



Advice from Durham Region Health Department for Gyms, Sports, Recreational Fitness and Amenities*

- ✓ No indoor sports or indoor recreational fitness classes are permitted at any indoor sport and recreational facilities, refer to [Ontario Regulation 263/20 Rules for Areas in Step 2](#) for exemptions.
- ✓ All outdoor capacities are based on the number of individuals that can maintain a physical distance of 2 metres, except for spectator designated seating/area.
- ✓ Organized sports leagues or events are permitted to operate outdoors with a prepared safety plan.
- ✓ Community Centres & Multipurpose facilities are permitted to operate for certain exceptions outlined in [Ontario Regulation 263/20 Rules for Areas in Step 2](#).
- ✓ A safety plan, outlining how to protect staff and the public against COVID-19 within the facility must be made available upon request. A copy of the safety plan must be posted within the facility for viewing by staff and the public. For more details visit the [Durham Region Health Department document Safety Plan Template, COVID-19 Workplace Safety Plan](#) and the Province's document [Develop Your COVID-19 Workplace Safety Plan](#).
- ✓ For workplaces refer to the [Section 22 Class Orders](#) for further details of the requirements.



Indoor recreational fitness facilities must be closed to the public and patrons. Indoor access is permitted only for the use of washrooms, health and safety purposes, and other limited exceptions.



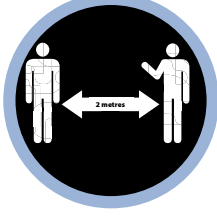
Keep a record of all individuals who visit the facility for 1 month (including full name, either phone number or email address, dates/time of entry) for contact tracing. Recommend records to be maintained for each class/session.



Post signs at all entrances directing those who are ill not to enter. Advise staff and the public to stay home if they are experiencing symptoms of COVID-19 or have been in close contact with anyone who has been sick with the virus.



Remind staff to wash their hands before and after eating, using the washroom or changing gloves. Post handwashing posters at the stations. Wash hands often for at least 20 seconds where possible or use hand sanitizer when hands are not visibly soiled.



Maintain at least 2 metres physical distancing from any other person/group using the outdoor facility for exercise and fitness classes.



The use of masks is mandatory for all staff and participants when in an indoor enclosed public space subject to limited exemptions. Staff must wear personal protective equipment (medical mask and eye protection) when they come within 2 metres of another person who is not wearing a mask and where there is no impermeable barrier in place. A face shield is not a substitute for a mask. All spectators are required to wear a mask when outdoors, subject to exemptions.



A policy must be in place for those entering enclosed public spaces including exemptions set out by the Province from wearing a mask.



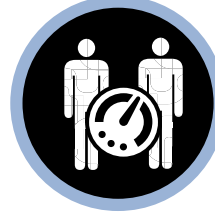
Facility is permitted to have a 50% capacity of the designated seating area for spectators outdoors. Spectators are required to wear a mask when they come within 2 metres of someone outside their household, subject to exemptions.

Requirements for Recreational Amenities:

- Indoor amenities are not permitted to operate.
- Outdoor amenities are permitted to operate, subject to the following restrictions:
 - Steam room and saunas must be closed.
 - Clubhouses must be closed except when they are used for the purpose of:
 - serving take-out food or beverages.
 - being used by appointment as event or meeting space.
 - provide access to equipment storage, a change room, shower room or washroom, or a portion of the facility that is used to provide first aid.



Provide/install physical barriers and signage reminders (e.g. one-way directions, markings, plexiglass dividers, posting signs in high traffic areas, handwashing, physical distancing, etc.). When physical barriers are provided, staff are still required to wear a mask.



Have designated roles and responsibilities for staff/volunteers (e.g. ensuring physical distancing, etc.). Avoid having multiple staff doing the same task within a space. Stagger staff shifts and break times.



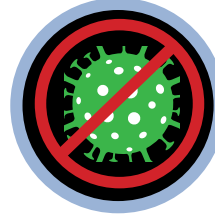
Recommend that instructors use a microphone to avoid loud talking/shouting.



Clean and disinfect high touch surfaces/equipment frequently. Equipment and areas must be cleaned and disinfected between use (e.g. free weights, weight/fitness machines, classroom areas, etc.) while in operation. Remove equipment that may be difficult to clean and disinfect (e.g. foam rollers, yoga blocks/mats, straps, ropes, etc.). Use only disinfectants that have a Drug Identification Number (DIN) given and approved by [Health Canada](#) and follow manufacturer's directions regarding contact time. Maintain cleaning and disinfecting logs.



Ensure properly stocked, frequently cleaned and disinfected handwash and/or hand sanitizer stations are made available at the entrance and throughout the outdoor facility for everyone to wash/sanitize their hands as required.



Active screening must be implemented to ensure the health of the staff, volunteers, visitors and patrons. Screening logs must be maintained for 30 days and only disclosed when requested by the medical officer of health or an inspector under the Health Protection and Promotion Act. For detailed guidance visit the Ministry of Health's website [Ontario COVID-19 Screening](#).

Layout Recommendations for Outdoor Workout/Class Areas:

- Increase spacing between patrons to 2 metres for areas where there are weights/weight machines and exercise/fitness classes.
- Arrange machines/equipment to maintain at least 2 metres distance from the furthest outside edge of one machine to the outside edge of the next machine in any workout/class area.
- For classes with significant movement, floor markings must be used to designate areas for patrons to remain within. The designated areas must maintain a distance of 2 metres apart (e.g. from edges of floor markings).
- Equipment (e.g. mats, weights, kettle bells, etc.) must not be shared during the activity.



durham.ca/novelcoronavirus

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729

If you require this information in an accessible format, contact 1-800-841-2729.

*Pursuant to the Reopening Ontario (A Flexible Response to COVID-19) Act, 2020 and its applicable Regulations, individuals who do not comply with the above noted requirements may be liable for a fine up to a maximum of \$100,000 or in the case of a corporation, not more than \$10,000,000 for each day or part of each day on which the offence occurs or continues.

