

Return to Sport Youth and Adults over 12:

- **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, such as karate.
- Masks are required when not actively engaged in high aerobic activities, including participants who are not engaged in active play.

Low-contact/ Team sports/ Close-contact sports lists

Low-contact sports

Sports with no or infrequent contact with other participants as described by Tourism Heritage and Culture policy

FALL	WINTER	SPRING
Golf		Badminton
Cross-Country		Track and Field
Swimming		

Team sports

FALL	WINTER	SPRING
Baseball	Basketball	Rugby
Cheerleading	Hockey	Volleyball
Field Hockey		
Football		
Soccer		
Softball		

Close-contact sports

FALL	WINTER	SPRING
	Wrestling	

*close-contact sports or sports in poorly ventilated areas must follow additional measures