



Returning to sports, recreation, arts & culture

Know your child's risks and choose safer options

Play is important for a child's health and wellbeing. Everyone has a role in helping to reduce the spread of COVID-19 and keep children's activities open.

Vaccination is the best protection

It is strongly recommended that individuals born in 2016 or earlier be [fully vaccinated](#) to keep themselves and everyone safe. The best way to protect children who are not yet eligible for vaccine is for everyone else to get vaccinated.

Know your child's risks

Unvaccinated individuals are at a higher risk of getting a COVID-19 infection. If your child is not vaccinated, parents and guardians should assess extracurricular activities based on the level of risk the activity presents. Higher risk activities are those that:

- take place indoors,
- include a high number of participants,
- involve close contact less than two metres apart, such as some sports, dance, theatre, etc.,
- produce more respiratory droplets due to heavy breathing (e.g., intense physical activity), playing wind instruments, singing or shouting, and
- where a mask cannot be worn while participating in the activity.

Understand the impact

If identified as a close contact of someone who tested positive for COVID-19,

- individuals who are fully vaccinated may not be required to self-isolate. Learn more about [fully immunized close contacts](#);
- individuals who are not fully vaccinated must self-isolate for 10 days, even without symptoms.

Continue to follow safety measures, even if your child is vaccinated

1. Stay two metres away from people you don't live with.
2. Wear a mask indoors, and outdoors when physical distancing is difficult.
3. Wash or sanitize hands before and after the activity.
4. Label your child's equipment and personal belongings. Do not to share with others.
5. Avoid sharing equipment and activity materials.
6. Keep your child home if they have a [symptom of COVID-19](#).
7. Avoid close contact behaviours such as huddles, handshakes, high-fives, or fist bumps.

For more information, call Toronto Public Health at 416-338-7600 or visit toronto.ca/COVID19