

## NEXT PHASE IN THE RESUMPTION OF SPORTS ACTIVITIES

### › Starting on June 22

- Indoor sports facilities (e.g. for hockey, gymnastics) as well as public and private beaches may reopen.
- Team sports games may resume, provided the guidelines issued by the Direction générale de la santé publique are respected.
- Physical or sports activities involving frequent or extended contact (e.g. wrestling, boxing, and some martial arts matches such as judo or karate) are not permitted.

The resumption of outdoor, sports and leisure activities carried out in groups is permitted, but the rules governing spectator gatherings must be followed and a 2-metre physical distance between individuals must be maintained as much as possible. However, it is permitted for individuals to make contact or come close together if this is done infrequently and for short periods of time (e.g. during a game situation).

- › As of today, beach lifeguard training may also resume.

**Quebecers on the move  
and staying safe!**

[Québec.ca/recovery](https://quebec.ca/recovery)