

	<b>STRICTEST CONTROLS</b> PRIOR TO MAY 19	<b>TRANSITION MEASURES</b> APPROX MAY 19TH - SEPT	<b>PROGRESSIVELY LOOSEN</b> SEPTEMBER - FURTHER NOTICE	<b>NEW NORMAL</b> FUTURE DATE TBC
<b>RESTRICTIONS IN PLACE</b>	<ul style="list-style-type: none"> <li>Maintain physical distance</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain physical distance</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>
<b>ENHANCED PROTOCOLS</b>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
<b>FACILITY</b>	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and Playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
<b>PARTICIPANTS</b>	<ul style="list-style-type: none"> <li>Individual activities</li> </ul>	<ul style="list-style-type: none"> <li>small groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Group sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
<b>NON-CONTACT ACTIVITIES</b>	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running etc)</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	<ul style="list-style-type: none"> <li>Expansion of training activities</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>CONTACT ACTIVITIES</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to pair or small group contact skills</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>COMPETITION*</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>In club play or modified games may slowly be introduced</li> </ul>	<ul style="list-style-type: none"> <li>Interclub or regional game play may be considered</li> </ul>	<ul style="list-style-type: none"> <li>Provincial competitions and larger scale events may return</li> </ul>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>No shared equipment</li> </ul>	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	<ul style="list-style-type: none"> <li>Shared equipment</li> </ul>

\*Introduction of competitive activities should be in alignment with Sport Specific guidelines