This information is intended for sport and recreation facility operators, and sport, recreation and physical organizers to support them with planning a safe return to organized activity. Facility operators and activity organizers should familiarize themselves with and adhere to all ministry guidelines related to what can reopen in each stage, including limits on gatherings and capacity (these should be consulted regularly to understand the requirements for your setting based on the stage of reopening).

These considerations should used in conjunction with all relevant and applicable guidelines:

- Guidance for Reopening Sport and Recreation Facilities
- COVID-19 Guidelines for Recreational Water Facilities
- Guidance for Reopening Fitness Facilities, and Resuming Group Fitness & Personal Training
- Return to Sport & Recreation - Guidance for Associations, Coaches, and Volunteers
- Return to Sport and Recreation – Guidance for Participants
- Sport and Activity-specific Considerations for Facility Operators and Organizers
- Return to Organized Sport and Recreation Plan Template
- National and provincial sport organizations

This document and the guidance within it are subject to change and will be updated as needed. Current information related to COVID-19 can be found at www.timiskaminghu.com/90484/COVID-19.

Refer to the Framework for Reopening our Province during Stage 3 for additional information.

**Personal Training**

- Consider the use of technology for virtual personal training where possible.
- Advise both clients and trainers to arrive close to their appointment time. Ensure that the waiting area is configured so that people can maintain physical distancing.
- Ensure trainers and clients refrain from physical contact and adhere to the 2-metre physical distancing requirement from each other and other clients and trainers during the session.
- Physical distancing must be maintained except when required for personal training (e.g. spotters during weight training).
  - As much as possible, personal training sessions should be conducted in a manner that avoids touching clients. Promote and support the use of verbal cues or technology (e.g. using a tablet to show an instructional video) while coaching.
Group Classes

- Group classes must only be offered if physical distancing measures can be maintained.
- Consider holding outdoor classes to ensure the 2-metre physical distancing requirement is maintained.
- Allow adequate time to thoroughly clean and disinfect equipment between each class.
  - Instructors should be assigned and wear microphones to reduce the need for shouting.
- Instructors should direct participants to avoid singing along to music and avoid having them shout back at them.
- Consider creating cohorts of classmates by assigning specific times for the same participants to partake in classes.
- Mitigate the potential for classmates to gather before and after a class within the facility.
- Ensure group fitness classrooms are well ventilated (e.g., open windows if possible).
  - High-powered fans may result in greater dispersion of droplets. Consider further reducing class sizes to maintain room temperature at manageable levels without the use of high-powered fans.
- For classes with significant movement (i.e. dance), it is recommended the program be altered to limit the need to travel within the room and to maintain physical distancing of 2 metres between participants. Consider dancing in a designated area or moving the class outdoors.
- Assigned spaces are strongly recommended for organized fitness classes (e.g., by marking circles on the floor to designate where each person should exercise).
- Consider removing unused equipment from group fitness rooms to create additional space for clients.
- For high intensity fitness classes (e.g. spin/cycle class, dance, hot yoga, boot camp), consider the following:
  - There is no scientific evidence establishing a ‘safe’ distance between participants during indoor high intensity activities.
  - Both operators and participants should proceed with this type of exercise with caution and should take appropriate measures to reduce risk of exposure and transmission.
  - Reduce the overall number of participants in classes to ensure that a minimum distance of 3 meters is maintained in all directions of each participant. Increase physical distance, or install physical barriers, between the instructor and participants.
- For low intensity fitness classes (e.g. yoga, pilates, stretching), consider the following:
  - Participants should be encouraged to bring their own equipment (e.g. mats, blocks).
o If equipment is shared, it should be cleaned and sanitized between users.

o Where fitness activities involve participants in close proximity to the floor, the floor should be cleaned thoroughly between each class.

o Participants should be arranged to maintain 2 metres distance between each other at all times.

**Weight Rooms**

- Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use.

- Activities must not be practised within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use.

- Space weight machines at least 2 metres apart.

- Consider greater distances (3 metres) between aerobic fitness equipment where high exertion is common (e.g., treadmills, rowing machines, stationary bikes).

- Designate areas for the use of certain equipment (e.g., stretching areas, kettle bell areas) and for movement (e.g., heavy rope, tire flipping zone) to ensure distancing is maintained.

- It is strongly recommended to use markers on the floor to define designated areas and manage flow of participants.

- If equipment cannot be moved, and positioning will result in participants being within a 2-metre distance, consider blocking off every other piece of equipment or erecting barriers such as acrylic glass between equipment.

- Where spotting is necessary for heavy weightlifting, participants may form small cohorts to limit direct contact with others.

**Indoor Tracks**

- Width of track (and lanes) should be considered for physical distancing. Consider limiting the use of every second lane.

- It is suggested that runners and walkers travel in the same direction on the track.

- Encourage outdoor walking and running wherever possible.

**Tennis, Pickle-ball, Squash and Other Racquet Courts**

- When not playing with family members, participants should play within a cohort.

  o Cohorts/leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50
participants. Players are not yet permitted to play against players outside of their league or group.

- Encourage participants to bring their own clean equipment when possible.
  - Where equipment is rented, operators should clean and disinfect between uses.

**Gymnastics**

- Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use.
- Activities must not be practised within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use.
- Users should be asked to thoroughly wash their hands before and after using shared equipment (e.g., beams, rings).
- Remove mats and other equipment that is torn or in disrepair as these items cannot be effectively sanitized.
- If gear or equipment rental is permitted, ensure it is cleaned and disinfected after being returned.

**Multi-use Gymnasiums, Fieldhouses and Community Centres**

- If different activities are conducted in the gymnasium setting, cohort groups should be kept separate. Physical barriers (e.g., curtains) are recommended if possible.
  - Participants of different activities should not mix with other activity participants.
- Players should follow marked one-way traffic patterns when entering and exiting the gymnasium.
- Gymnasium floors should be thoroughly cleaned at an enhanced frequency.
- Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players, or if they have modifications to avoid physical contact between players.
- Team sports in which body contact between players is either an integral component of the sport or commonly occurs while engaged in the sport (e.g. wrestling, judo, etc.) are not yet permitted, unless the approach can be modified to prevent prolonged or deliberate physical contact.
- Leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50 participants. Players are not yet permitted to play against players outside of their league or group.
Pool and Aquatic Activities (Public swimming, swimming lessons, lap swimming)

Consult the COVID-19 Guidelines for Recreational Water Facilities.

Additional Resources

Ontario Recreation Facilities Association: Recreation Facility Reopening COVID-19

Canadian Parks and Recreation Association

Provincial and National Sport Organizations

Ontario Government – Reopening Ontario

Adapted with permission from the Eastern Ontario Health (originally adapted from Alberta Health)