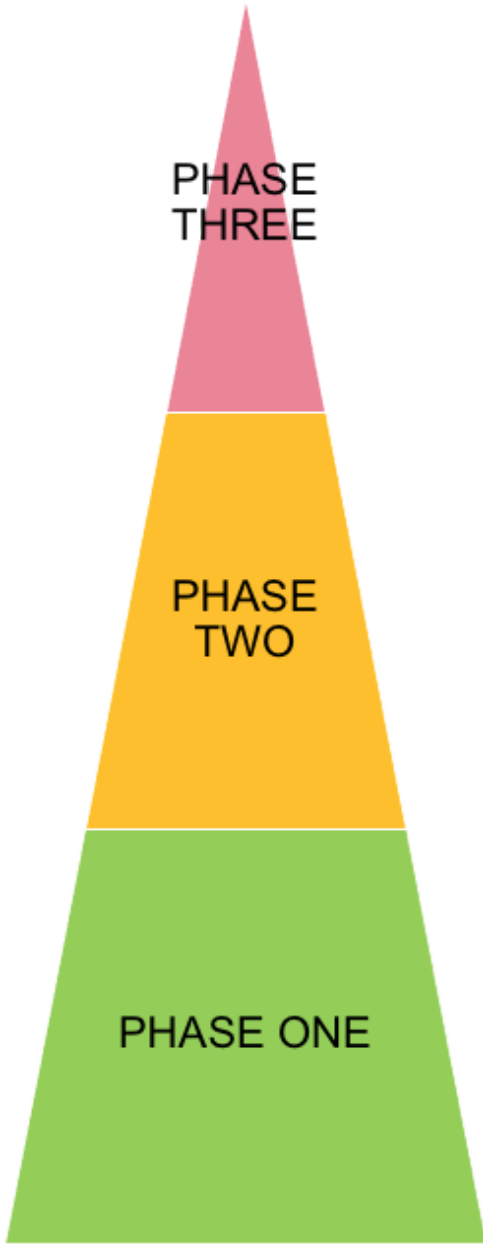


CISAA Return to Sport: Proposed Multi-Phased Approach

The phases are conditional upon the Ministry of Education and regional health unit guidelines. Phases and activities may need to be adjusted. The stages used by the Ontario Government for the regional return to business are not the same as the phases for the return to sport.

	<ul style="list-style-type: none"> Moderate Risk Sports practices and competitions may begin. examples: basketball, volleyball, ice hockey, soccer, field hockey, tennis, 7 on 7 football, baseball, softball, rowing, swimming relays Modified practices may begin for higher risk sports: wrestling, football, lacrosse, dance 	<p>The CISAA fully expects to bring sport back for our students when safe to do so and as early as possible. The physical and mental well-being of our students is important and we must lead the way back to school sport following provincial and national sport body guidelines.</p> <p>Regional play may well resume for some and not others. Some sports may return before others and in a different season than we usually expect.</p> <p>The pace at which regions move through the phases of return to sport will vary according to your location and Health Unit. Certain sports may also progress more quickly than others in terms of a return to play.</p> <p>Schools should plan to have modified PHE classes and intramural programs in place for September.</p>
	<ul style="list-style-type: none"> Low risk sports practices and competitions may resume. examples: cross country running, individual running and swimming, alpine skiing, throwing events(javelin, shot put, discus) Moderate risk sports may begin modified practices: examples: basketball, volleyball, ice hockey, soccer, field hockey, tennis, 7 on 7 football, baseball, softball, rowing, swimming relays 	
	<p>LOW RISK - INDIVIDUAL BASED EXERCISE</p> <ul style="list-style-type: none"> Physical & Health Education Intramural Programs at school Fitness and Fun: individual cycling, climbing, running, hiking Weight lifting, yoga Skill based individual workouts (personal equipment only) 	

Reference documents: [BC Return to Sport](#) [NFHS Return to Sport](#)