



30 August 2021

## Recommendations for organising leisure activities in a health secure way for children and young people

These recommendations were prepared in cooperation between the Ministry of Education and Culture, the Ministry of Social Affairs and Health and the Finnish Institute for Health and Welfare. The recommendations replace the guidelines on leisure activities for children and young people issued on 2 February 2021.

### Constancy in the composition of leisure activity groups

To prevent and trace the spread of COVID-19, it is important that each leisure activity group meets in the same composition and that a record is kept of all attendees on each occasion. It is not recommended that parents spend time in their children's leisure activities and changing rooms. It is possible to promote health security by keeping the number of contacts as low as possible, for example by avoiding contact with other activity groups taking place at the same time.

Only those with no symptoms of illness may participate in leisure activities and it is important to observe general provisions on good hand and cough hygiene and on cleaning procedures. Unnecessary physical contact should be avoided.

### Content of the activities

The content of the activities plays a major role in the risk of infection. The risk of infection is highest in team activities and contact sports as well as in other activities that involve close contact and strenuous use of voice.

All those involved in leisure activities should be instructed to follow the guidelines issued on health security. National organisations should also make sure to instruct, guide and self-monitor their member organisations.

The organisers of the leisure activities are always responsible for instructing and supervising the compliance of the recommendations and guidelines by those taking part in the leisure activities, the personnel and all stakeholders. Participants should be given guidance on how only those with no symptoms of illness may attend leisure activities, on proper hand hygiene and cough hygiene and how to take the right course of action for going to a coronavirus test when symptoms occur. Existing recommendations on wearing a mask should be observed.

## **Size of facilities and leisure activity groups**

From the point of view of the risk of infection and also of tracing, it is important that the group is as small as possible. Current recommendations on the number of people permitted in indoor leisure activities should be observed. In big gyms and other large spaces, it is possible for separate groups so that they exercise without any contact between the groups. In large cultural and sports facilities that have several different spaces and rooms, possible restrictions on the number of participants could be applied separately for each space and taking into account the size of each space.

The risk of infection is much lower outdoors than indoors, so there are generally seldom restrictions to the number of attendees in outdoors leisure activities or to the wearing of a mask. However, it is advisable to apply the principles described above to leisure activities in outdoor areas, because it is possible to contract an infection in close contact even outdoors.