

COVID-19: Get the [latest updates](#) or take a [self-assessment](#).



Return to play

Resources for a safe return to play, including sports and recreation, during COVID-19 (coronavirus).

Overview

Ontario has identified and compiled safety guidelines and protocols that have been independently established by leaders in the sport and recreation sector to ensure that Ontarians can safely return to play.

These resources are available to the public and to stakeholders in the sport and recreation sector, and will help Ontarians better understand how to prevent the spread of COVID-19 while training, practicing and competing in sport and recreation activities.

Resources are available from National Sport Organizations (NSO), Provincial Sport Organizations (PSO), the sport and recreation sector to support a safe return to play. They contain recommendations and tips for athletes, coaches and trainers and facility owners on how to keep all participants safe.

Facility owners are **also** responsible for ensuring that all activities are conducted in a manner that maintains physical distancing and upholds public health measures outlined in the [Emergency Order](https://www.ontario.ca/laws/regulation/r20324). (<https://www.ontario.ca/laws/regulation/r20324>)

Additional return-to-play resources that are being developed independently by leaders in the sector will continue to be added as they become available.

Ontario also has general information on [COVID-19 and workplace health and safety](https://www.ontario.ca/page/covid-19-coronavirus-and-workplace-health-and-safety) (<https://www.ontario.ca/page/covid-19-coronavirus-and-workplace-health-and-safety>). Learn about employers' responsibilities and how to protect employees.

Provincial Sport Organizations (PSO) or National Sport Organizations (NSO)

Helpful resources and guidance documents for members of a Provincial Sport Organization (PSO) or National Sport Organization (NSO)

