

PLAN FOR THE RESUMPTION of sports and recreational activities

PHASE 1 (as of March 26)



GENERAL PUBLIC		
ZONE	INDOOR ACTIVITIES	OUTDOOR ACTIVITIES
RED	<p>No competitions or spectators are permitted All activities must be adapted to ensure that a physical distance of 2 metres is respected</p>	
	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually in pairs with members of the same household <p>Lessons, classes and training are permitted for individuals, or with members of the same household. Compulsory sign-in records must be kept in physical fitness centres.</p>	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually with members of the same household within a group of no more than 8 individuals, plus one individual for supervision
ORANGE	<p>No competitions or spectators are permitted All activities must be adapted to ensure that a physical distance of 2 metres is respected</p>	
	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually in pairs with members of the same household within a group of no more than 8 individuals, plus one individual for supervision 	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually with members of the same household within a group of no more than 12 individuals, plus one individual for supervision
YELLOW	<p>No formal competitions or spectators are permitted Practice competitions are permitted as part of training activities</p>	
	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually in pairs with individuals from the same household within a group of no more than 12 individuals, plus one individual for supervision <p>Bowling alleys, pool halls and dart bars are permitted to re-open with certain restrictions. Amusement centres remain closed.</p>	<p>Activities involving close contact that is brief and infrequent¹</p> <ul style="list-style-type: none"> individually in pairs with individuals from two different households within a group of no more than 12 individuals, plus one individual for supervision

¹ As much as possible, physical distancing should be maintained during sports and recreational activities. Contact or close proximity is permitted, however, provided that it is brief and infrequent.

For more information: [Québec.ca/alertlevels](https://quebec.ca/alertlevels)

PLAN FOR THE RESUMPTION of sports and recreational activities

PHASE 1 (as of March 26)



ELEMENTARY AND SECONDARY SCHOOLS		
ZONE	INDOOR ACTIVITIES	OUTDOOR ACTIVITIES
RED	<p>Extracurricular activities must be carried out within the stable class group only (e.g. before class, during lunch hour, after class)</p> <p>Physical Education and Health classes and special pedagogical projects (e.g. Sports-études, Arts-études, concentrations, profiles) must follow the principle of stable class groups</p> <p>No competitions or spectators are permitted</p> <p>Compulsory sign-in records must be kept in physical fitness centres</p>	
ORANGE	<p>Physical Education and Health classes and special pedagogical projects (e.g. Sports-études, Arts-études, concentrations, profiles) must follow the principle of stable class groups</p> <p>Extracurricular activities without physical contact</p> <ul style="list-style-type: none"> with no more than 8 students from the same school, with the option to mix stable class groups within the same stable class group No competitions or spectators are permitted 	<p>Extracurricular activities without physical contact</p> <ul style="list-style-type: none"> with no more than 12 students from the same school, with the option to mix stable class groups within the same stable class group
YELLOW	<p>Physical Education and Health classes and special pedagogical projects (e.g. Sports-études, Arts-études, concentrations, profiles) must follow the principle of stable class groups</p> <p>Extracurricular activities without physical contact</p> <ul style="list-style-type: none"> with no more than 12 students from the same school, with the option to mix stable class groups within the same stable class group No competitions or spectators are permitted 	<p>Extracurricular activities involving close contact that is brief and infrequent</p> <ul style="list-style-type: none"> with no more than 12 students from the same school, with the option to mix stable class groups within the same stable class group No competitions or spectators are permitted Practice competitions are permitted as part of training activities

For more information: [Québec.ca/alertlevels](https://quebec.ca/alertlevels)

PLAN FOR THE RESUMPTION of sports and recreational activities

PHASE 1 (as of March 26)



COLLEGES AND UNIVERSITIES		
ZONE	INDOOR ACTIVITIES	OUTDOOR ACTIVITIES
RED	<p>No competitions or spectators are permitted All activities must be adapted to ensure that a physical distance of 2 metres is respected</p>	
	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually in pairs with members of the same household <p>Lessons, classes and training are permitted for individuals, or with members of the same household. Compulsory sign-in records must be kept in physical fitness centres.</p>	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually with members of the same household within a group of no more than 8 individuals, plus one individual for supervision
ORANGE	<p>No competitions or spectators are permitted All activities must be adapted to ensure that a physical distance of 2 metres is respected</p>	
	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually in pairs with members of the same household within a group of no more than 8 individuals, plus one individual for supervision 	<p>Activities without physical contact</p> <p>Non-organized activities, lessons and classes can be carried out:</p> <ul style="list-style-type: none"> individually in pairs with members of the same household within a group of no more than 12 individuals, plus one individual for supervision
YELLOW	<p>No formal competitions or spectators are permitted Practice competitions are permitted as part of training activities</p>	
	<p>Activities without physical contact</p> <ul style="list-style-type: none"> individually in pairs with individuals from the same household within a group of no more than 12 individuals, plus one individual for supervision <p>Bowling alleys, pool halls and dart bars are permitted to re-open with certain restrictions. Amusement centres remain closed.</p>	<p>Activities involving close contact that is brief and infrequent¹</p> <ul style="list-style-type: none"> individually in pairs with individuals from two different households within a group of no more than 12 individuals, plus one individual for supervision

1 As much as possible, physical distancing should be maintained during sports and recreational activities. Contact or close proximity is permitted, however, provided that it is brief and infrequent

For more information: [Québec.ca/alertlevels](https://quebec.ca/alertlevels)