

August 27, 2021

Dear Operators of Amateur Sports Leagues,

For a year and a half, the COVID-19 pandemic has had a significant impact on sports and recreation, resulting in modified practices, cancelled games, and lost seasons.

We understand that the COVID-19 pandemic has been a difficult time for your industry and that you continue to do all that you can to keep your clients and athletes safe during sport and recreation activities in your leagues and facilities. Unfortunately, over the last number of weeks, an increasing number of COVID-19 cases have been identified amongst participants in amateur group sports. Where players are unvaccinated, in close contact with one another, breathing heavily, and unmasked, the risk of transmitting the COVID-19 Delta variant is high.

To ensure that amateur sports remain as safe as possible, the Middlesex-London Health Unit is **strongly recommending** that all operators of amateur sport leagues or events adhere to the following public health guidance:

- Require vaccination for anyone who is eligible (Born in 2009 and turning 12 in 2021).
- Ensure that masks are always worn when participants are not in the field of play, including locker rooms, hallways and common areas.
- Screen participants for symptoms before every practice or game.
- Minimize pre- and post- activity gathering time; participants should only arrive immediately before the beginning of the activity and should leave immediately following.
- Strongly consider reducing or stopping inter-team or inter-league play and focusing on practices and scrimmages.
- Make cohorts as small as possible, with a maximum of 12-15 participants.

If all participants on a team or in a league are fully vaccinated, it is reasonable for cohorts to be larger and for inter-team play to continue. However, if *any* member of the group is unvaccinated, cohorting is essential.

By ensuring that these precautions are taken, you will be helping to keep the risk of transmission to a minimum. However, the risk still exists, and the Middlesex-London Health Unit will continue to monitor cases associated with sports and recreation. Like you, we all want these activities to continue this fall.

Thank you for your continued support.

Sincerely,



Alexander Summers MD, MPH, CCFP, FRCPC
Associate Medical Officer of Health