

## EXTERNAL COMMUNITY GROUPS

All sports activities are by reservation only. Clients should only visit the sports facilities for their scheduled activity.

In the case of a failed COVID self-assessment or suspected COVID exposure:

### **DO NOT COME TO CAMPUS**

- Participants in External Rental
  - Contact your health care provider or Telehealth Ontario at **1-866-797-0000** and seek guidance
  - If advised to self-isolate / get tested, follow these instructions
  - Advise your group representative (league organizer, coach or team captain) who will email the uOttawa Sports Reservations Officer ([sportres@uottawa.ca](mailto:sportres@uottawa.ca)) AND uOttawa Office of Risk Management ([safety@uottawa.ca](mailto:safety@uottawa.ca))

### **How to Access your Activity**

1. Complete & Pass the uOttawa COVID-19 Daily Self-Assessment Tool on the day of your activity, BEFORE arriving on campus: <https://www.uottawa.ca/coronavirus/en/covid-assessment-tool>
  - a. If you are sick, or fail your self-assessment, stay home and seek testing if applicable (see above)
  - b. Take a screen shot or keep the browser open to show to the screener upon arrival
2. Be dressed for your activity prior to arrival. Change room access is limited.
  - a. Arena – Dressing Rooms are not available, except for goalies
  - b. Pool – Change rooms available for before / after showers only
  - c. Field / Dome – Dressing Rooms are not available
3. Fill your water bottle prior to arrival. Limited water fountains will only be available to fill water bottles.
4. Arrive on time for your sports activity. Leave sufficient time for transit, parking and to go through screening.
  - a. Most activities: Arrive 5 to 10 minutes prior
  - b. Pool: Arrive 15 minutes prior
  - c. Hockey: Arrive 15 minutes prior, except goalies who can arrive 30 minutes prior
  - d. Field / Dome: Arrive 15 minutes prior
5. Apply a three-layer mask, covering your mouth, nose and chin BEFORE entering our facilities. Medical procedure masks are highly recommended.
6. Maintain Physical Distancing of at least 2m from every other person at all times
7. Enter the facility using the designated entrance, and:
  - a. Sanitize your hands with the provided hand sanitizer

- b. Verify the COVID Alert Meter. Different facility restrictions will apply depending on the provincial colour-coded level. Refer to facility maps for further information.
- c. Visit the washroom prior to your activity.
- d. Visit the Screening Station
  - i. Show your Photo ID
  - ii. Show proof of your completed self-assessment
  - iii. Answer the Screener's Questions
  - iv. Provide name & contact information if requested
- e. Go to the designated location to prepare for your activity

### **During your activity**

1. Maintain physical distancing as much as possible.
  - a. 2m of physical distancing in most areas
  - b. 3m of physical distancing in weight / cardio room areas
  - c. Sports activities should be modified to avoid physical contact
2. Masks must be worn at all times, with limited exceptions
  - a. Athletes, coaches and referees may remove masks briefly to drink water, provided they can maintain physical distancing
  - b. Athletes and referees may remove a mask on a designated field of play, with the permission from their league organizer/coach/team captain, prior to engaging in high intensity activity. Masks must be put back on when high intensity activity has ended.
  - c. Coaches & Staff must wear masks at all times. It is highly recommended to wear a medical procedure mask. Eye protection should be worn anywhere physical distancing is difficult to maintain.
  - d. Mask wearing & physical distancing is required during any meetings, while waiting on sidelines/benches, while in the designated changing areas, etc.
3. Disinfect any equipment before and after each use and regularly sanitize your hands
4. Loud music is not permitted. Shouting, while not wearing a mask, is not permitted
5. Posted capacity limits must be respected. Spectators are not permitted.

### **After your activity**

1. Make sure you are wearing a mask covering the mouth, nose and chin
2. Maintain Physical Distancing of at least 2m from every other person at all times
3. Disinfect any equipment that you have used. Facilities staff will disinfect rooms/surfaces within the sports venue.
4. Wash or Sanitize your hands regularly
5. Maintain physical distancing and wear your mask in any changing areas
6. Leave the facility by the designated exit and ensure to wash or sanitize your hands again.

7. Leave university property. No loitering or gathering outside the building or in the parking lot. Smoking or the consumption of alcohol or drugs is not permitted.
8. Continue to self-monitor for any symptoms of COVID-19. If you experience any symptoms or are contacted by public health, self-isolate and advise your league organizer, coach or group representative immediately. This person will need to advise uOttawa so appropriate action can be taken. (See above *In the case of a failed COVID self-assessment or suspected COVID exposure*).

#### **Resources and References:**

Sport SMART (Ottawa Public Health): <https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/Sports-Resources-EN.pdf>

Sports, Recreation and Being Active During COVID-19 (Ottawa Public Health): <https://www.ottawapublichealth.ca/en/public-health-topics/sports-recreation-and-being-active-during-covid-19.aspx>

COVID-19 public health measures and advice (Ontario): <https://covid-19.ontario.ca/zones-and-restrictions>

Guidance for facilities for sports and recreational fitness activities during COVID-19 (Ontario): <https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>

uOttawa Coronavirus Page: <https://www.uottawa.ca/coronavirus/en>

Campus Health and Safety Resources (uOttawa): <https://orm.uottawa.ca/my-safety/occupational-health-safety/covid-19>