- [Archery Ontario](https://archeryontario.ca/archery-ontario/documents/category/23-covid?download=156:covid-return-to-sport-for-archery-clubs) (<https://archeryontario.ca/archery-ontario/documents/category/23-covid?download=156:covid-return-to-sport-for-archery-clubs>)
- [Athletics Canada \(PDF\)](http://athleticsontario.ca/wp-content/uploads/2020/05/Back-on-Track-guidelines-v1.pdf) (<http://athleticsontario.ca/wp-content/uploads/2020/05/Back-on-Track-guidelines-v1.pdf>)
- [Athletics Ontario \(PDF\)](http://athleticsontario.ca/wp-content/uploads/2020/07/athletics_ontario_return_to_training_cover_200630.pdf) (http://athleticsontario.ca/wp-content/uploads/2020/07/athletics_ontario_return_to_training_cover_200630.pdf)
- [Badminton Ontario](http://www.badmintonontario.ca/ontario-enters-stage-2-of-re-opening-june-12/) (<http://www.badmintonontario.ca/ontario-enters-stage-2-of-re-opening-june-12/>)
- [Baseball Ontario](https://www.baseballontario.com/Admin/SideMenu/DispSideMenuContentMain.aspx?TopMenuID=10009&menuID=734&dipIds=undefined) (<https://www.baseballontario.com/Admin/SideMenu/DispSideMenuContentMain.aspx?TopMenuID=10009&menuID=734&dipIds=undefined>)
- [Biathlon Ontario \(PDF\)](http://biathlonontario.ca/public_docs/documents/BiathlonOntario_COVID-19_Update_20200519.pdf) (http://biathlonontario.ca/public_docs/documents/BiathlonOntario_COVID-19_Update_20200519.pdf)
- [Canada Artistic Swimming \(PDF\)](https://artisticswimming.ca/wp-content/uploads/2020/06/R2S-CAS-EN-final-v2.pdf) (<https://artisticswimming.ca/wp-content/uploads/2020/06/R2S-CAS-EN-final-v2.pdf>)
- [Canoe Kayak Canada](https://canoekayak.ca/covid-19/) (<https://canoekayak.ca/covid-19/>)
- [Canoe Kayak Ontario](http://www.ckosprint.ca/return-to-paddling.html) (<http://www.ckosprint.ca/return-to-paddling.html>)
- [Cricket Canada \(PDF\)](https://cricketcouncilofontario.ca/wp-content/uploads/2020/06/Cricket-Canada-Return-to-Play-Plan.pdf) (<https://cricketcouncilofontario.ca/wp-content/uploads/2020/06/Cricket-Canada-Return-to-Play-Plan.pdf>)
- [Cricket Ontario \(PDF\)](https://cricketcouncilofontario.ca/wp-content/uploads/2020/06/Cricket-Ontario-Guideline-Resumption-of-Play-Draft-1.2.pdf) (<https://cricketcouncilofontario.ca/wp-content/uploads/2020/06/Cricket-Ontario-Guideline-Resumption-of-Play-Draft-1.2.pdf>)
- [Cross Country Ski Ontario \(PDF\)](https://xcskiontario.ca/wp-content/uploads/2020/06/COVID-19-Ontario-Re-Opening-Stage-2-Return-to-Play-Protocols-V-1.2-revision-2.pdf) (<https://xcskiontario.ca/wp-content/uploads/2020/06/COVID-19-Ontario-Re-Opening-Stage-2-Return-to-Play-Protocols-V-1.2-revision-2.pdf>)
- [Curling Canada \(PDF\)](https://www.curling.ca/files/2020/07/CC-Manual_Return-to-Play_CAN_EN.pdf) (https://www.curling.ca/files/2020/07/CC-Manual_Return-to-Play_CAN_EN.pdf)
- [Dive Ontario \(PDF\)](https://diveontario.com/wp-content/uploads/2020/06/DPC20-Return-to-Diving-v1-w_cover1.pdf) (https://diveontario.com/wp-content/uploads/2020/06/DPC20-Return-to-Diving-v1-w_cover1.pdf)
- [Diving Canada \(PDF\)](https://diving.ca/wp-content/uploads/2020/07/DPC20-Return-to-Diving-v1.2.pdf) (<https://diving.ca/wp-content/uploads/2020/07/DPC20-Return-to-Diving-v1.2.pdf>)
