Saskatchewan Cheerleading Association

COVID-19 Return to Activity Plan

Date: March 16, 2021

The Saskatchewan Cheerleading Association's (SCA) top priority is maintaining health and safety standards for athletes, coaches, families, staff, and communities. It is important for our youth to keep active for their physical and mental well-being. Training will be modified to ensure the principles and guidelines established by the Saskatchewan Health Authority and the Saskatchewan Government can be followed. Such principles include physical distancing mandatory mask requirements, screening measures, frequent cleaning and disinfection, and limiting the number of people in each facility.

Prior to any training or activity clubs and teams are required to visit the Government of Saskatchewan website (www.saskatchewan.ca) and review the guidelines. All planned training/activities must fall within the guidelines as determined by the Government of Saskatchewan.

The use of non-medical masks is MANDATORY in most indoor public places. This includes places for sports and recreational activities, such as a gym, gymnastic facility, dance facility or indoor court or field facility. **Mandatory, non-medical mask use will be required during all indoor fitness and sport activities.** This means ALL athletes must wear masks the entire time while participating in training. Coaches, please ensure that athletes wearing masks are not compromised for sight/safety while training or while on any equipment. Coaches MUST wear a medical surgical/procedure mask when coaching multiple groups. The SCA recommends that coaches wear this type of mask at all times.

Individual conditioning/training sessions with consistent masking in enclosed areas and consistent three metre physical distancing are permitted **for all ages**.

Athletes 19 years and older may train and condition with their coach one-on-one. However, there can be **no other athletes** (any age) allowed in the facility at the same time. As per safe sport protocols the Rule of Two must be adhered too and there must be another adult in the facility as well.

All team/group activities, practices and competitions are suspended, including competitive and recreational activities for all age groups.

Athletes 18 years of age and under may continue practicing, conditioning and skills training in groups of **eight or fewer**, abiding by the required mask use and at least three metres of physical distancing between participants at all times.

- It is recommended that the groups of eight remain the same for each training session.
- Coaches/trainers/staff are not included in the training group numbers as long as they are masked and maintain a minimum physical distance of three metres.

- Stunting (including pyramids and tosses) and spotting are not permitted.
- It is recommended that all training and activities can be done in one location, allowing the individuals to stay within their allotted spot on the floor/mat and/or equipment.
- Poms and props should not be provided or shared.
- It is recommended that training/practices be considered recreational and **optional.**

Athletes over the age of eighteen are not permitted to participate in practice, sport training or skill development. Clubs MAY offer adult fitness classes for participants over the age of eighteen in groups of **eight or fewer**, abiding by the required mask use and at least three metres of physical distancing between participants at all times, with the following conditions:

- All participants must nineteen years old or older
- Training cannot be sport specific, classes must be designed as fitness training only (classes should be designed that any participant "off the street" could participate)
- No cheer specific training is allowed, including tumbling, cheer jumps or routine development
- Consider creating set groupings of classes by assigning specific times for the same people to participate.
- Instructors are not included in the training group numbers as long as they are masked and maintain a minimum physical distance of three metres.
- It is recommended that all training and activities can be done in one location, allowing the individuals to stay within their allotted spot.

Large facilities and floor spaces can be used for multiple groups of individuals (18 years of age and under) for the purpose of conditioning and training if the following requirements are met:

- Physical distancing of five metres between groups of participants, and three metres between participants is maintained.
- Each group is limited to eight participants or less.
- Maximum number in the facility is 30, not including coaches and staff.
- Area is well ventilated.
- Groups are managed to avoid queuing or crowding (e.g. start and end times must be staggered between groups to prevent larger numbers in change rooms and walkways).

In facilities that cannot accommodate physical distancing of five metres between groups of participants, groups must be separated by a **physical** barrier.

In order to use a physical barrier to separate a large area the following is required:

- Must restrict air exchange between areas;
- Must be substantial material that will stop and contain droplets & aerosol in that respective area;

- Must be high, wide, and large enough to ensure air exchange is restricted and participants can physically distance at 3 metres apart;
- Must restrict participants from one cohort being able to come into physical contact with another cohort (including droplets & aerosol)
- A maximum of 8 participants per such segregated area are allowed; and
- Masks must be worn at all times

The facility capacity shall not exceed the gathering limits in the public health order, which is currently 30 people.

- Staff and coaches who are in the facility, but not interacting with the team/group in the practice area, are not included in the 8-person number. These staff members and coaches should be in a separate space from the group (office, staff room, etc.)

It is recommended that any training offered is recreational, optional, and does not affect future opportunities for the athletes. Coaching is optional and coaches will be scheduled based on their volunteered availability.

Live competition/tournaments are not permitted. **Virtual competition and showcases** are permitted with the following restrictions:

- Team/group routines filmed prior to November 27, 2020 may be used for virtual competitions/showcases with a date and time stamp.
- Athletes, coaches and the videographer must be masked and maintain a physical distance of three metres at all times.
- Groups of eight or less athletes (18 and under) may be in a space/room at the same time, and three metres physical distance must be maintained between each athlete.
- Athletes over the age of 18 are only permitted solo or individual virtual performances.
- Organizers will arrange pick up and drop off for participants, with parents/guardians remaining outside. No in-venue audiences/spectators are permitted.
- Video recording should take place over several days or weeks to avoid interaction between cohorts.
- Regular training hours should be used to record videos, so athletes and coaches are limiting their interaction with each other.
- The registration process should be completed online, with all payments contactless.
- All feedback, evaluations and recognitions must be provided virtually.
- All video editing should take place off site.
- Physical contact of any kind is prohibited.
- Maximum capacity is 30 for any building or facility, not including video staff, instructors and building staff.
- Entry and exit times must be pre-determined and scheduled. No group arrivals are permitted.
- Videos must be recorded in the largest space possible to maintain maximum distance between participants.
- All organizers/participants/videographers **must** self-monitor for symptoms and use the self-assessment tool at saskatchewan.ca/COVID19.

- Follow proper hand hygiene and coughing/sneezing etiquette
- Attendee lists must be collected and kept for a minimum of 30 days. Contact details must include date, time, name, address and phone number or email address.
- Signs and warnings about the risk of COVID-19, including mandatory masks and frequent handwashing, must be posted. Commonly touched surfaces and shared equipment must be cleaned and disinfected after contact between individuals, even when not visibly soiled. Special attention should be paid to commonly touched surfaces, such as doorknobs, light switches, rails, etc. Please see the Cleaning and Disinfection Guidelines for more information.
- No food and beverage is permitted.
- Close drinking fountains. Water bottle filling stations are acceptable if appropriately and frequently sanitized.

