

COVID-19 Checklist for Winter Sports & Activities

Toronto is currently in the Grey Zone of the provincial regulations ([O. Reg. 82/20](#)). The following checklist will help you understand the current rules and regulations for recreational winter activities (e.g. skiing, snowboarding, skating, tobogganing, snowshoeing) and what steps should be taken to help prevent the spread of COVID-19.

Some of the locations where these activities take place are not managed by an organization or operator. Members of the public are responsible for following provincial and local regulations and recommendations.

Ski hills are closed. Activities that require individuals coming within two metres/six feet of others outside your household are not permitted.

Preparing for the activity

- Download the [COVID Alert app](#) so you can be notified directly if you have been in close contact with someone who was contagious with COVID-19.
- Book a reservation in advance, if required.
- Complete a [self-screening assessment](#) before leaving home. If you answer YES to any of the questions, do not participate in the activity. Stay home, self-isolate and call Telehealth at 1-866-797-0000, your health care provider or an [Assessment Centre](#) to get tested.
- Dressing rooms and locker rooms are closed.** Dress/put on equipment at home as much as possible.
- Pack only essentials (e.g. water bottle, towel, equipment) and limit personal items as much as possible.
- Wear your mask or face covering to the activity.

During the activity

- If the facility / area looks crowded or has reached its capacity limit, come back another time.
- Know and adhere to all facility policies and procedures.
- Provide your name and contact information if asked by facility staff to be used for public health contact tracing purposes, if required.
- Enjoy the activity with those you live with.** Do not congregate with others.

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- Clean hands often with soap and water or 70-90% alcohol-based hand sanitizer, and avoid touching your face with unwashed hands.
- Wear a mask or face covering** at all times when indoors and outdoors when physical distancing is difficult. Follow directions from the facility if masks are required during the activity.
- Follow directions from the facility for where to keep personal items. Place items at least two metres away from others.
- Remain at least two metres from others at all times**, including while engaging in the activity, waiting in lines, using amenities (e.g. washroom), etc.
- Avoid activities where you may come into close contact with others you don't live with (i.e. where you will be less than two metres apart).
- Do not use equipment or fixed structures that cannot be cleaned and disinfected between each use.
- Do not share personal items (e.g. water bottle, clothes, personal equipment).
- Food service premises on site are open for take-away only. Enjoy food and drink at home.
- Music played in the facility cannot exceed the decibel level at which normal conversation is possible.

After the activity

- If your mask or face covering was removed, put it on as soon as possible after the activity.
- Clean your hands with soap and water or 70-90% alcohol-based hand sanitizer, and avoid touching your face with unwashed hands.
- Pack up and head home immediately after the activity. Do not linger to socialize or otherwise.
- Clean and disinfect any equipment that was used (e.g. snowshoe poles).
- Launder clothes, including coats, mittens, scarves, etc., in the warmest possible setting and dry completely, if required.

For more information

Visit our website at www.toronto.ca/COVID19 or call us at 416-338-7600.