- [Equestrian Canada \(PDF\)](https://www.equestrian.ca/cdn/storage/resources_v2/tTobw2b567Lz7vRdN/original/tTobw2b567Lz7vRdN.pdf) (https://www.equestrian.ca/cdn/storage/resources_v2/tTobw2b567Lz7vRdN/original/tTobw2b567Lz7vRdN.pdf)
- [Football Canada](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:5d78e63c-2cbf-4d1b-b81b-e298f2449fea#pageNum=1) (<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:5d78e63c-2cbf-4d1b-b81b-e298f2449fea#pageNum=1>)
- [Freestyle Ontario](https://freestyleontario.ski/policy) (<https://freestyleontario.ski/policy>)
- [Golf Ontario](https://gao.ca/2020-protocols/) (<https://gao.ca/2020-protocols/>)
- [Gymnastics Ontario](https://www.gymnasticsontario.ca/update-4-stage-1-opening-framework/) (<https://www.gymnasticsontario.ca/update-4-stage-1-opening-framework/>)
- [Hockey Canada \(PDF\)](http://www.hockeyeasternontario.ca/docs/HC_RTH_SafetyGUIDELINES_8.5X11_ENG_FINAL.pdf) (http://www.hockeyeasternontario.ca/docs/HC_RTH_SafetyGUIDELINES_8.5X11_ENG_FINAL.pdf)
- [Hockey Eastern Ontario \(PDF\)](http://www.hockeyeasternontario.ca/docs/HEO%20Return%20to%20Hockey.pdf) (<http://www.hockeyeasternontario.ca/docs/HEO%20Return%20to%20Hockey.pdf>)
- [Hockey Northwestern Ontario](http://northwesternontario.pointstreaksites.com/view/northwesternontario/return-to-hockey-covid-19-response) (<http://northwesternontario.pointstreaksites.com/view/northwesternontario/return-to-hockey-covid-19-response>)
- [Kickboxing Ontario](http://kickboxingontario.com/) (<http://kickboxingontario.com/>)
- [Muaythai Ontario](https://muaythaiontario.org/reopening-registration/) (<https://muaythaiontario.org/reopening-registration/>)
- [Nordiq Canada](https://nordiqcanada.ca/nordiq-canada-covid-protocol/) (<https://nordiqcanada.ca/nordiq-canada-covid-protocol/>)
- [Ontario Amateur Softball Association \(PDF\)](https://oasa.ca/documents/policies/OASA-ReturntoPlayGuidelinesat20200610.pdf) (<https://oasa.ca/documents/policies/OASA-ReturntoPlayGuidelinesat20200610.pdf>)
- [Ontario Amateur Wrestling Association](https://www.oawa.ca/covid-19-resources) (<https://www.oawa.ca/covid-19-resources>)
- [Ontario Artistic Swimming](https://ontarioartisticswimming.ca/covid-19-resources/) (<https://ontarioartisticswimming.ca/covid-19-resources/>)
- [Ontario Ball Hockey Federation](http://ontarioballhockeyfederation.ca/news.php?news_id=1878116) (http://ontarioballhockeyfederation.ca/news.php?news_id=1878116)
- [Ontario Basketball](https://basketball.on.ca/ontario-basketball-releases-return-play-guidelines-phase-2/) (<https://basketball.on.ca/ontario-basketball-releases-return-play-guidelines-phase-2/>)
- [Ontario Cycling Association](https://www.ontariocycling.org/return-to-sport-june-10th-update/) (<https://www.ontariocycling.org/return-to-sport-june-10th-update/>)
- [Ontario Equestrian \(PDF\)](https://ontarioequestrian.ca/wp-content/uploads/2020/05/Revised-May-19-2020-GUIDE-TO-REOPENING-) (<https://ontarioequestrian.ca/wp-content/uploads/2020/05/Revised-May-19-2020-GUIDE-TO-REOPENING->)

