encouraged.</p>	<p>Masks mandatory in indoor public spaces including change/locker rooms, meetings, and in outdoor public spaces when physical distancing cannot be maintained</p> <p><u>Masks are required</u> when not actively engaged in high intensity/aerobic activities, including participants who are not engaged in active play.</p>	
Indoor recreation, fitness and sport facilities	<p>Open with proof of full vaccination</p>	<p>Open with proof of full vaccination</p> <p>50% capacity</p> <p>Physical distancing of two metres between people who are not members of the same household and Steady 10.</p>	Closed

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<p>Recreation / Sport and Organized Activities</p>	<p>Practices, games, competitions are permitted for all ages with public health risk mitigation measures in place.</p> <p>Although there are no limits on number of participants caution is advised. See additional guidance below</p>	<p>Spectators limited to 50% capacity and physical distancing of two metres between people who are not members of the same household and Steady 10.</p> <p>Children under the age of 12:</p> <ul style="list-style-type: none"> - Practices/training is permitted within a single team/group up to a maximum of 25 athletes (does not include coaches) <ul style="list-style-type: none"> o For close-contact sports (e.g., pairs dance, combat sports) and/or sports that take place in small spaces with poor ventilation (Squash, Racquetball), additional precautions are required to mitigate risk. Close-contact sports may continue to engage in the sport by assigning up to a maximum of 2 individuals to a group that is not interchangeable provided that additional risk mitigation measures be added including but not limited to conducting active screening and requiring participants to provide informed consent and commitment to respect preventative measures during sports activities as well as in their daily lives. - Team sports are permitted to pair up with one other consistent team to play each other - Team sport tournaments and close contact sport competitions are not permitted - Competitions for low contact / individual sports up to 25 athletes (does not include coaches or officials). - A single team/group is defined as a group having no physical interaction with another group. If the space allows for it, two teams can be on the same playing surface as long as they do not interact with each other. The size of the group should be determined based on the ability to maintain 2m physical distancing during practice. <p>Individuals 12 & over (includes adults):</p> <ul style="list-style-type: none"> - Practices/Training is permitted with a single team/group <ul style="list-style-type: none"> o Close-contact sports may continue training by assigning up to a maximum of 5 individuals that is not interchangeable with additional risk mitigation measures. - Team sports are permitted to only have two (2) teams to play each other in a single day. - Team sport tournaments and close contact sport competitions are not permitted - Competitions for low contact / individual sports* up to 50 athletes (does not include coaches or officials) - Proof of vaccination (2 doses) is required for all indoor organized sport and recreation activities for everyone 12 years and over. 	<p>Indoor organized sports and all other organized activities are not permitted</p> <p>Outdoor private lessons that are limited to one child or single-household bubble are permitted provided physical distancing is maintained from any other child or family group.</p> <p>Lodges and other facilities that support outdoor sport must not exceed 50% capacity and must not permit food or drink to be consumed indoors</p> <p>Equipment rentals are permitted. Curbside pickup is encouraged.</p>
<p>Travel</p>	<p>https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/travel.html</p> <p>Organizations are asked to play an active role in identifying where out of region/province/country travel is necessary and where it can be avoided.</p>	<p>Same as Level 1</p>	

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Contact Tracing & Isolation

- As per Public Health directives, household contacts of individuals who have tested positive either with a rapid POCT or PCR lab-based test MUST isolate and cannot attend “gatherings” including organized sport and recreation activities for 10 days after a positive test regardless of vaccination status. After 10 days, an individual who tested positive must be fever-free for at least 24 hours without using fever-reducing medications before attending any organized sport and recreation activities.
 - Rapid tests (POCT) should not be used as a tool for participants to return to activities following a positive test.
 - Should a 2nd member of the household test positive a few days later, the isolation period only re-starts for that member who has tested positive. All other household members' isolation end at the initial date, provided they don't have symptoms.
- An individual who tests positive is required to notify all people who they were in close contact with 48 hours before that person developed symptoms, OR 48 hours before that person tested positive (whichever came first). Close contacts are the people who were within two metres of the infected individual for at least 15 minutes without masking or barriers in place during the 48 hours before the person developed symptoms, OR 48 hours before they tested positive (whichever came first). Disclosure can be made directly to a coach, manager or organization president and will be kept confidential unless otherwise required by law or with parent/participant's consent.
- Close contacts of individuals who have tested positive must self monitor for symptoms for 10 days regardless of vaccination status and if close contacts develop any symptoms, immediately cease participation in activities and [get tested](#).
- Public Health will not be notifying sport organizations of exposures. A person who tests positive is required to notify their close contacts including sport contacts when applicable who should then follow public health instructions.
- The organization or team who receives notification of a member with a positive test is asked to communicate to their other members and notify them of the potential exposure while respecting confidentiality and provide guidance on self-monitoring/self isolation requirements.
- Organizations can share [this document](#) to their members to help guide them but it is important to understand that the directive to household contacts to avoid gatherings includes organized sport and recreation activities which means they cannot attend activities for 10 days as mentioned above.

Retesting and isolating if you previously tested positive for COVID-19

If you have had COVID-19 and develop new or worsening symptoms you should get tested again.

- If more than 90 days have passed since your positive COVID-19 result, you should isolate and [get tested](#).
- If 30 to 90 days have passed since your positive COVID-19 result, you should take an at-home rapid POCT test and isolate until you get your results.
 - If symptoms worsen or new symptoms appear, you should repeat your POCT test. If your test is negative, you can stop isolating.
 - If you are a household close contact of a positive case (ie. you previously completed your isolation as a positive case and now a household member is positive), you do not need to isolate again but should self-monitor for symptoms for 10 days. If you become symptomatic, you must isolate and book a test.
- Less than 30 days since your positive COVID-19 result, no additional COVID-19 isolation is required.

The above recommendations are for the general public and are not meant to replace guidance for people who live or work in a hospital, Extra Mural and Ambulance New Brunswick (EM/ANB), long-term care facility, correctional facility or shelter or people who are precariously housed.

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Additional guidance	<ul style="list-style-type: none">➤ Consider passive or active screening as a protective measure prior to activities. When used, screening should remain independent of the participant's vaccination status.➤ Consider further limiting the number of participants and number of spectators at your events➤ Consider further limiting the number of games/competitions and/or adjusting the season competition schedule to limit the number of social interactions with various other groups/teams on a weekly basis (eg. double headers vs games against several teams in various regions in the same week)➤ Where possible, consider keeping groups/teams consistent➤ Consider having staggered schedules to limit number of individuals entering/exiting at one time➤ Consider having staggered starts vs mass starts in races➤ Avoid handshakes with opponents and encourage players to have their own water bottles➤ Consider posting signage reminding participants to wear masks and maintain physical distancing where applicable; not enter premises if they feel unwell and practice proper hygiene.➤ Host virtual meetings if possible.	
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