



## Skateboarding & COVID-19 Public Health Measures

May 16, 2020

*Veuillez nous contacter si vous souhaitez recevoir ces informations en français.*

As restrictions are gradually lifting across Canada, skateparks and public spaces are starting to re-open. Canada Skateboard would like to remind our community to respect the Government of Canada's directions. Now is the opportunity for us to be leaders in our communities. Through our actions, we can control the spread of this virus in all provinces across our great nation.

Canada Skateboard will continue to assess the national situation but notes that skateboarding in public spaces should only resume when the appropriate Municipal, Provincial and Federal Public Health authorities modify applicable restrictions and/or closures due to the COVID-19 pandemic. Canada Skateboard recognizes that these restrictions may be modified or lifted at different times across the country depending on the evolution of the pandemic and the actions taken by the various levels of government in specific jurisdictions.

Skateboarding can be a low risk activity as it relates to contracting COVID-19 if proper steps are taken as the vast majority of activity takes place outdoors and at the required physical distance.

Canada Skateboard recommends all skaters healthy and comfortable returning to skateparks adopt the following attitude:

- Head to the park with the intention of skating, not hanging out.
- Stretch, warm up and prepare for your session outside of the park.
- Get some tricks, film some clips, have fun!
- Leave the park when you're done so others can enjoy the space as well.

Please contact [info@canadaskateboard.ca](mailto:info@canadaskateboard.ca) with comments, questions and concerns.

**The following guidelines are recommended to all skateboard participants:**

### **Stay Apart:**

- Keep your distance while skateboarding.
- Skate at low traffic times, if the park is busy, try another time.
- Avoid hanging out at the skatepark if you're not skating.

**Stay Local:**

- Skate or bike to your **local** park.
- Avoid traveling to other jurisdictions where parks are open to avoid overcrowding.
- If vehicle travel is essential, avoid carpooling with individuals outside your bubble.

**Stay Safe:**

- If you are sick, stay home.
- Ease back into skating. Don't go all out on your first trips back to the skatepark.
- Avoid touching obstacles with your hands.
- Bring sanitizer to clean your hands after your session.

**If possible municipalities should consider the following steps when reopening parks:**

- Place relevant signage at entrances to the park outlining current health recommendations/restrictions
- Apply distancing markings on the ground to reinforce 2 metres of distance
- Public access to sanitation stations

**At no time should these recommendations be interpreted as superseding or providing a justification for not closely following public health directives, government regulations.**

Further information is included below with links to all relevant Federal, Provincial and Territorial COVID-19 public health sources.

**Personal Health**

- All skaters should be aware of and continuously monitor their own personal health.
- Any person who has had a confirmed case of COVID-19, or who has come into close contact with a person who has a confirmed case, should isolate appropriately for at least 14 days and seek appropriate medical attention as required.
- All individuals in the skateboarding environment should self-monitor for symptoms of COVID-19 on a daily basis and any person showing symptoms should self-isolate, refrain from entering the skateboarding environment or coming into close contact with others and seek appropriate medical attention.
- Any individual who is at elevated risk for COVID-19 infection should take any necessary precautions to protect themselves.
- Skateboarders should work together to support and implement these further measures to ensure an inclusive and safe environment. If an individual is concerned about their risk level, they should consult with a medical professional. Information related to who may be at elevated risk for infection is available here  
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?topic=tilelink>
- The Government of Canada COVID-19 Self-Assessment Tool is available here:  
<https://ca.thrive.health/covid19/en>

### **Group Gathering Size**

- Group sessions must respect Provincial/Municipal group gathering size restrictions. Canada Skateboard recommends group sessions be kept to a minimum to reduce risk where possible and keep traffic at parks low.
- People who are not actively skating (filmmakers, photographers, friends and family), should avoid coming to the park, or keep outside of the park to reduce traffic and allow for safe distancing

