

Measures for Sports and Recreational Fitness

Exert from:
COVID-19 Response Framework: Keeping Ontario Safe and Open —Lockdown Measures November 20, 2020

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	RESTRICT (Advanced Measures)	RESTRICT (Advanced Measures)
<ul style="list-style-type: none"> • Maintain 2m physical distancing, unless engaged in a sport • Maximum of 50 people indoors or 100 people outdoors in classes • Maximum of 50 people indoors in area with weights or fitness or exercise equipment • Maximum of 50 spectators indoors or 100 spectators outdoors • Capacity limits applied on a per room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health (Guidance for Facilities for Sport and Recreational Fitness Activities During COVID-19) • Team or individual sports must be modified to avoid physical contact; 50 people per league • Exemption for high performance athletes and parasports • Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public • Face coverings required except when exercising 	<p>Measures from previous levels and:</p> <ul style="list-style-type: none"> • Increase spacing between patrons to 3m in areas with weights or exercise equipment and in exercise and fitness classes • Maximum of 10 people per room indoors and 25 outdoors in fitness or exercise classes • Require contact information for all members of the public that enter the facility • Require reservation for entry; one reservation for teams • Safety plan is required to the prepared and made available upon request 	<p>Measures from previous levels and:</p> <ul style="list-style-type: none"> • Maximum of 50 people total in areas with weights and exercise machines and all classes (revoke OCMOH approved plan) • Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health • Patrons may only be in the facility for 90 minutes except if engaged in a sport • No spectators permitted (exemption for parent/guardian supervision of children) 	<p>Measures from previous levels and:</p> <ul style="list-style-type: none"> • Gyms and fitness studios permitted to be open: <ul style="list-style-type: none"> • Maximum of 10 people indoors or 25 people outdoors in classes • 10 people indoors in areas with weights or exercise equipment • Team sports must not be practiced or played except for training (no games or scrimmage) • Activities that are likely to result in individuals coming within 2m of each other are not permitted 	<ul style="list-style-type: none"> • Closure of all indoor facilities, including indoor courts, pools, and rinks • Community centres and multi-purpose facilities (e.g., YMCA) allowed to be open for permitted activities such as child care services • Indoor individual and team sports (including training) not permitted with exemptions for high performance, including parasport athletes, and professional leagues (e.g., NHL, CFL, MLS, NBA) • Outdoor sports, classes, and use of amenities, limited to 10 people

Correct as of November 24, 2020
<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>