[EQUINE-BUSINESSES-IN-ONTARIO-WHEN-PERMITTED.pdf\)](#)

- [Ontario Fencing Association \(https://fencingontario.ca/committees/medical-and-health-committee/covid-19-return-to-play/\)](https://fencingontario.ca/committees/medical-and-health-committee/covid-19-return-to-play/)
- [Ontario Field Hockey Association \(https://www.fieldhockeyontario.com/news_article/show/1104436\)](https://www.fieldhockeyontario.com/news_article/show/1104436)
- [Ontario Football Alliance \(http://ontariofootball.ca/news.php?news_id=1884364\)](http://ontariofootball.ca/news.php?news_id=1884364)
- [Ontario Hockey Federation \(PDF\) \(https://www.ohf.on.ca/media/pebbpcix/ohf-return-to-hockey_0703.pdf\)](https://www.ohf.on.ca/media/pebbpcix/ohf-return-to-hockey_0703.pdf)
- [Ontario Lacrosse Association \(https://ontariolacrosse.com/administration/covid-19\)](https://ontariolacrosse.com/administration/covid-19)
- [Ontario Lawn Bowls Association \(https://www.olba.ca/special-items.html\)](https://www.olba.ca/special-items.html)
- [Ontario Sailing \(https://ontariosailing.ca/feature/the-2019-novel-coronavirus-covid-19-information/\)](https://ontariosailing.ca/feature/the-2019-novel-coronavirus-covid-19-information/)
- [Ontario Soccer \(https://www.ontariosoccer.net/returntoplay\)](https://www.ontariosoccer.net/returntoplay)
- [Ontario Speed Skating Association \(http://static1.1.sqspcdn.com/static/f/435547/28321189/1593799399340/Return+to+Sport+Protocols+Speed+Skating+Version+1.2+July+3+2020.pdf?token=6X9fow966JFi0jUF%2BKH76oMxwrs%3D\)](http://static1.1.sqspcdn.com/static/f/435547/28321189/1593799399340/Return+to+Sport+Protocols+Speed+Skating+Version+1.2+July+3+2020.pdf?token=6X9fow966JFi0jUF%2BKH76oMxwrs%3D)
- [Ontario Tennis Association \(https://www.tennisontario.com/pages/return-to-play\)](https://www.tennisontario.com/pages/return-to-play)
- [Ontario Volleyball \(https://www.ontariovolleyball.org/ova-return-to-play\)](https://www.ontariovolleyball.org/ova-return-to-play)
- [Ontario Weightlifting Association \(PDF\) \(https://dfc25e69-2758-4ddc-9214-ddd525cc4587.filesusr.com/ugd/3b5e14_df4ed07ec0214492ab2c464cecd544d0.pdf\)](https://dfc25e69-2758-4ddc-9214-ddd525cc4587.filesusr.com/ugd/3b5e14_df4ed07ec0214492ab2c464cecd544d0.pdf)
- [Ontario Women's Hockey Association \(http://www.owha.on.ca/\)](http://www.owha.on.ca/)
- [Provincial Women's Softball Association of Ontario \(https://www.pwsaontario.com/covid-19-information/\)](https://www.pwsaontario.com/covid-19-information/)
- [Ringette Ontario \(https://ringetteontario.com/rtr-covid19/return-ringette-guidelines/\)](https://ringetteontario.com/rtr-covid19/return-ringette-guidelines/)
- [Row Ontario \(https://www.rowontario.ca/covid-19/\)](https://www.rowontario.ca/covid-19/)
- [Rowing Canada \(https://rowingcanada.org/return-to-rowing-planning/\)](https://rowingcanada.org/return-to-rowing-planning/)
- [Sail Canada \(https://www.sailing.ca/covid-19-updates/\)](https://www.sailing.ca/covid-19-updates/)
- [Skate Canada \(PDF\) \(https://skatecanada.ca/wp-content/uploads/2020/05/Return-to-Skating-Guidelines.pdf\)](https://skatecanada.ca/wp-content/uploads/2020/05/Return-to-Skating-Guidelines.pdf)
- [Skate Ontario \(PDF\) \(https://skateontario.org/wp-content/uploads/2020/06/Return-to-Play-Protocols-Skate-Ontario-2.0.pdf\)](https://skateontario.org/wp-content/uploads/2020/06/Return-to-Play-Protocols-Skate-Ontario-2.0.pdf)
- [Slo-Pitch Ontario \(https://slopitch.org/node/226\)](https://slopitch.org/node/226)
- [Softball Canada \(https://softball.ca/returntoplay\)](https://softball.ca/returntoplay)
- [Squash Canada \(PDF\) \(http://squash.ca/sites/default/files/files/Squash%20Canada%20Return%20to%20Play%20Recommendations%20for%20Clubs%20and%20Organizers%2005-05-20%20clean.pdf\)](http://squash.ca/sites/default/files/files/Squash%20Canada%20Return%20to%20Play%20Recommendations%20for%20Clubs%20and%20Organizers%2005-05-20%20clean.pdf)
- [Squash Ontario \(PDF\) \(https://static1.squarespace.com/static/57a370e9e58c6272ab5b8ec5/t/5eea5a3e693f6d67f865d968/1592416833726/Squash+Ontario+Return+to+Play+for+Organizations+1.pdf\)](https://static1.squarespace.com/static/57a370e9e58c6272ab5b8ec5/t/5eea5a3e693f6d67f865d968/1592416833726/Squash+Ontario+Return+to+Play+for+Organizations+1.pdf)
- [Swim Ontario \(PDF\) \(http://swimontario.com/uploads/ReturnTrainingMemoJuly7.pdf\)](http://swimontario.com/uploads/ReturnTrainingMemoJuly7.pdf)
- [Swimming Canada \(PDF\) \(https://www.swimming.ca/content/uploads/2020/05/Return-to-Swimming-Resource-Document-From-Swimming-Canada-V1-05292020.pdf\)](https://www.swimming.ca/content/uploads/2020/05/Return-to-Swimming-Resource-Document-From-Swimming-Canada-V1-05292020.pdf)
- [Taekwondo Canada \(http://taekwondo-canada.com/news/taekwondo-canada-return-to-train-in-the-dojang-recommendations1\)](http://taekwondo-canada.com/news/taekwondo-canada-return-to-train-in-the-dojang-recommendations1)
- [Taekwondo Ontario \(http://taekwondo-ontario.com/june-8-2020-covid-19-to-stage-1-return-to-play-training-protocol-guideline/\)](http://taekwondo-ontario.com/june-8-2020-covid-19-to-stage-1-return-to-play-training-protocol-guideline/)
- [Triathlon Ontario \(https://www.triathlonontario.com/updated-return-to-sport-guidelines-for-club-workouts\)](https://www.triathlonontario.com/updated-return-to-sport-guidelines-for-club-workouts)
- [Volleyball Canada \(https://cdn4.sportngin.com/attachments/document/23ad-2181788/Return_to_Volleyball_june19.pdf#_ga=2.158210930.937980189.1594299478-811855691.1584034580\)](https://cdn4.sportngin.com/attachments/document/23ad-2181788/Return_to_Volleyball_june19.pdf#_ga=2.158210930.937980189.1594299478-811855691.1584034580)
- [Water Polo Canada \(PDF\) \(https://waterpolo.ca/admin/docs/RWP_Training%20Guidelines%20-%20June%2019%20-%20EN.pdf\)](https://waterpolo.ca/admin/docs/RWP_Training%20Guidelines%20-%20June%2019%20-%20EN.pdf)