### **Physical Distance**

- Always maintain 2 metres between all individuals before, during and after skateboarding.
- Avoid congregating in drop in areas, or other high traffic locations at the park.
- Skaters requiring assistance should do so within their family bubble (assisting a drop in, holding hands to learn etc.).
- Be conscious in the park to respect physical distance between skaters take turns, be mindful of each other

### **Sanitation:**

- Skaters should sanitize their hands before and after their session; bring a personal bottle to limit the risk of transmission
- Equipment should not be shared, bring your own board, and equipment (helmet, pads, water, snacks etc.)
- For more resources on sanitation practices see the Canadian Government guidelines for cleaning hard surfaces  
<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/COVID-19.html>

### **Safety Considerations**

- All skaters are strongly encouraged to wear a properly fitting helmet and other safety equipment, irrespective of their age or ability.
- Tricks and activities undertaken should be within a skaters ability level to avoid injury; progress and stick to fundamental tricks
- During this time, unnecessary risks should be avoided. Skaters should use common sense to avoid any situation which involves undue risk and the potential need for emergency personnel to respond, or that unnecessary personal contact becomes necessary.

### **Communication and Governance**

- All skateboarders should be fully informed of all measures so that they can be safely followed at all times.
- Relevant signage and marking should be put into place so that all measures are easy to follow and that participants are continually reminded of the modifications required. (For example distancing markings on the ground to reinforce 2 metres of distance).

## Federal, Provincial and Territorial – COVID-19 Public Health Links

Federal	<a href="#">Coronavirus disease (COVID-19) outbreak updates, symptoms, prevention, travel, preparation</a> ----- <a href="#">Maladie à coronavirus (COVID-19) : mise à jour sur l'éclosion, symptômes, prévention, voyage, préparations</a>
Alberta	<a href="#">COVID-19 info for Albertans   Alberta.ca</a> ----- <a href="#">EMPÊCHER LA PROPAGATION DU CORONAVIRUS</a>
British Columbia	<a href="#">COVID-19</a> ----- English only
Manitoba	<a href="#">COVID-19</a> ----- <a href="#">Province du Manitoba   COVID-19</a>
New Brunswick	<a href="#">Coronavirus (COVID-19)</a>  <a href="#">Guidance Document of General Public Health Measures During COVID-19 Recovery Introduction Content</a> ----- <a href="#">Maladie à coronavirus (COVID-19)</a>  <a href="#">Document d'orientation pour les mesures de santé publique d'ordre général pendant le rétablissement relatif à la COVID-</a>
Newfoundland and Labrador	<a href="#">Public Health Orders</a> ----- <a href="#">covid-19</a>
Northwest Territories	<a href="#">Welcome to GNWT's Response to COVID-19   GNWT's Response to COVID-19</a> ----- <a href="#">Welcome to La réponse du GTNO à la COVID-19   La réponse du GTNO à la COVID-19</a>
Nova Scotia	<a href="#">Novel coronavirus (COVID-19) - Government of Nova Scotia, Canada</a> ----- <a href="#">Nouveau coronavirus (COVID-19)</a>
Nunavut	<a href="#">COVID-19 (Novel Coronavirus)</a> -----

	<a href="#">COVID-19 (nouveau coronavirus)</a>
Ontario	<a href="#">Coronavirus Disease 2019 (COVID-19)</a> ----- <a href="#">Maladie à coronavirus 2019 (COVID-19)   Santé publique Ontario</a>
Prince Edward Island	<a href="#">COVID-19</a> ----- <a href="#">COVID-19   Gouvernement de l'Île-du-Prince-Édouard</a>
Quebec	<a href="#">Coronavirus disease (COVID-19) in Québec</a> ----- <a href="#">La maladie à coronavirus (COVID-19) au Québec</a>
Saskatchewan	<a href="#">Public Measures   COVID-19</a> ----- English only
Yukon	<a href="#">Current COVID-19 situation   Government of Yukon</a> ----- <a href="#">COVID-19 : situation actuelle   Government of Yukon</a>