



Nunavut Return to Sport and Recreation Guidelines –

Guidelines for Sport and Recreation Activities in Gymnasiums, Community Recreation Centres, Fitness Centres, & Municipal Arenas

Return to Sport/ Activity

Sport, recreation, and physical activity play an important role in the well-being of Nunavummiut. We are all eager to return to “normal” activities, however, have a responsibility to monitor the health and safety of our participants.

Note, that resuming activities may differ among communities based on increasing restrictions related to any COVID-19 cases and changes in advice from the Chief Public Health Officer.

Program Leaders will need to work with their local Facility Operators to arrange scheduling of activities and obey their Facility Guidelines.

Activities or programs that do not fit into the Guidelines require CPHO approval to proceed.

For questions or concerns please contact the Sport and Recreation Division at:

SRInfo@gov.nu.ca

1-888-765-5506

For the latest COVID-19 information and GN Departments updates in all languages:

<https://www.gov.nu.ca/health> ; <https://www.gov.nu.ca>

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Public Health Measures as of December 28, 2020 continued

***Note, these are specific to Community Halls and must follow rated capacity established by the Office of the Fire Marshall**

Recreation Facilities/ Community Halls	Baffin and Kitikmeot Region Baker Lake, Chesterfield Inlet, Coral Harbour, Rankin Inlet, Naujaat	Arviat and Whale Cove
Recreational sports or activities – youth groups, recreation/ sport day camps, fitness classes/ groups, etc.	Lesser of 25 people or fifty percent of the rated capacity.	Closed
Community Feasts	Lesser of 50 people or fifty percent of the rated capacity.	Not allowed at this time.
Marriage Ceremonies	Lesser of fifty 50 people or fifty percent of the rated capacity.	Not available
Concerts	Lesser of 50 people or fifty percent of the rated capacity.	No concerts at this time
Meetings open to the general public	Lesser of 50 people or fifty percent of the rated capacity.	Closed

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Health & safety recommendations – Risk Mitigation Strategies

The health and safety recommendations are based on the public health measures put in place by the Chief Public Health Officer. They are meant to support recreation leaders, coaches, and program leaders conduct their operations safely during COVID-19. Before proceeding with a program:

1. Review the Checklist for Return to Activity/ Sport - If you answer NO to any of the questions below, you should reconsider your program and planning until you can answer YES to all.
2. Be familiar with the Guidelines for your Facility and Activity
3. Complete Appendix 1 – Risk Mitigation Tool
4. Develop your Communication Plan for Participants and Tracking System
5. Ensure you have a Cleaning Plan in place for equipment and the facility before the next user group arrives.

General Checklist for Sport and Recreation Programs

Yes	No	
		Have you referenced the latest updates on restrictions and allowances for programs and gatherings at: https://www.gov.nu.ca/health/information/nunavuts-path?
		Will you be able to monitor and maintain physical distancing at the facility before, during and after the activities?
		Will you be able to limit the number of people to the participant limits for your facility?
		Are enhanced cleaning and disinfectant protocols in place?
		Are you able to limit or minimize the use of shared equipment?
		Have you established a process to clean the equipment with appropriate disinfecting cleaner before and after each use?
		Will you maintain a user registry? (Name, dates, times and contact information for potential contact tracing)
		Have you updated your registration/consent forms to include assumption of risk language related to COVID-19?
		Are you able to discourage use of locker rooms/change rooms or reduce the number of people to the maximum capacity as specified by public health orders? <i>Please refer to the Office of the Fire Marshal regarding maximum capacity permitted.</i>
		Do you have a communication plan to go over rules/expectations with participants on: <ul style="list-style-type: none"> - Hand hygiene. - Respiratory etiquette – cover mouth with elbow, no spitting, no clearing of nasal passages during activity. - Illness self-assessment tools

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Recommendations for Any Facility Use for Recreation and Physical Activity

	<p>Compulsory Handwashing – pre and post workout or activity. Washing should be with soap and water for 20 seconds. Repeat often.</p>
	<p>Avoid touching face during activity</p>
	<p>Encourage use of non-shared equipment</p>
	<p>Provide cleaning products and wipes so that staff and users can regularly clean shared equipment such as weights, mats, and machines. Use disposable wipes</p>
	<p>Physical Distance – maintain 2 metres. Where needed, markers on floors or equipment. I.e. every second treadmill, space out benches, limit numbers based on room size</p>
	<p>Keep logbook on users and staff, who is coming and going, what time, etc.</p>

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Health and Safety Guidelines - Gymnasiums, Community Recreation Centres, Fitness Centres, Municipal Arenas (Ice Rinks) and Swimming Pools

*Guidelines are based on current Public Health Measures and will be updated as required.

