

STEP 3: Requirements for Sports and Recreational Fitness Activities

The following is a summary of the rules for Step 3 under Ontario Regulation 364/20. For further detail, please refer to the full regulation [here](#).

Rules for facilities used for indoor or outdoor sports and recreational fitness:

- The person responsible for the facility must ensure that any person in the indoor area of the facility wears a mask or face covering in a manner that covers their mouth, nose, and chin, unless they are entitled to any exceptions listed in subsection 2(4) of Schedule 1 (i.e. while engaged in an athletic or fitness activity).
- The total number of people permitted in any indoor facility is 50% of facility capacity.
- The number of spectators permitted at any one time cannot exceed:

- 50% of usual indoor seating capacity for designated indoor spectator areas, or 1000 people, whichever is less.

Note: If the facility does not have a designated area for indoor spectators, the number of spectators at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the indoor area of the facility and may not exceed 50% capacity, or 1000 people, whichever is less.

- 75% of usual outdoor seating capacity for designated outdoor spectator areas, or 15 000 people, whichever is less.

Note: If the facility does not have a designated area for outdoor spectators, the number of spectators in the outdoor area of the facility at any one time must not exceed 75 per cent capacity, or 5000 people, whichever is less.

- Every indoor spectator must wear a mask or face covering in a manner that covers their mouth, nose and chin, unless they are entitled to any exceptions listed in subsection 2 (4) of Schedule 1 (i.e. consuming food or drink).
- Every outdoor spectator must wear a mask or face covering in a manner that covers their mouth, nose and chin, unless they are entitled to any exceptions (i.e. consuming food or drink) or are seated with members of their own household only, and every member of the household is seated at least two metres from every person outside their household.

- The person responsible for the facility, or the person holding a permit for the use of the facility, must post a sign in a conspicuous location visible to the public that states the capacity limits under which the facility is permitted to operate.
- The person responsible for the facility, or the person holding the permit for use of the facility, must collect names and contact information for each person entering the facility, maintain the records for one month, and only disclose to a Medical Officer of Health or an Inspector under the Health Protection and Promotion Act on request.
- Anyone participating in team sports or fitness and exercise classes must be actively screened before they enter the facility.
- The facility must ensure any organized sports league has prepared a safety plan in accordance with section 3.3 of [Schedule 1](#) before they are permitted to practice or play in the facility.
- Any person who is engaged in physical fitness training activities indoors must maintain a physical distance of at least two metres from every other person in the establishment except from their caregiver or from members of the person's household.
- Individuals are required to wear face coverings indoors except while participating in exempted activities (i.e. participating in physical activity)

Rules for Personal Fitness and Sports Trainers:

- Indoor capacity is limited to the number of participants that can safely maintain 2 metres physical distancing within the space the service is provided and in any event cannot exceed 50% facility capacity.
- Anyone engaged in personal fitness activities must maintain a minimum of 2 metres distance from every other person in the establishment, except from their caregiver or a person from the same household.
- The personal trainer or sports trainer must record the name and contact information for each patron they provide services to, maintain the records for at least one month, and only disclose the records to a Medical Officer of Health or an Inspector under the Health Protection and Promotion Act on request.
- The personal trainer or sports trainer must actively screen all patrons before they engage in exercise or training activities.