



STEP 1: Requirements for Outdoor Sports and Recreational Fitness Activities

Rules for outdoor sports facilities;

- Activities limited to outdoor fitness classes, personal training, and training for team and individual sports only. No games or scrimmages allowed
- Limit of 10 participants (does not include coaches/instructors/staff)
- Minimum of 3m physical distancing required at all times
- Person responsible for the facility must collect names and contact information for each patron
- Each patron must be actively screened before they enter the facility
- No spectators allowed (one guardian/parent per child under the age of 18 is permitted)

Rules for Personal Fitness and Sports Trainers;

- All services must be provided outdoors
- Limit of 10 patrons at any one time (does not include the trainer/instructor/staff)
- Minimum of 3m physical distancing required
- Training sessions for members of a sports team cannot include games or scrimmages
- The personal trainer or sports trainer must collect names and contact information for each patron
- The personal trainer or sports trainer must actively screen all patrons before they engage in exercise or training activities
- No spectators allowed (one guardian/parent per participant who is under the age of 18 is permitted)

Rules for Outdoor Recreational Amenities

(includes but not limited to parks and recreational areas, playgrounds, tennis/basketball courts, trails, sports fields, boat launches, golf courses, outdoor pools and splash pads, skate parks) ;

- Outdoor gathering limit of 10 people, can be from different households.
- Any person who enters or uses an outdoor amenity must maintain at least 2m physical distancing from any other person (unless from same household or a parasport participant)
- Any person using the amenity for the purpose of exercise, training, sports or games, must maintain at least 3m physical distancing from any other person using the amenity (unless from same household or a parasport participant)
- Team sports must not be practiced or played within the amenity
- Clubhouses must be closed, except where they are used in conjunction with a pool or splash pad, or to provide access to a washroom, equipment storage or first aid.

Indoor facility use not permitted, with limited exceptions and conditions.

For clarity, activities that would fall under the rules for outdoor amenities are generally considered casual and unstructured in nature, engaged in at leisure. Organized sports programming and fitness classes are subject to the rules for outdoor sports facilities and personal fitness.

Please note- this document is intended to provide a summary only. For the complete set of rules for Step 1 please refer to Ontario Regulation 82/20 (<https://www.ontario.ca/laws/regulation/200082>)