

Spectating during COVID-19

As you cheer for and support your participant in their activity, please keep the following in mind to ensure the safety and well-being of all involved.

- 1. Maximum of 50 people on the field of play (court, field, ice). This includes players, coaches and medical staff.**
 - Facilities can have up to 50% capacity.
Indoor facilities can have up to 200 spectators.
 - Outdoor facilities can have up to 250 spectators.
 - All spectators must wear masks and be physically distant.
- 2. Each facility has its own guidelines and capacity limits which must be respected at all times.**
 - Stay home if you are feeling unwell.
- 3. Always wear a mask while in an indoor public space.**
- 4. Stay 2 metres (6 feet) away from other people as much as possible, unless you're in your close social group of 10.**
- 5. Stay a minimum of 2 metres (6 feet) away from the field of play.**
- 6. Ensure hands are clean before entering any facility. Wash or sanitize your hands often.**
- 7. Cover coughs and sneezes with a tissue. Throw the used tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.**
 - If you don't have a tissue, cough and sneeze into your elbow, not your hand.
 - Avoid touching your eyes, nose and mouth. If you need to touch your face, wash your hands first and again afterward.
- 8. Be kind, respectful and encouraging to all involved!**
 - If you have any questions, please contact your provincial sport organization.