Cheerleading is a competitive sport that incorporates stunting, tumbling, jumps and dance. Athletes train at a high level, achieving strength, power, endurance and flexibility. In addition to gains in physical health, athletes also experience mental health benefits, leadership skills, confidence and self-esteem. Resuming training, even in a modified form, will bring significant health advantages to these youth and teens.

Normally cheerleading includes 15-25 athletes training together in close proximity, with physical contact and moderate-to-high physical exertion. About 30% of our sport is made up of individual skills: tumbling, jumps, dance, flexibility and skills training. Teams will be focusing on this individual training to ensure sufficient physical distancing. This training ensures ample rest time and low physical exertion, thus reducing risk of expelling droplets from the mouth and nose.

In order to ensure compliance with these measures; training and practices will be limited to athletes and families able to understand and follow measures contained within.

Appendix A – **Sports and Activities Guidelines**

Appendix B – **Generic Masking Poster**

Booking, Payment, and Communication

It is recommended that training is scheduled and booked with an online platform or via email. During transactions, if possible, limit the exchange of papers such as receipts. Where possible, payments should be accepted through contactless methods (e.g. tap or e-transfer). It is recommended that gyms and teams do not accept any cash. If onsite payments are required, the debit/credit machine will be disinfected between each use.

The details of modified training plan must be communicated to athletes, parents, and families via email. During the scheduling/booking process, teams and gyms will provide extensive information and guidelines training requirements as included in this document, along with any other team/gym-specific protocols.

Teams and gyms will provide and require a waiver for athletes for regular training activities and include specific wording relating to the exclusion of insurance coverage about COVID-19 claims and their assumption of the related risks with COVID-19.

Hygiene

Hand sanitizer or hand-washing stations will be available. It is recommended that hands are washed with soap and water for at least 20 seconds when visibly soiled as well as after using hand sanitizer three times.

Hand hygiene for all athletes, coaches, and staff/advisors is required:

- When entering and exiting the building
- Before and after using the washroom
- After sneezing or coughing into the hands
- Before and after working in stunt groups

Hand hygiene for all athletes, coaches, and staff/advisors is recommended:

- Before and after sanitizing equipment
- After touching own face, eyes, nose, mouth
- After a close personal interaction

Cleaning

The COVID-19 virus can survive for several days on different surfaces and objects. Frequent cleaning and disinfection are important to prevent spreading the disease. Cleaning supplies and approved disinfectants will be provided by the team/gym. Coaches and/or staff/advisors will clean commonly touched areas **at least twice per day**, including:

- Door handles
- Locks and alarm pads
- Light switches
- Hooks
- Shelves
- Racks
- Cubbies
- Counter surfaces
- Mats and equipment
- etc.

All equipment used during training sessions and practices will be disinfected after each session and/or in between athletes. Consider displaying a 'disinfected' sign on equipment so participants and coaches/staff can be confident it's ready for use. Carpeted mats will be cleaned frequently. Teams/gyms are encouraged to use an HEPA filter in their vacuum so that small particles are trapped inside. Garbage will be removed from the building at least once per day. Any equipment not easily sanitized should be avoided.

Please see **Appendix C** – **Environmental Cleaning and Disinfection Guidelines**

Drop Off and Pick Up

Athletes are to arrive or be dropped off outside each facility at the scheduled time, no more than five to ten minutes prior. Practice times will be staggered to ensure physical distancing is maintained and scheduled with enough time to allow for proper disinfecting between practices.

It is recommended the door(s) be propped open (weather permitting) or to have staff open the door(s), so athletes do not need to touch them to enter. Drivers who are dropping athletes off must remain in vehicles and participants should try to enter one-at-a-time. Signs will be posted on facility doors reminding participants the facilities are open for business following all Government mandated guidelines as well as reminding participants that they cannot enter if they have not passed the screening.

Appendix D – **Do Not Enter – Poster**

Appendix E – **Open for Business – Poster**

Teams and gyms should consider directing traffic within the facility with one-way flow (where possible) using floor markers/stickers. Clearly mark entrances and exits. Upon entry outdoor shoes will be placed in a small bin, or allocated spot on a shoe rack or floor. Bins, shoe racks, and/or floor areas will be sanitized after each use.

Washrooms

Washrooms are available, if needed. Athletes will be encouraged to use the washroom at home prior to the training session. Washrooms must be cleaned and disinfected with increased frequency, be well stocked with liquid soap and paper towels, and that warm running water is available. Garbage bins should be emptied frequently. **It is recommended that washrooms are disinfected after each use**. Handwashing posters should be posted in each bathroom.

Appendix F – **Protect Yourself and Others - Poster**

Appendix G – **What is Physical Distancing - Poster**

Appendix H – **Flatten the Curve - Poster**

Emergency

If there is an emergency that requires to attend directly to an athletes, coaches and staff/advisors will have access to single-use masks and gloves. All coaches are certified in First-Aid training. If first aid is required, try to limit the number of individuals in contact with the person in need of aid.

Steps to attend to an injured athlete and/or emergency are as follows:

- Call for help (parent/guardian and/or ambulance if required)
- Instruct other athletes, coaches, and staff to stop activity and sit down within their allocated training space
- Responder to perform hand hygiene and put on PPE (mask and gloves)
- Athlete to put on PPE (facemask/shield) if possible
- Attend to injured athlete / emergency situation
- Remove PPE and perform hand hygiene and other skin areas that were touched
- Arrange for athlete transportation if required

Screening

Each athlete **ages 13 and older** or guardians of athletes **ages 12 and under** will be asked screening questions prior to entry:

1. Are you or is your child experiencing any of the following symptoms?
    a. Shortness of breath at rest
    b. Difficulty breathing
    c. Coughing
    d. Fever
    e. Headache
    f. Chills
    g. Unexplained fatigue/malaise
    h. Runny nose, sneezing or nasal congestion (excluding seasonal allergies)
    i. Sore throat/difficulty swallowing
    j. Loss of Sense of Smell or Taste
2. In the past 14 days have you or has your child been exposed to anyone who is under investigation for COVID-19 or has been confirmed as having COVID-19?
3. In the past 14 days have you or has your child returned from international travel?
4. Have you or has your child, or anyone in your household been instructed to self-isolate?

It is recommended teams and gyms use infrared temperature screening for all athletes if they are able to obtain such a device. This will be encouraged but not required.

