



## Requirements for Sports and Recreational Fitness Facilities (ORANGE-Restrict Level)

### Capacity limits, where physical distancing can be maintained (limits do not include staff/volunteers):

- 50 people indoors
- 100 people outdoors
- Limit of 25 people per area outdoors and 10 people per room indoors for all fitness or exercise classes (applies to indoor facilities used for exercise or fitness activities, including gymnasiums, health clubs, community centers, multi-purpose facilities, exercise studios, yoga, dance studios, martial arts dojos, and other indoor fitness facilities)
- The total number permitted to be indoors at a facility in all classes, organized programs or activities, and areas with weights or exercise machines combined, cannot exceed 50 people.
- No spectators permitted (exemption for one parent/guardian of children under the age of 18)

### Everyone must:

- Wear a face covering, except while exercising
- Stay 3 metres apart in classes or areas with weights or exercise equipment and 2 metres apart everywhere else, unless participating in sport.

### Facilities must:

- Develop a [safety plan](#) describing how they will implement provincial requirements to reduce the risk of transmission of covid-19 in their facility and make it available to any person upon request.
- Collect name and contact information for each person who enters the facility
- Actively screen all patrons prior to entering the facility, in accordance with instructions from the Office of the Chief Medical Officer of Health ([sample tool](#))
- Require reservations (one reservation per team)
- Limit volume of music to conversation level and prevent singing and shouting by both instructors and members of the public
- Increase spacing between patrons to 3 metres in both areas where there are weights or exercise equipment, and in exercise and fitness classes

### Team sports must:

- Be modified to avoid physical contact
- Limit the number of players in any league to 50

### Time restrictions:

- 90-minute time limit for all members of the public inside a facility (does not apply to those participating in sport)

Please note- these requirements reflect the provincial regulations and [Rules for Areas in Stage 3](#) as outlined under the Reopening Ontario Act, 2020. These sector-specific rules were established taking into account the covid-19 risks associated with activities performed in these settings. The general expectation for all facility operators, program leaders, sport governing bodies, and members of the public is that they operate in compliance with these rules to reduce the risk of covid-19 transmission. Useful links:

- Ministry guidance on operating facilities for sport and recreational activities during covid-19 <https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19>
- Ontario Regulation 364/20, Rules for Areas in Stage 3 <https://www.ontario.ca/laws/regulation/200364>