- [Water Ski Wakeboard Ontario \(http://wswow.ca/\)](http://wswow.ca/)

Sports and recreation

Resources for those who are not members of a [PSO](#) or [NSO](#) or part of an organized amateur sport system

- [Canadian Parks and Recreation Association \(https://drive.google.com/drive/folders/15K--poICQmFVSaxp2vpyrrXMIDT8bMOZ\)](https://drive.google.com/drive/folders/15K--poICQmFVSaxp2vpyrrXMIDT8bMOZ)
- [Ontario Recreation and Facilities Association \(http://www.orfa.com/guidelines\)](http://www.orfa.com/guidelines)
- [Parks and Recreation Ontario \(https://www.prontario.org/COVID-19\)](https://www.prontario.org/COVID-19)

High-performance athletes

- [Canadian Academy of Sport and Exercise Medicine \(https://casem-acmse.org/resources/covid-19/\)](https://casem-acmse.org/resources/covid-19/)
- [Canadian Olympic Committee \(https://nso.olympic.ca/fasken-limiting-liability-resources/\)](https://nso.olympic.ca/fasken-limiting-liability-resources/)
- [Canadian Olympic Committee \(https://nso.olympic.ca/?s=&category_name=covid19&topic=0&type=0\)](https://nso.olympic.ca/?s=&category_name=covid19&topic=0&type=0)
- [Canadian Sport Institute Ontario \(https://csiontario.ca/resource-hub\)](https://csiontario.ca/resource-hub)
- [Coaches Association of Ontario \(https://www.coachesontario.ca/articles/return-to-coaching/\)](https://www.coachesontario.ca/articles/return-to-coaching/)
- [Own the Podium \(https://www.ownthepodium.org/en-CA/Resources/COVID-19-Resources\)](https://www.ownthepodium.org/en-CA/Resources/COVID-19-Resources)
- [Sport For Life \(https://sportforlife.ca/facing-covid-19-together/\)](https://sportforlife.ca/facing-covid-19-together/)

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