If the athlete/guardian answers YES to any question or if they have a fever they will not be permitted to enter. Anyone with flu-like symptoms will be sent home and told to call 811 if exhibiting symptoms and have not yet been tested for COVID-19.

If a person becomes sick, they should immediately stop participating and return home.

Clubs/teams must keep a record of attendees for all practices and training. All athletes, coaches and staff sign in on arrival with name and phone number and/or email to facilitate contact tracing, if necessary, **and keep attendance records for a minimum of one**

month. Where possible, do not use a common pen. Providing this information is voluntary for attendees and can only be used for the purposes of COVID-19 contact tracing.

No celebratory contact with anyone – this means no hugs, high-fives, or handshakes.

Please see **Appendix I** – **COVID-19 Screening Questionnaire**

Personal Items

Athletes will be asked to arrive changed, it is recommended that change rooms are closed, however use of showers and change rooms is permitted. Athletes must bring a labelled water bottle; water fountains will be closed. Water bottles will be safely spaced and kept within the athlete's training space to avoid accidental sharing. Water bottle filling stations are acceptable if appropriately and frequently sanitized. Athletes will not be permitted to consume food in facilities. Individuals must not share personal items (i.e. equipment or beverage containers).

Athletes will be encouraged to shower and launder clothing upon returning home.

Spectators

Parents, guardians, family members, siblings, and friends will not be permitted to enter the training facilities. Viewing areas are closed.

Coaches and Staff

Coaches and staff/advisors will be provided with education about COVID-19 prevention strategies. Prior to resuming coaching, each person must demonstrate an understanding of the modified training plan. Coaches and staff/advisors will also be required to complete an online self-assessment tool prior to arriving for training (Screening tool online: https://public.ehealthsask.ca/sites/COVID-19/).

Coaches/staff experiencing symptoms of the illness (fever, cough or difficulty breathing) must be sent home. Clubs should have an employee illness policy to encourage staff who are sick to stay home.

Coaches and staff/advisors will enter the training facility one-at-a-time, while maintaining physical distancing. Break times will be staggered. If the staff room is not large enough to ensure physical distancing, an alternate space will be made available. Only coaches/staff who are working should be in the facility.

Coaches MUST maintain 3-metres of physical distance from all participants whenever possible. Coaches MUST wear a medical surgical/procedure mask when coaching multiple groups. The SCA recommends that coaches wear this type of mask at all times.

Coaches and staff/advisors are not permitted to share music playing devices with each other.

Coaches and staff/advisors will practice proper health hygiene including:

- Washing hands often with soap and water for at least 20 seconds.
- Use hand sanitizer (approved by Health Canada) if hands are not visibly dirty.
- Avoid touching your face, mouth, nose and eyes.
- Sneeze/cough etiquette – into elbow and wash hands immediately after.

Training Space

Teams and gyms must ensure there is sufficient space to allow participants to remain three metres apart and prevent participant congregation. Signage must be posted to caution participants about the risks of COVID-19. Additional signage should be on display throughout the facility reinforcing key messages of physical distancing and hygiene protocols. Teams and gyms should consider directing traffic within the facility with one-way flow (where possible) using floor markers/stickers.

Facility ventilation systems should be operational and appropriate for the activities being practiced in them.

Facilities may need to consider:

- Increasing air circulation and ventilation, while preventing turbulent air flow.
- Providing natural ventilation by opening windows and doors, wherever possible, to increase air flow.

Common area chairs and tables should be stacked, roped off or removed from the area to promote distancing. Remove unnecessary common items, such as magazines, brochures, etc. Consider physical barriers (e.g. Plexiglas) at patron contact points/offices.

When training indoors, athletes are not permitted to train in bare feet or socks. It is recommended that athletes disinfect their shoes with a cleaning solution provided by the gym/team before training on the mats. Disinfecting shoes and using proper health hygiene (frequent hand washing and physical distancing) will significantly minimize the risk to athletes, coaches, and staff.

The training space must be set up in stations providing enough area for both coaches and athletes to maintain physical distancing. Athletes will enter and exit one-at-a-time and proceed to their training space and/or equipment area as directed by the coach. Spots will be marked on floors and/or separated with barriers and pylons to reinforce training space requirements.

All activities must maintain a minimum of three metre distance between each athlete and coaches. This may include training within a square or rectangular area with sufficient spacing between other athletes, as marked out with spacing indicators such as tape or pylons on the mat.

If more than one athlete is being trained by the same coach athletes will stay at least 3-metres apart and will not share training equipment or mats. If equipment needs to be used by another athlete during the same training session it will be sanitized, then left available for the next athlete to use.

Coaches and staff/advisors will clean and disinfect all equipment and frequently touched surfaces between each training session and team practices.

Sport Liability Insurance

The liability coverage provided by SCA membership will pay legal, adjusting and settlement costs arising from claims brought against the SCA, including Affiliated Clubs, Leagues and Associations that may arise from any "Sanctioned Event". Sanctioned events include all games, competitions or sport demonstrations run by the SCA or by a member club/team authorized by the SCA, including related training at the event site and at club/school premises. Further details on what the SCA considers to be a sanctioned event can be found in our Sanctioned Events Policy.

In addition to the Sanctioned Events Policy, the SCA requires that all training (practices, clinics, etc.) follow this Saskatchewan Cheerleading Association COVID-19 Return to Activity Plan in order to be considered a sanctioned event.

The Sport Liability Insurance Policy provides no coverage for any Claim in any way caused by, arising out of or resulting from any disease or contagion. Therefore, it is imperative that all clubs and teams follow these guidelines set in place.

Virtual Training

Saskatchewan Cheerleading Association and their members are permitted to conduct online classes in flexibility, strength & conditioning only under the following restrictions:

• All instruction is to be carried out by a registered SCA certified coach
• All individuals participating must be registered SCA members and must be recorded by the coach
• Publicly-accessible broadcast tools such Facebook Live, YouTube, etc. and pre-recorded videos are not acceptable methods of delivering online training
• Permitted delivery tools must include the use of controlled, multi-screen video conferencing programs such as Skype or Zoom
• All injuries are to be documented
• Clubs/teams must advise the SCA in writing (email executivedirector@sca.ca) before the class and include the following information
1. Date and time of the course
2. Instructor and instructor's remote location
3. Class Content (activities to be conducted)
4. Number of Participants (ensure all participants are SCA members before the start of the session)
5. Class is limited to the number of participants that can be viewed on a single screen and no more than four (4) participants in one location while following the Provincial Physical Distancing Guidelines
6. Participants must have signed the Saskatchewan Cheerleading Association required Waivers and Consent Forms

Appendix A

Sports and Activities

Re-Open Saskatchewan Plan

Saskatchewan.ca/COVID 19

Sports and Activities Guidelines

For general workplace guidelines, please refer to COVID-19 Workplace Information. Operators of sports and recreation facilities (multiplexes, gymnasiums, courts, rinks, training facilities, indoor playgrounds, etc.) in Saskatchewan must be in compliance with these guidelines. The information below provides guidelines for sports and activities.

