

SPORTS AND RECREATION

For more information about the measures in force, consult [Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Measures in force as of September 1

GREEN ZONE	
VACCINATION PASSPORT	<ul style="list-style-type: none"> • Since September 1, the COVID-19 vaccination passport gives access to certain places or allows participation in certain non-essential activities only for those who are adequately protected or who have a clinical contraindication to COVID-19 vaccination. • The vaccination passport is required for people aged 13 and over to participate in the activities and gain access to the places that have been targeted. (Information about vaccination) • The vaccination passport is an addition to the measures already in place for the general population.
	<p>For sports and physical activities, the vaccination passport is required for:</p> <ul style="list-style-type: none"> • Participants in sports or physical activities in indoor public places • Participants in all organized outdoor team sports or physical activities involving frequent or prolonged contact • Students participating in a sport or physical activity where the vaccination passport is required and that is not part of the educational services provided (i.e. extracurricular activities, games and competitions between schools) • Students participating in an activity where the vaccination passport is required and that is not part of their college or university program • Participants in outdoor public events and activities of more than 50 attendees that meet the criteria for festivals and events • Spectators at amateur events that meet the criteria for festivals and events <p>For sports and physical activities, the vaccination passport is not required for:</p> <ul style="list-style-type: none"> • Participants in informal team sports or physical activities, including in public outdoor facilities, even if they involve frequent or prolonged contact (e.g. free-use tennis courts, ice rinks) • Students participating in sports and physical activities included in the educational services provided (concentrations, Sport-études and Art-études (dance) programs, Physical Education and Health classes) • Sports and physical activities included in college and university training • Professional and high-performance athletes with a protocol approved by the MSSS • Accompanying persons,* coaches, referees, staff and volunteers to whom CNESST regulations apply
GENERAL PUBLIC	<p style="text-align: center;">OUTDOORS</p> <p>Outdoor sports and physical activities can be carried out in compliance with the measures related to the vaccination passport, to which the following provisions are added:</p> <ul style="list-style-type: none"> • Activities involving frequent or prolonged contact (e.g. water-based activities, combat sports, dance, soccer) are permitted. However, they should be carried out with the same partner(s) whenever possible in order to limit the number of contacts. • Sports and physical activities can be held with a maximum of 50 participants (not including referees, staff and volunteers). • Leagues,¹ tournaments and competitions² are permitted. • The maximum number of spectators permitted for amateur sports is 500 per area of a sports facility, in locations where people are seated in bleachers, stands or fixed seats, but remains at 50 in all other cases (i.e. standing spectators). <p>Festivals and events</p> <ul style="list-style-type: none"> • Outdoor public events³ for sports and recreation (including tournaments and competitions²) can be held with a maximum of 50 people. These events can have spectators seated in pre-assigned places, standing or seated without assigned places, or on sites with temporary facilities where spectators can move along a path or route. For events with more than 50 people, organizers must refer to the guidelines for outdoor festivals and events.
	<p style="text-align: center;">INDOORS</p> <p>Indoor sports and physical activities can be carried out in compliance with the measures related to the vaccination passport, to which the following provisions are added:</p> <ul style="list-style-type: none"> • Activities involving frequent or prolonged contact (e.g. water-based activities, combat sports, dance, soccer) are permitted. However, they should be carried out with the same partner(s) whenever possible in order to limit the number of contacts. • Sports and physical activities can be held with a maximum of 25 participants (not including referees, staff and volunteers). However, these activities should be carried out with the same partner(s) whenever possible in order to limit the number of contacts. • In the maximum number of people playing a team sport, only those players present in the play area are counted. Players who are not active on the playing surface must be seated or standing in a designated area and must respect physical distancing measures. • All facilities are open. • Leagues,¹ tournaments and competitions² are permitted. • The maximum number of spectators permitted for amateur sports is 250 per area of a sports facility, in locations where people are seated in bleachers, stands or fixed seats, but remains at 25 in all other cases (i.e. standing spectators). <p>Festivals and events</p> <ul style="list-style-type: none"> • Informal public indoor sports events with more than 250 seated spectators must follow the guidelines for outdoor festivals and events.
	<p>Physical fitness centres (excluding physical fitness centres used as part of educational services)</p> <ul style="list-style-type: none"> • A minimum of 2 metres of physical distancing must be maintained between individuals at all times, except between members of the same household or when a service or support is being provided. • Wearing a face covering / mask is mandatory at all times, except when carrying out a physical activity. • Wearing a face covering is recommended when assistance at close proximity is provided, except among members of the same household. • Keeping sign-in records is required.

