



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

COVID-19 Update

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Public Health and Emergency Services

October 23, 2020

Overall trends

- In Waterloo Region, our case rates and other indicators remain fairly stable.
- COVID rates however can quickly escalate, so we need to maintain our diligence. Physical distancing, wearing a mask, staying at home when sick, and limiting close, unprotected contact with others need to continue to be part of our new normal.

Team sports

- Following the release of my recommendations for fitness and sports activities earlier this week we have heard about more outbreaks elsewhere in Ontario in team sport settings.
- For all settings, I am advising the following **general principles**:
 - Limit close contact to only your immediate household members
 - Practice physical distancing and wear a mask or face covering with everyone else
 - Outdoors is safer than indoors. Play outdoors when you can.
 - Stick to smaller groups. Smaller is safer.
- More specifically, with regards to **team sports**, based on the risks seen in the outbreaks that have occurred, **we are encouraging all sports associations, including organizations or recreational groups, to**:
 - **Minimize social gatherings of participants and spectators both before and after the activity.**
 - It is often in pre- and post-play settings where spread among players and families has been reported.
 - **Avoid carpooling with those outside your household.**

- If possible, don't carpool with those outside of your immediate family.
- If you need to carpool, limit the number of occupants in the vehicle, open the windows to create air flow and ensure that everyone in the vehicle is wearing a face covering if they are not from your immediate household.
 - **Do not share equipment or gear**
 - **Participate on only one team**
 - **Play outside when possible**
- These measures, in addition to all the other measures organizers are required to implement for a return to play in Stage 3, will help reduce risk of transmission in team sport settings.
- We are actively reaching out to the local sports associations, with assistance from our area municipalities, to ensure they are aware of the risks, that the required measures are in place, and that players, staff and families are reminded of the **importance of following public health precautions at all times, i.e. before, during and after play.**

Concluding remarks

- Based on where we started in September, we could have been in a much worse situation now.
- By working together as a community, we have slowed the spread of COVID-19 and reduced the risks for vulnerable settings and for schools, we have helped businesses stay open, and we have allowed medical procedures and surgeries to continue.
- Let's continue working together. By supporting each other and helping to protect one another, we are also building the strength and resilience of our community during these challenging times.
- Thank-you.