The public health order prohibits team sporting activities, but continues to permit individual conditioning and training (18 years and younger) with indoor mask use (excluding aquatics) and three metres of physical distancing.

GROUP AND INDIVIDUAL ACTIVITIES

Operators must implement measures to prevent the transmission of COVID-19. Note: this guideline is not intended to be used for animal competitions. For competitive and show events involving animals, please refer to the Racing and Rodeo Guidelines.

COVID-19 droplet transmission is much more likely when individuals are in close contact. The likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. Transmission is less likely in an outdoor setting, where air flow is greater and there is more space for individuals to keep physically distanced.

COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. Many activities involve shared equipment among participants, coaches/staff, instructors, officials or volunteers. The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important.

Each sports organization and/or facility must establish a plan for how to avoid physical contact and the risk of COVID-19 transmission between participants. The guidance should align with provincial and national sporting bodies for each activity and be at least as restrictive as provincial guidelines.

Guidelines for General Operation

- Designate one or more people to be responsible for ensuring compliance with these guidelines. This should not be someone engaged in other critical duties (e.g. referee, cashier).
- Contactless fundraising activities are permitted.

- Staff and participants should be given information on physical distancing and other requirements prior to attending. Staff should discourage gathering.
- Signage must be posted to caution patrons about the risks of COVID-19.
- Encourage participants to arrive no more than five to 10 minutes before the scheduled activity to reduce people gathering in groups.
- Wherever possible, activities should be relocated to outdoor settings.
- When participating in any sport or activity, contact must be avoided.
- Facility ventilation systems should be operational and appropriate for the activities being practised in them.
- Facilities may need to consider:
    - Increasing air circulation and ventilation, while preventing turbulent air flow.
    - Providing natural ventilation by opening windows and doors, wherever possible, to increase air flow.
- Remove unnecessary common items, such as magazines, brochures, etc.
- Encourage patrons to limit their time spent in the facility, as well as maintain physical distancing when returning to their vehicles or homes.
- Registration processes should be completed online whenever possible; however, if in-person registration is required, physical distancing and disinfecting pens between uses is required.
- Indoor play spaces are permitted; however, increased cleaning and disinfection are required. Operators must put measures in place to ensure physical distancing of non-household members and provide access to handwashing facilities or hand sanitizer approved by Health Canada (DIN or NPN number). Encourage operators to post signage.
- All food and beverage service and consumption must be separated (i.e. cordoned off) from the primary activity/games area. Food or drink is not permitted in the activity area.
- Team celebrations, banquets, gatherings and/or awards should be done virtually whenever possible. In-person events must follow the Banquet and Conference Centre Guidelines, unless being held in a restaurant or licensed establishment where the Restaurants and Licensed Establishments Guidelines apply.
- Drinking fountains must be closed. Water bottle filling stations are acceptable if appropriately and frequently disinfected.
- Contactless payment is preferred; however, cash may be accepted where necessary.
- Instruction is permitted with no contact, appropriate physical distancing and mask use.
- Spectator maximum capacity for the facility is 30 people as long as two metres of physical distancing can be maintained from other members of the public not included in their household group.

- Spectators should be limited as much as possible and priority given to parents and others needed to support the players, particularly for sports involving young children.
- Discourage gatherings of spectators in common areas.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts, bench areas, change rooms). Refer to additional spectator requirements below.
- Where rental equipment is provided, it should be assigned to one person only and be laundered or cleaned and disinfected upon return.
- Mandatory, non-medical mask use is required during all indoor sporting activities, with aquatic activities the only exception.
- Large pool facilities (i.e. Lawson Aquatic Centre, Shaw Centre, Harry Bailey Aquatic Centre), ice surfaces and floor spaces (i.e. high school gym) can be used for multiple groups of individuals (18 years of age and under) for the purpose of conditioning and training if the following requirements are met:
    - Physical distancing of five metres between groups of participants, and three metres for high intensity and two metres for low intensity activities between participants is maintained.
    - Bulk heads (not swim lane dividers) for pools and barriers/markings for other surfaces are required to prevent interaction and physical contact between groups of participants.
    - Each group is limited to eight participants or less.
    - Maximum number in the facility is 30, not including coaches and staff.
    - Area is well ventilated.
    - Group activities, such as swimming lessons, fitness classes and competitive swim team training, must be scheduled outside of public swim times.
    - Groups are managed to avoid queuing or crowding (e.g. start and end times must be staggered between groups to prevent larger numbers in change rooms and walkways).

  For additional information, please call the Business Response Team at 1-844-800-8688 or email supportforbusiness@gov.sk.ca.

Youth extracurricular activities

- Structured extracurricular activities and programs for people 18 years of age and younger can continue to operate in groups of eight as long as they are supervised by an adult. These include:
    - Educational programs
    - Music
    - Art
    - Dance
    - Drama

- In-person performances, recitals, festivals and demonstrations are not permitted.

Conditioning, Training and Individual Competition

- Inter-provincial and intra-provincial team/mini-league competition is not permitted at this time.
- Athletes and performers 18 years of age and under may continue conditioning and skills training in groups of eight or fewer, abiding by the required mask use and at least three metres of physical distancing between participants at all times.
    - Individual groups of eight must remain in their own group throughout the training or rehearsal.
    - Coaches /trainers are not included in the training group numbers as long as they are masked and maintain a minimum physical distance of three metres.
- Tournaments are not permitted.
- Athletes participating in the:
    - Brier, Scotties and Mixed Curling Championships;
    - Western Hockey League; and
    - Athletes (carded) identified as potential competitors at the Olympic or Paralympic Games by Sport Canada, who are over the age of 18

may train, practice and compete for this purpose.

For additional information, please call the Business Response Team at 1-844-800-8688 or email supportforbusiness@gov.sk.ca.

Virtual Competitions

- Virtual competitions/virtual judging for individual sport activities is permitted.
- Athletes who require clubs or facilities to participate in a virtual judging/competition event must be scheduled to arrive, participate and depart one at a time; no group arrivals.
- Athletes must wear masks at all times, with the exception of aquatic activities.
- A distance of three metres must be maintained between the athlete and coaches/film staff.
- Coaches/film staff must wear a mask at all times.
- Competition is not permitted when there is a group of individual athletes in the same space.

