

Tips - Important Health and Safety Measures to consider!

Specific considerations for organizations planning adaptive/inclusive sport:

- Consider adapting physical distancing protocols to accommodate participants that require a guide (ie. due to visual impairment), and/or who need an assistant for daily activities or to prepare for physical activity. Encourage participants to use family members or one consistent aid/guide during their training period.
- Encourage the use of other devices in place of guides when able - support animal, cane, etc.
- Educate participants with visual impairments to place their hand on their guide's shoulder rather than elbow to assist with navigation, as the elbow is often used to cough or sneeze into.
- When purchasing PPE:
 - Ensure access to clear masks or face shields for those with hearing impairment
 - <https://www.costco.ca/disposable-see-through-4-layer-mask---15-pack.product.100725684.html>
 - Ensure that gloves and other participant contact materials are Latex free as there are a number of disabilities that have an increased incidence of Latex allergy
- Direct participants and their families to reliable sources of information regarding their risk of severe disease, based on their underlying disability, should they contract COVID-19
 - <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
 - <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/people-high-risk-for-severe-illness-covid-19.html>
 - Their health care provider

Resources

- **COVID-19 and people with disabilities in Canada** - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/people-with-disabilities.htm>
- **Youtube video “Youth Sports: Tips to Protect Players from COVID-19” produced by Centers for Disease Control and Prevention (CDC)**
Before returning to play, kids, coaches, and parents can follow these tips to protect themselves and others from COVID-19.
<https://youtu.be/LMBziaVRChY>
- Ottawa Public Health
[Sports, Recreation and Being Active During COVID-19 - Ottawa Public Health](#)
- Examples of Children’s Physical Literacy Program Planning during COVID-19
[PISE – Resources – Victoria, BC](#)