

# PERMITTED ACTIVITIES

CORONAVIRUS  
(COVID-19)

STARTING MAY 20

TO LIMIT THE RISK OF SPREADING THE VIRUS, ACTIVITIES WILL RESUME IN ACCORDANCE WITH THE GUIDELINES ISSUED BY THE PUBLIC HEALTH AUTHORITIES.

## Non-organized individual leisure activities

- › Jogging
- › Scuba diving and snorkeling (outdoors)
- › Hiking
- › Whitewater and still water canoeing and kayaking
- › Kitesurfing
- › Paddleboarding
- › Surfing
- › Rock climbing
- › Horseback riding (outdoors)
- › Day fishing

## Non-organized outdoor recreational sports activities carried out individually or in pairs, without physical contact and with limited or no access to sanitation facilities

- › Track and field (outdoor running and throwing events)
- › Rowing (singles only)
- › Speed canoeing and kayaking (singles only)
- › Outdoor cycling
- › Golfing
- › Sea kayaking
- › Open water swimming (lakes)
- › Rollerblading on streets, bike paths or tracks
- › Roller skiing
- › Outdoor tennis (singles only)
- › Triathlon (open water swimming only)
- › Sailing (single rider only)

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