- No travel is permitted beyond the athlete using their home club/facility (i.e. rink, pool or gym).
- No spectators are permitted.
- Ensure frequent hand hygiene for everyone before, during and after individual activity.
- It is recommended to carry and use hand sanitizers approved by Health Canada (DIN or NPN number) before and after using recreational areas and equipment.
- Drinking fountains must be closed. Water bottle filling stations are acceptable if appropriately and frequently sanitized.

Indoor Activities (e.g. bowling, darts, billiards, golf)

- Masks must be worn.
- Recreational play is permitted. League and tournament play is suspended.
- Activity areas must be arranged in a way that ensures three metres of physical distancing between non-household groups.
- Reservations are recommended and scheduled times should be put in place to avoid queuing in common areas.
- Signage regarding all COVID-19 procedures and policies that are in place must be posted around the facility to remind patrons and staff of precautions.
- In the case of bowling, staff should direct patrons to their designated lane and explain the system for receiving shoes, balls and the scoring system.
- Bowling balls, shoes and bowling areas are to be cleaned and sanitized after each use. Bowling balls and shoes will be left in a drop zone as determined by management/staff.
- Bowling centres should install Plexiglas or provide other barriers at service counters to ensure staff and guests can remain physically distanced.
- Hand sanitizer approved by Health Canada (DIN or NPN) or soap and water handwashing stations should be made available in visible locations throughout the facility, including at all entry points, pay stations and other high-touch locations for customers and staff.
- In addition to routine cleaning, and disinfecting of customer areas between groups, common area surfaces that have frequent contact with hands should be cleaned and disinfected several times per day and when visibly dirty. Items being used for an activity (e.g. scoring system buttons, ball returns, seating, pool cues, billiards tables, balls, golf balls, clubs, darts, and boards, etc.) must be cleaned and sanitized between each group of patrons.
- Special attention should be paid to commonly touched surfaces in such as doorknobs, light switches, toilet handles, counters, hand rails, touch screen surfaces, POS terminals, keypads, and workstations, etc. Please see the Cleaning and Disinfection Guidelines for more information.
- Guest contact information must be obtained for all guests on the property

daily for contact tracing purposes, and kept for a four-week period.

- During the activity, no food and beverage is permitted. Food and beverages must be consumed prior to or after the activity.
- Food or beverage may be served if there is an area designated for the consumption of food or beverage that is separate and apart from an event or any other activity, taking place in the facility, and the food or beverage is only consumed in the designated area. Please see the Restaurants and Licensed Establishments Guidelines.

Participant Capacity and Mini-League Guidance

- As of November 27, 2020, all team sport activities are suspended.
- Individual conditioning/training and individual sports activities with consistent masking in enclosed areas and consistent three metre physical distancing are permitted. Mask removal is only permitted during aquatic activities.
- Coaches/staff, officials and volunteers must wear a non-medical mask at all times.

Winter Activities

- Ski Resorts
  - Guests must be advised to arrive dressed appropriately to ski or snowboard minimizing the use of indoor space. No personal belongings, or food, may be stored within the chalet at any time.
  - Patrons must wear masks at all times. As per the public health order, public mask use is mandatory for all indoor spaces.
  - There are currently no capacity requirements for ski hills, as long as two metres of physical distance can be maintained between non-household groups.
  - Facilities must have line controls in place, signage and other indicators (e.g. floor markers) to ensure patrons maintain physical distancing.
  - Signage regarding all COVID-19 procedures and policies that are in place must be posted around the facility to remind patrons and staff of precautions.
  - Hand sanitizer approved by Health Canada (DIN or NPN) or soap and water handwashing stations should be made available in visible locations throughout the facility including at all entry points, pay stations and other high-touch locations for customers and staff.
  - All common areas, including washrooms, must be cleaned and disinfected frequently and following the Cleaning and Disinfection Guidelines in the Re-Open Saskatchewan Plan.
  - Patrons exhibiting signs of illness should be requested to leave the premises and directed to use the Government of Saskatchewan's self-

assessment tool for COVID-19 and follow the subsequent directions
- Special attention must be taken to ensure physical distancing inside lodges and warm up shacks, rental areas, lift line-ups, and concessions. Additional staff may be required to ensure mitigation measures are maintained.
- Guest contact information will be obtained for all guests on the property daily for contact tracing purposes and kept for a four week period.
- Tickets and all products and services should be available for pre-purchase online.
- Touchless payment options are encouraged.
- All lift ticket redemptions, retail product redemptions etc. are provided at outside ticket windows, where possible.
- Equipment rentals are permitted. Rental equipment must be thoroughly cleaned and disinfected between patrons.
- Parking areas must be monitored to prevent congregation of patrons and vehicles must be spaced a minimum of two metres apart.
- All instructors and participants will be screened for COVID-19 symptoms prior to beginning the lesson.
- All instructors should wear a mask.
- One-on-one or small group lessons consisting of household members are permitted as long as physical distancing is maintained between the instructor and participants.
- Group lessons that are not one-on-one are permitted as long as physical distancing is maintained between the instructor and participants, and between non-household participants. Groups must not have more than eight participants.
- Pre-registration is required for all lessons. Contact information must be gathered to provide, as needed, to public health for contact tracing purposes.
- Instructors can refer to resources from the Canadian Ski Instructors Alliance or Canadian Association of Snowboard Instructors to obtain additional information specific to COVID-19 mitigation measures and instruction.
- Food or beverage may be served if there is an area designated for the consumption of food or beverage that is separate and apart from an event or any other activity, taking place in the facility, and the food or beverage is only consumed in the designated area.
- Food and beverage areas must follow the Restaurants and Licensed Establishments Guidelines in the Re-Open Saskatchewan Plan.
- Outdoor dining area should be provided and encouraged. Consider installing a take-out window for guests to dine outside.
- Indoor warm-up areas must be reduced to 50 per cent capacity or two metres distance between household groups, whichever is less. Consider using alternate methods, such as using your vehicle to warm up. The capacity is limited by seating and spacing restrictions as outlined in the

Restaurant and Licensed Establishment Guidelines. These areas must undergo increased cleaning and disinfection.
- Patrons must be masked in warm-up areas.
- COVID-19 Workplace Information in the Re-Open Saskatchewan Plan must be followed.
- All staff should undergo a health-screening questionnaire prior to the start of their shift.
- Staff areas, including lunchrooms, must ensure appropriate guidelines are followed (e.g. physical distancing requirements, hand hygiene, cleaning and disinfection, etc.).