**Continue to monitor the latest public health measures at:

<https://www.gov.nu.ca/health/information/nunavuts-path>

<p>General</p>	<ul style="list-style-type: none"> • Any programming plans must be consistent with guidelines and directives set by government and the Chief Public Health Officer. • Implementation plans must be monitored and updated as necessary when circumstances or guidance changes. • Boards/ Municipalities/ Clubs should understand and be comfortable with the level of risk the organization is taking on. • Local sport organizations/ clubs/ municipalities should have their members acknowledge the risks associated with participating. • Participants should be asked to sign a participant agreement acknowledging their acceptance of risks. • Existing waivers, releases, and participant agreements should be reviewed to confirm they encompass COVID-19 related risks. • Have extra volunteers/ supervisors to reinforce reminders on physical distancing, handwashing, limit shared use of equipment, etc. • Minimum of 2-meter distance must be maintained between all participants, supervisors and staff. • Have sign in and sign out logbook or registration/ tracking system in place. • All participants should frequently wash hands, be reminded not to touch their face, and be provided hand sanitizer. • No spitting, remind participants to cough into their crook of elbow. • No “high fives”, handshakes, group hugs or celebrations.
<p>Staff and Coaches/ Volunteers</p>	<ul style="list-style-type: none"> • Educate staff and volunteers on current public health information. • Implement an Illness Policy – no one attends when feeling sick. • Implement enhanced hygiene protocols: <ul style="list-style-type: none"> - Frequent and proper handwashing. - Wash hands upon arrival, before/ after breaks, after touching common equipment.

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<p>Staff and Coaches/ Volunteers Cont.</p>	<ul style="list-style-type: none"> - Reminders to use cough and sneeze etiquette: cough and sneeze into your elbow • Implement an enhanced cleaning protocol. • Develop a touch map that outlines high touch areas such as: <ul style="list-style-type: none"> - Doorknobs/ push bars/ door handles. - Counter tops. - Handrails. - Sound system. - Chairs. - Equipment. • When able to designate a person to ensure health and safety guidelines are being followed (limited equipment sharing, physical distancing, reminding people to cough into crook of elbow, etc). • When able to designate a person (staff person) to work with User Groups to ensure protocols and guidelines are being followed. • Meet with staff and program leaders regularly on updates to review health and safety guidelines. • Establish a daily checklist – checking on employees, cleaning schedules, etc.
<p>Physical Distancing</p>	<ul style="list-style-type: none"> • There is sufficient space to maintain two metres apart. • No congregating or gathering in groups. • Allow time for cleaning frequently. • Implement a booking system. • Place markers such as tape or cones every two metres to provide clients with visual cues. • Use signage. • Direct foot traffic within the facility in one direction. • Space equipment at least two metres apart. • Encourage use of own equipment. • No use of showers. • Close drinking fountains. • Have hand washing stations and/ or approved hand sanitizers available, use them upon entering and exiting. • Restrict Access – limit access to those that are essential (only participants and coaches). • Points of Access – consider designated drop-off and pick-up spaces, consider how to manage flow of people and put signage.

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<p>Physical Distancing Cont.</p>	<ul style="list-style-type: none"> • Pre- Registration – avoid drop-in activities, maintain tracking of who participated in session. • Arrival and Departure – set a schedule time for participants to arrive (no more than 15 minutes before scheduled activity). • Participants must immediately leave program when completed. • Staggered start times to account for individuals moving in and out of facility. • Restrict or Limit use of different spaces to maintain physical distancing and proper cleaning protocols, including equipment storage areas, locker rooms, concession areas, spectator seating, water fountains.
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Health and Safety Guidelines for Gymsnasiums

***Third Party Programs are at the discretion of the local District Education Authority. Programs that have been approved to resume should be following current Public Health Orders and Sport and Recreation Guidelines**

****Continue to monitor the latest public health measures at:**

<https://www.gov.nu.ca/health/information/nunavuts-path>

<p>Gymnasiums & Community Recreation Centres</p>	<ul style="list-style-type: none"> • Coaches should come prepared with their own practice plans and training tools. • Maintain attendance of each session or practice. • Have sign in/ sign out book for adult or drop-in activities. • Limit number of participants in change rooms at one time. • Assign one person for all set-up and take down of equipment – nets, cones, etc. • Ensure equipment is disinfected after each use. • Remind participants to bring own water bottle. • For sports that require equipment to be shared, additional cleaning protocols and risk mitigation techniques must be put in place. Examples are: <ul style="list-style-type: none"> - For weights: make cleaning supplies available in the weight room and encourage all participants to clean off all surfaces prior to and after use. - For racquet sports: each player uses their own balls, clearly marked as their own. For sharing balls/ birdies have players pass them using their racquets - Ball sports: limit game play, wipe down after each use.
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Health and Safety Recommendations for Community Halls/ Recreation Centres

***Community Halls/ Recreation Centres serve many purposes in communities. It is important to follow participation limits for activities based on current Public Health measures.**

