

# Level 2 Sport, Music and Recreation Guidance

## Sports

### Return to sport for children under 12:

- Low-contact and team sports are permitted to have physically distanced or individual skills and drills with a single team or consistent group.
- Low-contact sports are permitted to host competitions with up to 25 athletes.
- Training is permitted for close-contact sports, with a consistent pair of individuals, such as figure skating or wrestling.
- No competitions, games or tournaments are permitted for close-contact or team sports, with the exception of individual competitions with no contact.
- Masks are required when not actively engaged in high aerobic activities, including participants who are not engaged in active play.
- Fully vaccinated children who are turning 12 in 2022 are permitted to participate in training and competitions with their teams when playing with other children aged 12 and older.

### Return to sport for individuals 12 and older:

- Low-contact and team sports are permitted to practice/train with a single team or consistent group.
- Training is permitted for close-contact sports with a consistent group of five (5) consistent individuals.
- Low-contact sports are permitted to host competitions with up to 50 athletes.
- Team sports are permitted to only have two (2) teams to play each other in a single day.
- Games are allowed for team sports, but no tournaments are permitted.
- Games and competitions are not permitted for close-contact sports, with the exception of individual competitions with no contact.
- Masks are required when not actively engaged in high aerobic activities, including participants who are not engaged in active play

### University and semi-professional leagues:

- Permitted to resume under established protocols for their leagues with 50% capacity for spectators.
- Established protocols must include: proof of vaccination for all patrons, physical distancing, seated at all times, and mask worn at all times unless drinking or eating.

Low-contact sports	Team sports	Close-contact sports
Sports with no or infrequent contact with other participants as described by Tourism Heritage and Culture policy		
Adaptive Snowsports Alpine Skiing Archery Artistic Gymnastics Artistic Swimming Badminton Baton Biathlon Billiards Boccia Bowling Canoeing/Kayaking Cross-Country Skiing Curling Cycling Dance Darts Diving Equestrian Fencing Figure Skating Golf Horseshoe Lawn Bowling Orienteering Pickleball Powerlifting Road Racing Cross-Country Running Rowing Rhythmic Gymnastics Sailing Shooting (skeet or rifle) Speed Skating Swimming Table Tennis Tennis Track and Field Triathlon Weightlifting	Basketball Baseball Beach Volleyball Broomball Cheerleading Cricket Field Hockey Football Goalball Hockey Lacrosse Olympic Handball Para Ice Hockey Ringette Roller derby Rugby Soccer Softball Ultimate Volleyball Waterpolo Wheelchair Rugby Wheelchair Basketball	Boxing Brazilian Jiu-jitsu Judo Karate Mixed Martial Arts Muay Thai Racquetball* Squash* Taekwondo Wrestling *close-contact sports or sports in poorly ventilated areas must follow additional measures

# Level 2 sport, music and recreation guidance

## Music and recreation activities:

### Recreational activities (non-sport) for children under 12:

- Organized low-contact group activities for after school care or social and skill building purposes are permitted with physical distancing and with up to 25 participants (i.e., Scouts, Guides, art programs, drama programs, dance programs, etc.).
- Physical distancing and masks are required at all times.

### Music group activities for children under 12:

- Music group activities are permitted with physical distancing, with up to 25 participants.
- Masks are required at all times even when singing.
- Wind instruments are not permitted.
- Music festivals, concerts or events are permitted for individual performers only.

### Music group activities for individuals 12 and older:

- Music group activities are permitted with physical distancing.
- Masks required at all times except when using wind instrument.
- Four (4) metres distancing (including instrument) when using a wind instrument. Physical distancing can be reduced to two (2) metres if using an instrument while wearing an instrument mask.
- If physical distancing cannot be maintained, wind instruments not permitted.
- Music festivals, concerts or events are permitted for individual performers only.
- Spectators will continue to be limited to 50 per cent capacity and vaccination requirements for children 12 and older still apply.