



Disc
Golf
NL

COVID-19 Guidelines



[discgolfnl.com](https://www.discgolfnl.com)



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Disc Golf Newfoundland and Labrador recommends the following precautions be taken by anyone engaging in the sport.

- Players must abide by the current provincial public health guidelines (<https://www.gov.nl.ca/covid-19/>).
- Prior to visiting a course, players must complete the provincial online self-assessment (<https://covidassessment.nlchi.nl.ca/>). If you do not pass the self-assessment, or if you are feeling sick, stay home.
- Group play should be limited to players within your consistent contact group.
- Keep a physical distance of at least 6 feet (2 m) between yourself and other players.
- Players are encouraged to carry and use hand-sanitizer.
- Do not share equipment with other players.
- Do not share food or beverages with other players.
- Do not approach the tee until it is clear of other groups.
- Do not approach the next basket until the group ahead of you has cleared.
- Clear your disc from the basket before another player putts out.
- Avoid touching the basket when clearing your disc.
- If keeping score, assign one player per group to do this (electronic score keeping is preferred).
- Avoid handshakes/high-fives or other physical contact with others.
- Players are encouraged to download the COVID Alert app (<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>).

References:

Government of Newfoundland and Labrador. (2022, January 13). Covid-19: Overall Guidance for Sport and Recreation. <https://www.gov.nl.ca/covid-19/employers/recreation/overall-guidance/>

Professional Disc Golf Association. (2021, August 24). Requirements and Best Practises for PDGA Sanctioned Play during COVID-19. <https://www.pdga.com/pdga-documents/tour-documents/requirements-and-best-practices-pdga-sanctioned-play-during-covid-19>

University of Guelph. (n.d.). Disc Golf Covid-19 Rules. <https://arboretum.uoguelph.ca/thingstosee/discgolf>