WEARING OF FACE COVERINGS

The usual measures concerning **wearing a mask or a face covering in public settings** must continue to be applied.

MANAGEMENT OF FACILITIES**Vaccination passport verification**

- As of September 1, the organizer of any activity and the operator of any place covered by the vaccination passport must ensure that anyone 13 years of age or older is adequately protected against COVID-19.

Visitor capacity

- Determined by the site managers based on the physical distancing measures to be followed, the limits allowed per type of activity and the [guidelines for outdoor festivals and events](#).

Locker rooms and washrooms

- Open if physical distancing can be respected at all times, as well as all required health measures, including cleaning and disinfection.

Equipment

- It is possible to borrow or rent equipment if it is disinfected.

TRAINING

- Training for lifeguards is permitted (following the guidelines issued by the Lifesaving Society).
- Training for staff or volunteers is permitted (e.g. monitors, coaches, referees).

***ACCOMPANYING PERSONS**

- One person may be permitted to accompany another when necessary (e.g. the parent of a child under 10 years old or an individual accompanying a person with a disability). This individual should be counted among the maximum number of people allowed.
- A person with a disability or who has other specific needs may be accompanied during an activity if necessary. It is recommended that the accompanying party be an individual residing under the same roof. If this is not possible, the person with a disability should use their Companion Leisure Card to show they require accompaniment. In such cases, if physical distancing is not possible, the accompanying individual must wear the personal protective equipment listed in the CNESST guide.

- For the regular activities (games, matches and leagues) of a sports association, recreational organization, municipality or private business, the organizers must refer to the measures that apply in the sports and recreation sector, especially those regarding the number of participants permitted in each area of a sports facility and the requirement to present a vaccination passport. For the number of spectators permitted at these activities, the measures regarding outdoor gatherings in a public space apply. The same site may have multiple areas considered sports facilities, such as a park with multiple soccer or baseball fields. An area in a sports facility is a defined space, sports field or playing surface with distinct entry, exit and circulation areas, and controlled access (gym, skating rink, pool, baseball field, etc.).
- To hold tournaments and competitions, organizers must refer to the measures that apply in the sports and recreation sector, especially those regarding the number of participants permitted in each area of a sports facility and the requirement to present a vaccination passport. For the number of spectators permitted at these activities, the measures regarding outdoor gatherings in a public space apply. The same site may have multiple areas considered sports facilities, such as a park with multiple soccer or baseball fields. For example, if the site at which the competition or tournament is taking place has four separate areas, it is possible to have 2000 seated spectators and 200 participants without the activity being treated as a public event. However, there must be movement of spectators and participants between each match or game, meaning that individuals in each area leave before new groups arrive. This method can therefore be used during tournaments held by a sports association that may involve parents or friends attending each match or game as spectators, provided that a large number of spectators is not expected. Note that organizers of competitions and tournaments that do not comply with the maximum number of people for each area and of spectators permitted must refer to the guidelines for outdoor sports and recreation events (e.g. a competition, match or game that is of interest to the general public, is open to all and is likely to attract a large number of spectators).
- An outdoor public event is defined as a sport or recreational activity organized for a specific time by a promoter or organizing committee, which is accessible to the general public and for which the number of participants and spectators who are or plan to be present is higher than the number permitted for outdoor gatherings in a public space. These events may include a championship, a qualifying round, a trial, a tour, etc.
- Supervision is the responsibility of one individual designated by the organization coordinating the activity. This person is responsible for ensuring the health measures and guidelines in force are respected. The health measures applied during activities organized by an association or club are expected to follow the return to activities protocol issued by the relevant provincial sports federation or the national recreational organization.

REFERENCES

- [Guidelines specific to recreation and sports](#)
- [Symptom self-assessment tool](#)
- [Questions and answers concerning events and activities during the COVID-19 pandemic](#)
- [Alert levels map](#)
- [Wearing a mask or a face covering in public settings in the context of the COVID-19 pandemic](#)

French version

<https://cdn-contenu.quebec.ca/cdn-contenu/education/mesures-loisir-sport-ete21.pdf>