



## Try It Day Sport/Activity Guidelines

Good public health practices can minimize transmission of respiratory infections, including COVID-19, influenza, and common colds. These practices include proper hand hygiene and respiratory etiquette, enhanced cleaning and disinfecting and staying home when sick.

- Volunteers and children will be expected to self-screen or be screened for COVID-19 symptoms by a parent or guardian before participating in an activity. [Alberta Health Daily Checklist](#). Please note, the sport connection will provide all organizations with a list of registered participants and a QR code for parents and guardians to use for the screening.
- Individuals experiencing COVID-19 symptoms must isolate at home; they are not permitted to access or attend any activities.
- Hand sanitizer will be provided to use at the entry and exit points of each venue.
- Encourage attendees to follow respiratory etiquette
- Signs will be posted at venues
- Organizations will be asked to clean equipment and shared objects between sessions.
- Sport organizations are expected to encourage spacing as much as possible between all participants and spectators in areas inside and outside of the venue, including hallways, washrooms, and common areas
- Parents/Guardians should try to maintain 2m physical distance from each other at all times.

### Masks

- Masks are mandatory in all indoor public spaces. Spectators and participants will be required to wear a mask in all participating facilities
- Masks are not required while participating in a physical fitness activity
  - Masking can provide protection when two or more individuals are in close proximity for extended periods of time, or if an individual has interactions with lots of other individuals.
  - Masks must be worn properly, and wearers should practice hand hygiene before and after donning the mask.

Thank you for your cooperation and effort to ensure a safe and fun event for all!  
Call 780 518 5506 or email [info@gpsportconnect.ca](mailto:info@gpsportconnect.ca) if you have any questions.