

Sport Newfoundland and Labrador
COVID-19 Update
March 17, 2020

With the COVID-19 pandemic changing on a daily basis, the health and safety of our staff and stakeholders is our utmost concern. In response to the recent COVID-19 issue Sport Newfoundland and Labrador has made the decision that staff will work from home as much as possible effective Wednesday March 18, 2020 and the Administration building will be closed to visitors. SportNL and Provincial Sport Organization staff will still have access to the building if needed. This is one way that we can do our part to promote social distancing and flatten the curve in the spread of Coronavirus.

We will also be curtailing face to face meetings and visits to outside organizations as much as possible, and utilizing technology options where possible. Consequently, we ask our members and stakeholders to communicate with us electronically or via telephone.

Many sport organizations have already made the decision to cancel their programming to assist in protecting their members and the general public as a whole. Sport Newfoundland and Labrador strongly suggests that PSOs cancel all activities until the foreseeable future and follow the advice provided by the provinces Chief Medical Officer of Health <https://www.gov.nl.ca/covid-19/>. We also strongly suggest PSOs encourage their Clubs and Associations to do the same.

As Sport Newfoundland and Labrador's Administration office will continue to be accessible to PSOs with offices in the building, we must ensure we operate it under guidelines provided by the Chief Medical Officer of Health. The following guidelines will be followed:

- If you have travelled outside of Canada or have been in contact with someone who has, please do not enter the office and self-isolate as per the guidelines set out by the Chief Medical Officer.
- If you have been in close contact with a person with a confirmed case of COVID-19 please do not enter the office and self-isolate as per the guidelines set out by the Chief Medical Officer.
- If you have been in close contact with a person with a fever greater than 38 C OR who has a cough AND has travelled outside of Canada please do not enter the office and self-isolate as per the guidelines set out by the Chief Medical Officer.
- Boardroom usage and bookings will be suspended until further notice.
- Where possible face to face meetings will be avoided and conducted via the most appropriate means.
- If you must go to the building please use appropriate social distancing and limit movement outside of your office.

We also encourage everyone to follow routine preventative measures:

- Washing hands frequently with soap and water
- Cough and sneeze into your elbow or a tissue
- If ill with acute respiratory symptoms, stay home if possible
- Limit touching your eyes, nose and mouth
- Don't share items like drinking glasses and water bottles
- Frequently clean surfaces like taps, doorknobs and countertops

It's important that the sport community help flatten the curve by following the advice of the Chief Medical Officer of Health of Newfoundland and Labrador. For more information, please visit: <https://www.gov.nl.ca/covid-19/>.