

MEMORANDUM

October 14, 2020

TO: Municipalities

RE: Sports

Over the last couple of days our Health Unit has received calls from some of our municipalities wondering if sports teams from the City of Ottawa can use facilities in our Health Unit area of Leeds, Grenville and Lanark. As you know the final decision lies with your municipality as a formal travel restriction has not been implemented by the province and there is no provincial or local regulation that prohibits bookings from outside of the City of Ottawa; however, this is something that we **STRONGLY DISCOURAGE**.

Any type of travel has the potential to increase the spread of COVID-19, especially when individuals from a more affected area (e.g. Ottawa) travel to neighbouring communities. We **STRONGLY ENCOURAGE** all individuals to follow the province's recommendation - "[Limit trips outside of home, except for essential purposes only such as work where it is not possible to work from home, school, grocery shopping, medical appointments, and outdoor healthy physical activity. In addition, travel to other regions in the province, especially from higher transmission to lower transmission areas, should only be for essential purposes.](#)" Sports are non-essential.

We realize that this will be challenging for teams and players that live in Ottawa; however, it will help to reduce the spread of COVID-19 as well as reduce the potential for issues that could affect facilities and communities in neighbouring towns.