****Continue to monitor the latest public health measures at:**

<https://www.gov.nu.ca/health/information/nunavuts-path>

<p>Community Halls/ Recreation Centres</p>	<ul style="list-style-type: none"> • Have sign in book for participants. • Place chairs and tables to encourage physical distancing of 2 metres. • Ensure markers and traffic flow directions are placed so participants are not accessing other parts of the facility and space. • Develop procedures that limit or avoid congested areas (lobbies, doorways, etc). • Allow enough time for cleaning and disinfecting between events. • Have additional staff in place to monitor number of participants entering facility. <p><i>For events that include food such as community celebrations and/or community feasts:</i></p> <ul style="list-style-type: none"> • Ensure servers are washing their hands frequently and using hand sanitizer. • Limit common touch points by: <ul style="list-style-type: none"> - No buffet style – have food in individual portions or servings. - Do not share utensils. Have one person serving/ cutting meat, stew, etc.
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Health and Safety Recommendations for Municipal Arenas (Ice Surfaces)

***Municipal Arenas (Ice Surfaces) is area that in most Community Recreation Centres that encompasses the ice surface and standing area used for skating and hockey. Skate Clubs and Minor Hockey Associations must adhere to their Governing Bodies Regulations before proceeding with programming.**

****Continue to monitor the latest public health measures at:**

<https://www.gov.nu.ca/health/information/nunavuts-path>

<p>Municipal Arenas (Ice Surfaces)</p>	<ul style="list-style-type: none"> • Dressing rooms can be used if their operators: <ul style="list-style-type: none"> - Limit capacity as outlined in the Public Health Orders. Capacity limits are based on the rated capacity of the room. - Can implement physical distancing measures. • Hand sanitizer stations should be placed at entrances/ exits, in bench areas, and in washroom facilities. • Encourage participants to come fully dressed in equipment, with just the need to put on skates and helmets, etc. when arriving at facility. • Players and coaches should not arrive more than 15 minutes ahead of ice time. • Participants will have 15 minutes after their ice time to remove equipment and exit the facility. • Participants must bring own water bottles and not share. • Activity schedules should be staggered adequately to ensure only the participants involved are in the facility. • Recommend thirty minutes between ice sessions. • Skate sharpening operations must ensure they are enforcing and practising physical distancing measures – pre-book slots, have schedules in place. • Do not allow spectators anywhere else in facility, besides viewing area. • Warmups should only be allowed on ice surface, no use of hallways or other areas. • Direct flow of traffic so players/ coaches are not entering ice surface while others are exiting at same time. • Have registration or sign in before participants allowed on ice. • Designate area to put on skates, limit 5 people at a time in area for putting on skates. • Have flow of traffic for entering on ice and off ice. • Increase supervision. • One direction – lap skating only (no games such as tag, bulldog, etc).
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Health and Safety Recommendations for Fitness Centres

***Gyms/ Fitness Centres can open for regular use following the public health measures directed by the Chief Public Medical Officer. Single person workouts are still encouraged and limited equipment sharing.**

****Continue to monitor the latest public health measures at:**

<https://www.gov.nu.ca/health/information/nunavuts-path>

<p>Fitness Centres</p>	<ul style="list-style-type: none"> • Solo Workouts for gym equipment. • No sharing of towels. • Set a maximum number of people allowed in facility, based on Public Health Order restrictions. • Set a time limit for users. • Consider having a sign-up process for time(s). i.e. book time to come in the day ahead. • Ensure equipment is placed at least two metres apart. • Have disinfectant equipment ready to use to wipe down any shared equipment after each use. • Have process to ensure enhanced cleaning and disinfection is taking place.
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Health and Safety Recommendations for Running Bingo in Municipal Buildings

***Bingos are often run by Municipalities and User Groups. Radio Bingo is permitted only. Selling of booklets can take place if proper measures are in place.**

****Continue to monitor the latest public health measures at:**

<https://www.gov.nu.ca/health/information/nunavuts-path>

<p>Community Hall or Space for selling cards</p>	<ul style="list-style-type: none"> • If selling in Community Hall – please respect the capacity identified in the public health measures. • If selling in other space (Wellness centre) – please respect the capacity identified in the public health measures. • Have workers/ security in place to ensure maximum limits are met. Workers and security should be wearing masks. • Have signs and arrows to direct flow of traffic. • People must enter in one way and exit opposite direction. • Have markers on floor for line-ups to ensure physical distancing. • Have maximum of 5 workers selling booklets/ Nevada who are physically distanced and wearing masks. • Have minimum of 6 garbage cans spaced 2-3 metres apart.
<p>Radio Station</p>	<ul style="list-style-type: none"> • Maximum of two people – one caller and one assistant. • Wear masks. • Disinfect equipment between use. • Limit contact for people to pick up their winnings.

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