- Outdoor Recreation Areas
  - This includes outdoor rinks, tobogganing hills, cross-country ski trails, snowmobile trails and similar facilities.
  - Every person who visits an outdoor recreation area must follow public health orders in order to prevent the transmission of COVID-19.
  - People exhibiting signs of illness should not enter outdoor recreation areas. If you think you may be sick, use the Government of Saskatchewan's self-assessment tool for COVID-19 and follow the subsequent directions.
  - The maximum number of people permitted at any one time on outdoor rinks or skating surfaces will not exceed 30, as long as a physical distance of two metres is maintained between non-household groups.
  - Avoid gathering with other individuals or groups.
  - For larger organized outdoor skating surfaces (e.g. flooded fields at football stadiums and skating ovals/loops), a plan must be provided to the Business Response Team. Capacity allowances will be determined based on the plan for these larger specialty ice surfaces.
  - People not from the same household must maintain two metres of physical distancing at all times. Limit gathering with other people when entering and leaving the outdoor recreation area and supervising children.
  - Group sizes must comply with the outdoor public gathering restrictions in the public health order.
  - Ensure frequent hand hygiene for everyone before, during and after outdoor play.
  - It is recommended to carry and use hand sanitizers approved by Health Canada (DIN or NPN number) before and after using recreational areas and equipment.
  - If rink surfaces or recreational areas are busy, come back when it's not as busy or use another area.
  - Do not share toys or sports equipment between groups.

- Consider limiting children and other members of your household to only visiting outdoor recreational areas close to your home. This will help limit the number of people your family may come into contact with during the visit.
- Signage must be posted near recreational facility entrances and in shacks to caution about the risks of COVID-19, as well as educate users in following the guidelines. Signage should include the following reminders:
  - Individuals who are sick should stay home.
  - A physical distance of two metres must be maintained between people not from the same household.
  - Individuals should wash their hands before and after using parks and playgrounds.
  - Avoid overcrowding. Individual groups must not exceed the restrictions on public gatherings.
- Washroom facilities must have an increased cleaning and disinfecting schedule, ensuring soap and water or a hand sanitizer approved by Health Canada (DIN or NPN number) is available, as well as the proper disposal of paper hand towels.
- Garbage bins should be emptied frequently.

Group and Individual Activities (Virtual Activities Only)

- All amateur, in-person events/performances/concerts/ competitions/ recitals/festivals/demonstrations of activities (including dance, band and choir) are not permitted, unless performed virtually.
- No in-venue audiences/spectators are permitted.
- Physical contact of any kind is prohibited.
- Maximum capacity is 30 for any building or facility, not including video staff, instructors and building staff.
- Entry and exit times must be pre-determined and scheduled. No group arrivals are permitted.
- Performers/dancers/choirs/singing groups/musicians, as well as film staff, adjudicators, directors, instructors, etc., must wear masks at all times.
- Videos must be recorded in the largest space possible to maintain maximum distance between participants.
- All organizers/participants/ videographers must self-monitor for symptoms and use the self-assessment tool at saskatchewan.ca/COVID19.
- Follow proper hand hygiene and coughing/sneezing etiquette:
  - Wash your hands frequently with soap and water. Scrub for 20 seconds.
  - If soap and water are not available, use hand sanitizer approved by Health Canada (DIN or NPN).
  - Avoid touching your face, mouth, nose and eyes.

  - Cough/sneeze into the bend of your elbow and then wash your hands with soap and water.
- Attendee lists must be collected and kept for a minimum of 30 days. Contact details must include date, time, name, address and phone number or email address.
- Signs and warnings about the risk of COVID-19, including mandatory masks and frequent handwashing, must be posted. Commonly touched surfaces and shared equipment must be cleaned and disinfected after contact between individuals, even when not visibly soiled. Special attention should be paid to commonly touched surfaces, such as doorknobs, light switches, rails, etc. Please see the Cleaning and Disinfection Guidelines for more information.
- No food and beverage is permitted.
- Close drinking fountains. Water bottle filling stations are acceptable if appropriately and frequently sanitized.

Musicians/Singing

- Solo vocalists may remove masks during virtual performances, provided:
  - The solo vocalist is facing away from the musician.
  - The solo vocalist remains behind a physical barrier that is large enough to prevent transmission of COVID-19. All backup singers/accompanying musicians must be a minimum of three metres away from that barrier and remain masked.
  - Five metres physical distance must be maintained between the singer and camera operator (if the camera equipment is being operated by staff during the performance).
  - Barriers must be disinfected between performances.
  - Solo vocalists must wear masks before and after their performances.
  - Multiple singers are not permitted unless they wear masks. This includes backup vocalists.
  - A single vocalist may be accompanied by musicians, who must remain masked (e.g. pianist, guitarist, etc.).

Dance

- Dancers, instructors and the videographer must be masked and maintain a physical distance of three metres at all times.
- Groups of eight or less dancers (18 and under) may be in a space/room at the same time, and three metres physical distance must be maintained between each dancer.

- Dancers over the age of 18 are only permitted solo or individual virtual performances.
- Organizers will arrange pick up and drop off for participants, with parents/guardians remaining outside.
- Video recording should take place over several days or weeks to avoid interaction between cohorts.
- Regular training hours should be used to record videos, so dancers and instructors are limiting their interaction with each other.
- The registration process should be completed online, with all payments contactless.
- All feedback, evaluations and recognitions must be provided virtually.
- All video editing should take place off site.

Participant Health and Illness

- Patrons/staff who are sick or symptomatic must not enter/participate. Participants, spectators and volunteers should use the Government of Saskatchewan's self-assessment tool for COVID-19 and follow the subsequent directions.
- Participants, coaches, instructors and spectators should continuously self-monitor.
- Organizers must keep a record of attendees. All players, spectators, staff and volunteers should be provided with a sign-in on arrival option, with name, phone number and/or email to facilitate contact tracing, if necessary. Records of attendance must be retained for a minimum of one month. Where possible, do not use a common pen. Providing this information is voluntary for attendees and can only be used for the purposes of COVID-19 contact tracing.
- If a person becomes sick, they should immediately stop participating and return home.
- If a person becomes sick or injured, and first aid or further care is required:
    - Try to limit the number of individuals in contact with the sick person.
    - Place a mask over the individual's mouth and nose if they are not able to do so. Maintain a safe distance until the mask is in place.
- First aid providers caring for people should follow standard precautions. Those who provide direct care requiring close or direct contact should wear a mask.
- Following care, first aid providers should discard the mask and gloves following standard procedures and perform hand hygiene.

