

COVID-19 UPDATE FEBRUARY 4, 2022

Today the Provincial government announced that starting Monday February 7, 2022 restrictions will ease for sporting practices. All other restrictions will remain in place until February 14, 2022.

The new restrictions will be as follows: Sport practices can have up to 25 people indoors and 50 outdoors. They cannot have multiple groups, games, or performances. Spectators are still not permitted.

We will continue to share information regarding any changes or adjustments to the restrictions as we learn them.

Please see today's news release below or through the following link for more information

<https://novascotia.ca/news/release/?id=20220204003>

For further information:

Please contact Jamie Ferguson at Sport Nova Scotia jferguson@sportnovascotia.ca

PROVINCIAL NEWS RELEASE FEBRUARY 4, 2022: Limits Increasing for Practices and Rehearsals

Starting Monday, February 7, restrictions are easing for sports practices and arts and culture rehearsals. All other restrictions will remain in place until February 14.

“Being cautious has served us well throughout the pandemic and we’re continuing that approach as we develop plans to gradually ease restrictions,” said Dr. Robert Strang, Chief Medical Officer of Health for Nova Scotia. “We’re taking this initial step because we recognize the physical and mental health benefits of having full sports practices and rehearsals for arts and culture performances.”

Sports practices and rehearsals for arts and culture performances can have up to 25 people indoors and 50 outdoors. They cannot have multiple groups, games or performances. Spectators are still not permitted.

Decisions about gradually easing other restrictions will be announced soon. Current restrictions are listed at: <https://novascotia.ca/coronavirus/restrictions-and-guidance/> .

Additional Resources:

Nova Scotia coronavirus website: <https://novascotia.ca/coronavirus/>

COVID-19 testing and online booking: <https://novascotia.ca/coronavirus/symptoms-and-testing/>

Government of Canada: <https://canada.ca/coronavirus> or 1-833-784-4397 (toll-free)

The Mental Health Provincial Crisis Line is available 24/7 to anyone experiencing a mental health or addictions crisis, or someone concerned about them, by calling 1-888-429-8167 (toll-free)

Anyone with a non-crisis mental health or addiction concern can call Community Mental Health and Addictions at 1-855-922-1122 (toll-free) weekdays 8:30 a.m. to 4:30 p.m.

Kids Help Phone is available 24/7 by calling 1-800-668-6868 (toll-free)

For help or information about domestic violence 24/7, call 1-855-225-0220 (toll-free)

Sector Impact Program: [Coronavirus \(COVID-19\): Sector Impact Support Program - Government of Nova Scotia, Canada](#)

NS Health information on close contacts: [Information for COVID-19 Close Contacts | Nova Scotia Health Authority \(nshealth.ca\)](#)