

Moderate Level of Protective Measures

This chart provides examples of moderate levels of protective measures, their associated risk treatment strategies, and sample Ontario Physical Activity Safety Standards in Education activity/sport pages in relations to facilities/locations, equipment, physical distancing, and instructional strategies.

	Facility/location	Equipment	Physical Distancing	Instructional Strategies
Protective Measures	Indoors/outdoors at the school. Indoors at an approved location/facility.	Some use of shared equipment. Shared equipment that has limited hand contact (for example, soccer balls, tennis ball, shared by a small group of students).	Physical distancing is maintained during parts of the lesson. Students may come into close proximity to other students during some activities (for example, paired or small group activities).	Partners/small group activities where students stay with the same group for the duration of the class.
Risk Treatment	Increase air circulation in by opening doors and windows. Verify that there is enough space available for the number of students participating.	Disinfect equipment between each use and at the end of the class. Students sanitize hands before and after physical education classes and after using equipment. Have students work individually or in partners so equipment is shared by a minimum number of students.	Establish routines that limit students from being in close proximity (for example, small groups). Modify rules/instructions for the activity to encourage physical distancing. Have students wear non-medical masks when indoors and when the activity is low intensity.	Modify activities to allow for smaller groups. Focus on partner/small group activities (for example, partner fitness, movement skills and strategies) instead of large-group team games.

	Facility/location	Equipment	Physical Distancing	Instructional Strategies
Sample Ontario Physical Activity Safety Standards in Education (OPASSE) Activities	Fitness Activities Goalball Soccer Baseball	Skills and strategy stations focused on: <ul style="list-style-type: none"> • Dribbling and shooting: Basketball and soccer • Sending skills: Badminton and volleyball • Striking activities: Cricket and Softball (lob ball/slow pitch/ three pitch) 	Paddle Tennis Scoop Ball Sepak Takraw Spikeball	Hockey (Ball) Pickleball

For more information, please visit safety.ophea.net.