



Requirements for Sports and Recreational Fitness Facilities (RED-Protect Level)



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

- Maximum of 10 people indoors in all classes, organized programs, and organized activities
- Maximum of 10 people indoors in any areas containing weights/exercise equipment.
- Maximum of 25 people outdoors in all classes, organized programs, and organized activities
- For facilities that are not community centres or multi-purpose facilities but have both areas for classes and organized programs/activities AND at least one or more areas containing weights or exercise machines the total combined capacity allowed in the facility at any one time is 20 people.
- For Community Centres and Multi-purpose facilities (ie YMCA) the above limits for classes, organized programs/activities and areas with weights and exercise machines apply to each room that is physically separated from other rooms in the facility.
- 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 at all times in classes or areas with weights or exercise machines and 2 metres apart everywhere else.

Facilities should:

- 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:

- Not be played in any indoor or outdoor facility;
- Training sessions for members of a team only with 2m distancing, no games or scrimmages

Time restrictions:

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

Outdoor Recreational Amenities including baseball diamonds, soccer fields, parks and playgrounds, tennis courts and horse riding facilities may open with similar restrictions as outlined above (for example, no team sports and 2m distancing between patrons at all times). Face coverings are also required for anyone waiting in line at an outdoor amenity.

Please note- these requirements reflect the provincial regulations and [Rules for Areas in Stage 2 \(Red\)](#) 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.

Individual facilities may have more restrictive protocols based on their structural or operational needs so it is recommended that users check with their local facility in advance to verify all covid-19 safety measures in place.