Physical Distancing

- Physical distancing must be observed at all times, with a minimum of two metres of space between individuals and spectator groups from different households.
- Areas of congregation (e.g. benches, bleachers) must be set up and used in a way that adheres to physical distancing requirements (i.e. only allow every other row in bleachers, use visual cues, etc.).
- Pylons or other markers should define the group space.
- Schedules should be staggered and the duration of the activity should be specified to promote physical distancing and allow for adequate cleaning and disinfection between uses.
- Wherever possible, promote physical distancing by:
    - Promoting one-way traffic flow to avoid individuals from inadvertently interacting.
    - Placing stickers or signage on the wall/floor every two metres.
    - Limiting lane use on indoor tracks to every other lane to promote physical distancing.
    - Spacing seats or assigning seating at two-metre distances.
    - Reducing capacity in each room, venue, court or ice surface in the facility.
- Common area chairs and tables should be stacked, roped off or removed from the area to promote distancing.
- Consider physical barriers (e.g. Plexiglas) at patron contact points.

Cleaning, Disinfection and Hand Hygiene

- Cleaning and disinfection information for public facilities and workplaces is available.
- Increase the frequency of cleaning and disinfecting of commonly touched surfaces and shared equipment, such as vending machines, water fountain handles, doorknobs, handrails, light switches, countertops, tables, equipment handles and consoles.
- All frequently touched surfaces should be cleaned and disinfected prior to a new group being provided access to field space, including benches, dugouts, bleachers, railings, picnic areas, gates, etc.
- Increase the frequency of cleaning gymnasium floors to reduce the risk of transmission from shared objects (e.g. balls) and those who use wheelchairs.
- Encourage participants to bring their own equipment to the facility.
- Participant-owned equipment, including sport gloves, should be visibly clean.
- Shared equipment (e.g. tennis balls, basketballs, bats, etc.) must be cleaned and disinfected frequently.

- Participants should clean their hands before and after using shared equipment (e.g. climbing and gymnastics equipment).
- Ensure that handwashing sinks are fully stocked with soap and paper towels.
- Place hand sanitizer approved by Health Canada (DIN or NPN number) in dispensers or soap and water handwashing stations near doors, common use equipment, washrooms/locker rooms, courtside and team areas, and other high-touch locations for patrons and staff. Patrons should be encouraged to bring their own hand sanitizer when possible.
- Hand hygiene should be performed prior to play and contacting shared equipment, as well as through the duration of the activity (i.e. intermissions, breaks, etc.) and at the end.

Conduct

- Spitting (includes seeds, tobacco and fluids) and other similar activities increase the risk of transmission of COVID-19 and are not permitted.
- Individuals must not share personal items (i.e. equipment or beverage containers).
- Congratulatory gestures such as high fives and handshakes are not permitted.
- Spectators, participants and players, staff, coaches and volunteers should try to minimize cheering and whistling as much as possible to control the spread of COVID-19.
- Consider how to adapt activities to take place outdoors and modify play to avoid physical contact, whenever possible.
- Intentional contact during sport or activity must be avoided. Modifications to activities that avoid physical contact are recommended.

Guidelines for Employees

- Limit the sharing of objects and tools by staff (e.g. equipment, gloves) or disinfect between uses.
- Hand hygiene must be performed between tasks.
- Encourage staff to launder uniforms/work clothes between shifts.
- Employees are required to practice physical distancing at work. Avoid handshakes and any other physical contact with others. Remain at least two metres apart from others whenever possible.
- If staff are unable to maintain two metre distancing from co-workers, other measures must be in place to prevent the transmission of COVID-19. This may include, but is not limited to, self-monitoring of personal health and supervision by Infection Prevention and Control Officers or Occupational Health and Safety. Other appropriate measures include:

  - Staggering activities to limit the number of staff in a confined area during the same period.
  - Moving activities to another room whenever possible.
  - Altering break times to minimize the number of staff working in close quarters.
- Ensure staff are practising proper hand hygiene and coughing/sneezing etiquette, including:
  - Washing hands often with soap and water for at least 20 seconds.
  - Using hand sanitizer approved by Health Canada (DIN or NPN) when hands are not visibly dirty and handwashing isn't available.
  - Avoiding touching their face, mouth, nose and eyes.
  - Coughing or sneezing into a tissue, then immediately disposing of the tissue and washing their hands. If a tissue is not available, they should cough or sneeze into their elbow, not their hands.
- Additional glove use for COVID-19 transmission mitigation is not required. If staff are using gloves, they should be changed after every interaction and when changing tasks. Hand hygiene must be performed between every glove change (hand sanitizer or handwashing with soap and water).
- All workers, especially those in constant contact with the public, should self-monitor for symptoms and use the Government of Saskatchewan's self-assessment tool for COVID-19 and follow the subsequent directions. Facilities should review their employee illness policies to ensure staff are able to remain home when ill (as is required).
- Stagger staff arrival and departure times, lunch times, breaks and meetings to reduce the number of individuals in one place at a given time. Designate lockers and storage spaces for individual workers
- Ensure staff are adequately trained in new policies and protocols.
- Workplaces are encouraged to have plans in place for increased worker absences due to illness or isolation.
- Workplaces should have a workplace illness policy. If policies do not exist or are not in line with COVID-19 recommendations, workplaces should ensure the following:
  - Sick employees should stay home or are sent home from work if symptoms present.
  - Sick employees use the Government of Saskatchewan's self-assessment tool for COVID-19 and follow the subsequent directions.
  - If an employee has gone home sick, their work areas should be cleaned and disinfected.

Appendix B

Generic Masking Poster

Please wear a mask.

Masking is required in all indoor public places.

Masks play a role in reducing the transmission of COVID-19.

Saskatchewan Public Health Order effective November 19, 2020

saskatchewan.ca/COVID19

Saskatchewan

Appendix C

Environmental Cleaning and Disinfection Guidelines

Re-Open Saskatchewan Plan

saskatchewan.ca/COVID 19

Environmental Cleaning and Disinfection Guidelines

What Do I Need To Know?

- The COVID-19 virus can survive for several days on different surfaces and objects.
- Frequent cleaning and disinfection is important to prevent spread of the disease.
- Many common household and commercial disinfectant products will destroy the COVID-19 virus.
- Some disinfectants will have an eight-digit Drug Identification Number (DIN). These products are approved for use by Health Canada.
- Household bleach (five per cent sodium hypochlorite) may not have a DIN, but may be used following the instructions below.

