



# Active People Active Places Action Plan 2.0 in the era of COVID-19

Action Plan 2.0 was developed for the years 2020-2023; however, the COVID-19 pandemic has impacted the ability to move forward Action Plan objectives and approaches during this time period. While the overarching goals of Active People, Active Places: The BC Physical Activity Strategy are more important and relevant now than ever, the COVID-19 pandemic has shifted the way we need to approach some of the objectives and approaches outlined in Action Plan 2.0.

Below are some key considerations related to Action Plan 2.0 that have been impacted as a result of COVID-19:

- » Some terms and words within the *Objectives and Approaches* have slightly different meanings or are interpreted differently in the context of COVID-19:
  - E.g. “safe” physical activity opportunities now include considerations related to infection prevention and control; “social connections” are still important but must be carried out in ways that align with public health guidance (e.g. physical distancing measures).

- » *Objectives and Approaches* that were originally framed in ways that support in-person delivery may shift to online or virtual mechanisms to promote or deliver programs, projects, resources, and for recruitment.
- » Access and availability of different facilities/ settings may be impacted at different points during this pandemic. This may directly impact the ability to implement actions that support specific *Objectives and Approaches*.
  - E.g. schools, recreation centres, parks, or other facilities
- » Delivery of programs and resources aligned with *Objectives and Approaches* may be impacted as organizational capacity is reduced due to the COVID-19 pandemic
  - E.g. organizations may face reduced revenue streams as a result of site closures, fewer participants, and the need to adapt to public health guidelines.

Promoting physical activity is more important now than ever before. It is important that we work to counter changes in behaviour (e.g. increased sedentary time) and reduced physical activity opportunities that stem from consequences of the COVID-19 pandemic while also recognizing that organizations and individuals need to follow Public Health orders and guidance provided by the BC Provincial Health Officer and BC Centres for Disease Control. We will continue to monitor the Action Plan and convey best approaches and opportunities so that all British Columbians can sustain or increase their physical activity participation during this time.