

# BRITISH COLUMBIA'S RETURN TO SPORT

## FREQUENTLY ASKED QUESTIONS

November 11, 2020

### LOWER MAINLAND AND FRASER VALLEY RESTRICTIONS

**Q: What restrictions are in place for sport?**

A: On November 7, 2020 a Provincial Health Officer [Order](#) was put in place for all individuals, places of work and businesses within the [Vancouver Coastal and Fraser Health regions](#) to significantly reduce social interactions and travel. The restrictions that impact sport include:

- Indoor sports must be able to maintain physical distance
- Travel to, from and between the Vancouver Coastal and Fraser Health regions is not permitted for any sport related activity, including practice, training, games or tournaments.
  - Exception –high performance athletes identified to Canadian Sport Institute and affiliated with an accredited provincial or national sports organization.
- No spectators are permitted at indoor sport activities.

**Q: What restrictions are in place for businesses, recreation centres or organizations offering fitness activities?**

A: Business, recreation centres or other organizations that organize or operate indoor group fitness activities (e.g. – spin classes, yoga, group fitness, dance) must suspend activities until guidelines for group indoor fitness activities have been approved by the provincial health officer. These guidelines will support how organizations develop new safety plans. The safety plan will need to be approved by the Medical Health Officer.

**Q: Who do the restrictions apply to?**

A: The restrictions apply to all individuals and sport organizations in the [Vancouver Coastal and Fraser Health regions](#).

**Q: How long are the restrictions in place?**

A: [The order](#) is in effect from November 7, 2020 to 10:00 pm to November 23, 2020 at 12:00 pm.

**Q: Why are these restrictions in place?**

A: There are an increasing number of cases occurring in the [Vancouver Coastal and Fraser Health regions](#). These targeted actions have been put in place in order to ensure that we flatten the curve and essential services can remain open. The restrictions in place are based on data of where Health has seen transmission of the virus.

**Q: What activities are allowed while this order is in place?**

A: Activities in the [Vancouver Coastal and Fraser Health regions](#) that are allowed to continue include:

- Outdoor sports activities
- Indoor, sport activities that can maintain physical distancing
- All activities must remain within the boundaries of their regional health authority
- Sports and physical activities occurring in the school environment

**Q: What are the travel restrictions while this Order is in place?**

A: No person may travel to, from or between the regions of the Fraser Health Authority and the Vancouver Coastal Health Authority for any sport related activity, including practice, training, games or tournaments, unless they are an identified by Canadian Sports Institute Pacific as a high performance athlete affiliated with an accredited provincial or national sports organization. Identified high performance athletes, and their coaches, are able to travel to, from and between the Fraser and Vancouver Coastal health regions for the purpose of sport.

**Q: Can coaches and officials travel from Vancouver Coastal Health Region to Fraser Health Region or vice versa?**

A: Coaches and officials can commute between the Fraser and Vancouver Coastal Health Regions for their work/sport activities, whether it is a volunteer or paid position.

**Q: How is a high performance athlete defined?**

A: High performance athletes are individuals that have been identified to a targeted athlete list with the Canadian Sport Institute Pacific by their respective Provincial Sport Organization or National Sport Organization.

**Q: How is this different from phase 2 for sport?**

A: Phase 2 of the viaSport guidelines did not differentiate between indoor and outdoor activities, whereas these new restrictions do. Indoor contact sports, need to revert back to physically distanced training.

Travel restrictions are also different. Individuals or teams are not permitted to travel between Regional Health boundaries for games or competitions.

**Q: What restrictions are in place for spectators?**

A: In the [Vancouver Coastal and Fraser Health regions](#), spectators are not permitted for indoor sport activities, unless necessary to provide care to a participant.

**Q: Who needs to have their safety plans reviewed by a Medical Health Officer?**

A: All sport organizations should review and update their safety plans, however sport organizations are not required to submit their plan to a Medical Health Officer for approval. As long as a sport organization has a safety plan in place the compiles with the new restrictions they may remain open.

Indoor, group fitness activities (such as spin classes, yoga, group fitness, dance) that operate in the [Vancouver Coastal and Fraser Health regions](#) can only resume activities once guidelines for group fitness activities have been approved by the provincial health officer and the business has updated their COVID-19 safety plan and received approval from their local Medical Health Officer.

**Q: How does this order apply to outdoor sports?**

A: Outdoor sports can continue but no travel is permitted to, from or between [Vancouver Coastal and Fraser Health regions](#).

**Q: How does this impact sport outside the Lower Mainland?**

A: The viaSport guidelines for phase 3 still remain in effect for those outside of the [Vancouver Coastal and Fraser Health regions](#). Individuals or sport teams may not travel to the Vancouver Coastal or Fraser Health regions for the purpose of sport while the restrictions are in place.

**Q: Are there enforcement mechanisms in place?**

A: Orders can be enforced by police or other compliance and enforcement officials. People who don't follow the order could be fined.

**Q: What happens after November 23?**

A: The office of the PHO will continue to review the data and rates of transmission in order to make an informed decision on whether it is appropriate to lift, modify or extend the restrictions.