

Team Practice: Play It Safe!



To the delight of many, the Québec government has authorized the gradual resumption of sports team activities (e.g. soccer, baseball, softball) in the form of outdoor practice sessions. The crowds streaming to outdoor tennis courts and golf courses these past few weeks suggest great interest in resuming team sports. However, we must continue to remain vigilant.

To increase the odds of returning to normal daily life in the coming months, we must continue to follow health guidelines.

For more information and to find out which activities are permitted, go to:

[Québec.ca/recovery](https://quebec.ca/recovery)

Take it slow—It's worth the wait!

The benefits that regular outdoor physical, sports and leisure activities have on our mental and physical health are immense. It's good to get moving! However, after weeks of being either inactive or less active than before, it's important to take things slow and resume these activities gradually.

Before taking part in any activity, be sure to warm up properly to reduce the risk of injury. It's also important to gradually increase the frequency and duration of your activity. It's normal for you to not perform at the same level as you did when you stopped exercising. Give yourself time to get back into shape by focusing on having fun during physical activity.

Sports federations are your allies

Several sports federations have already collaborated with the Québec government to develop protocols for the resumption of activities, many of which are available on their respective websites. These guidelines are tailored to their respective fields and disciplines.

Summer is for having fun while staying safe

Nothing says summer in Québec more than swimming and water activities. But every year, accidents happen. It's important to stay as safe as possible by following these basic guidelines:

- Always keep an eye on children and do not leave them unsupervised during swimming and water activities.
- Follow the safety guidelines and restrictions set by aquatic facilities.
- Assess your own capabilities based on your physiological condition.
- Wear a personal floatation device (PFD) correctly during water activities.
- Always be accompanied by another person during water activities.
- Do not wear protective masks or face coverings during water activities.

Federations are responsible for informing their members of these guidelines and for making it clear that health and safety guidelines, especially hygiene rules, must be followed in order to ensure that activities are practised safely.

Respect the health guidelines!

The successful resumption of normal daily life depends on everyone's commitment to closely follow health guidelines during all physical activities.

Before an activity

- If you have symptoms associated with COVID-19, received a positive test result or are in close contact with a person with COVID-19, you must stay home.
- Avoid any non-essential travel between regions or cities.
- Plan your physical activities to allow you to respect the 2-metre physical distancing rule at all times.
- Ask managers of sites or facilities about the measures they have implemented and what you must do to respect them.
- Limit the number of accessories or personal equipment you bring with you (e.g. water bottle, towel).
- Go directly to the place where you practise the activity.

During an activity

- Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer when you arrive at the location, and as often as possible during activities.
- Avoid touching your face with your hands.
- Respect the 2-metre physical distancing rule at all times, around counsellors, guides, coaches or other participants, and during an activity or when moving around (e.g. in locker rooms or washrooms, when leaving the location, on paths or stairs, or when using bike racks).
- Avoid handshakes, hugs and any other physical contact.
- Use your own equipment. If this is not possible, make sure you disinfect objects and equipment before and after using them.

After an activity

- Avoid lingering unnecessarily or stopping on the way home to do an errand.
- Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer before leaving the location and once you arrive home.
- After an activity, remove your clothes, place them in a bag and wash them with your regular laundry detergent.
- Avoid taking showers on site.

For more information, consult:

- <https://www.cnesst.gouv.qc.ca/salle-de-presse/covid-19-info-en/Pages/toolkit-sports-outdoor.aspx>
- www.inspq.qc.ca/publications/3010-pratique-securitaire-marche-velo-covid19 (available in French only)
- <https://sauvetage.qc.ca/en/lifeguarding/lifeguard-duty/bodies-water-supervision>

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

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