What Do I Need To Do?

- Clean often. Areas visited by people should be kept clean and free from clutter.
- Commonly touched areas should be cleaned and disinfected twice daily or whenever visibly soiled. This includes light switches, door handles, toilets, taps, hand rails, counter tops, toys, touch screens/mobile devices and keyboards.
- Clothing and fabric items should be laundered and dried on the highest temperature setting possible. Ensure items are thoroughly dried.

Is There a Difference Between Cleaning and Disinfecting?

- Cleaning products remove dirt, dust and oils, but don't always kill germs.
- Disinfectants are applied after cleaning to destroy germs.
- Cleaning is required prior to disinfection to remove soil and ensure the effectiveness of disinfection (unless otherwise indicated by manufacturer).
- Common disinfectants include bleach solutions, quaternary ammonium (QUAT), alcohol (70 per cent) and peroxide. Vinegar, tea tree oil solutions, etc. are not proven to be effective disinfectants.

How Do I Make a Disinfecting Solution?

- Always read product labels and follow the manufacturer's directions. Do not use expired products.
- According to Health Canada, a disinfecting solution can be made by mixing one part of bleach into 50 parts of water. For example, 1 teaspoon (5 mL) bleach into 1 cup (250 mL) water. These directions are based on bleach that is 5 per cent sodium hypochlorite.
- Do not mix soap or other cleaners into the bleach and water solution.
- Apply the disinfecting solution using a spray bottle or a clean wiping cloth.
- Always use appropriate PPE for working with bleach, including protective gloves.
- Food contact surfaces should be rinsed with fresh water after disinfecting.
- Toys that children may put in their mouths must be thoroughly rinsed after disinfecting.
- If using disinfectant wipes, the manufacturer's recommended contact time (i.e. how long the surface remains wet) must be met. Disinfectant wipes are not recommended for heavily soiled surfaces.

For further information on COVID-19, please visit:

- Government of Saskatchewan: saskatchewan.ca/COVID19
- Government of Canada: canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

Appendix D

Do Not Enter – Poster

saskatchewan.ca/COVID 19

DO NOT ENTER, IF YOU:

- Have a fever, cough, sore throat, runny nose, or shortness of breath

SELF-ISOLATE IMMEDIATELY, IF YOU:

- Have travelled outside of Canada within the last 14 days
- Are a close contact of a person who tested positive for COVID-19
- Have tested positive for COVID-19

Call HealthLine 811 if you have recently travelled and are experiencing respiratory or flu-like symptoms.

For more information and updates on COVID-19 in Saskatchewan visit **saskatchewan.ca/COVID19**

Appendix E

Open for Business – Poster

saskatchewan.ca/COVID 19

OPEN FOR BUSINESS
COVID-19 INFORMATION

The health and safety of our clients and colleagues remains a top priority.

Our business is committed to following all Saskatchewan health and safety guidelines including:

- **Staff and customers to maintain physical distancing of 2 metres**
- **Enhanced cleaning and disinfection**
- **Providing access to hand washing facilities or hand sanitizer**
- **Asking staff and customers to stay home and away from others if sick**

For more information and updates on COVID-19 in Saskatchewan visit **saskatchewan.ca/COVID19**

Appendix F

Protect Yourself and Others– Poster

saskatchewan.ca/COVID 19

Protect yourself and others!

Help stop the spread of harmful viruses.

Cover your mouth and nose with a tissue when you cough or sneeze.

No tissue? Cough or sneeze into your elbow, not your hands.

Wash your hands often with soap and warm water, or use a hand sanitizer.

Stay home if you are sick.

Hand washing is important to stop the spread of germs and avoid getting sick. Stay healthy. Wash your hands often and for **at least 20 seconds.**

Adapted from 'Protect Yourself and others from influenza: Stop the spread of viruses that make you and others sick!'© Province of British Columbia. All rights reserved. Adapted with permission of the Province of British Columbia.

Appendix G

What is Physical Distancing – Poster

saskatchewan.ca/COVID 19

COVID-19

What is Physical Distancing?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19.

Keep a minimum distance of 2 metres from others when shopping, walking in the community or in hospitals and health care facilities.

Avoid non-essential trips in community

Limit or postpone gatherings

Keep kids at home away from group settings

Work from home wherever possible

Visits to long-term care homes are restricted to immediate family for compassionate reasons

Conduct meetings virtually

Saskatchewan Health Authority

saskatchewan.ca/COVID19

May 14, 2020

Appendix H

Flatten the Curve– Poster

saskatchewan.ca/COVID 19

FLATTEN THE CURVE

COVID-19 INFORMATION

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19. Keep a minimum distance of 2 metres when walking or shopping in the community.

Help stop the spread by:

- **Avoid non essential trips in the community**
- **Postpone gatherings**
- **Limit shopping trips to one member per household**
- **Work from home if possible**
- **Visits to long term care homes are restricted to family for compassionate reasons**
- **Conduct meetings virtually**

For more information and updates on COVID-19 in Saskatchewan visit **saskatchewan.ca/COVID19**

Appendix I

SCA COVID-19 Screening Questionnaire

Covid-19 Screening Questionnaire

All participants ages 13 and older and/or guardians for participants ages 12 and under must answer the screening questions listed below. After completion, you will be notified if you have passed or failed the screening. If failed, you/your child must exit the facility and we recommend contacting HealthLine 811; your family physician; or your nurse practitioner.

Read the questions below then check off the appropriate answer box (Yes / No)

(1) Are you/is your child experiencing any of the following symptoms…	Yes ↓	No ↓
… Shortness of breath at rest?		
… Difficulty breathing?		
…Coughing?		
…Fever?		
…Headache?		
…Chills?		
…Unexplained fatigue/malaise?		
…Runny nose, sneezing or nasal congestion (excluding seasonal allergies)?		
…Sore throat/difficulty swallowing?		
…Loss of sense of smell or taste?		
(2) Have you/has your child been exposed to anyone who is under investigation for COVID-19 or has been confirmed as having COVID-19 within the last 14 days?		
(3) In the past 14 days have you/has your child returned from international travel?		
(4) Have you/has your child, or anyone in your household been instructed to self-isolate?		

I certify that my answers are true and complete to the best of my knowledge.

_____ _____

Participant's Name (Printed) Parent/Guardian's Name (if applicable)

_____ _____

Signature Date