

COVID-19 (Novel Coronavirus) Sports and Recreation

Guidance for Sports and Recreational Fitness Activities and Personal Training

June 15, 2021

Version 6.0

Key Points

- In Step 1 of the [Roadmap to Reopen](#), outdoor fitness classes, sports training or outdoor personal training is permitted with no more than 10 patrons at a time.
- Patrons must maintain physical distance of 3 metres from other patrons at all times.
- Team sports cannot be practiced or played in Step 1.

The COVID-19 pandemic is evolving rapidly. This guidance is subject to change. Please visit the Southwestern Public Health website (<https://www.swpublichealth.ca/>) regularly for updates and announcements. This guidance is to support owners/operators on how to keep sports and recreational fitness facilities and personal training operating safely and includes mandated restrictions and capacity limits in place in Step 1 of Ontario's [Roadmap to Reopen](#). Timelines for the start of each step of the roadmap are subject to change based on provincial direction.

COVID-19 Roadmap to Reopen

Retail settings must follow the requirements outlined in Ontario's Roadmap to Reopen. The below chart provides an overview of restrictions in place in each step of the Roadmap. More details on the specific requirements in Step 2 and Step 3 are pending the release of the associated regulations.

| Step in Roadmap | Restrictions |
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| General Public Health Measures for all Businesses and Organizations | <ul style="list-style-type: none">✓ Workplaces must screen all workers and essential visitors entering the work environment. See the COVID-19 Screening Tool for Workplaces for more information.✓ Personal Protective Equipment that protects the eyes, nose and mouth is required if a worker is required to come within 2 metres of someone who is not wearing a face covering and is not separated by plexiglass or some other impermeable barrier in an indoor area.✓ All businesses or facilities must limit capacity so that every member of the public can maintain 2 metres of physical distance from every other person. |

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| | <ul style="list-style-type: none"> ✓ All businesses or organizations must post signs at all entrances to the premises in a conspicuous location visible to the public that inform individuals on how to screen themselves for COVID-19 prior to entering the premises. ✓ Businesses or places that are open shall ensure that equipment, washrooms, locker rooms, change rooms and showers that are accessible to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition. ✓ All workplaces must develop a COVID-19 workplace safety plan and have it available should an inspector or compliance officer request to see it during an inspection. |
| <p>Step 1</p>  | <ul style="list-style-type: none"> ✓ Sports and recreational fitness facilities, including facilities for indoor sports and recreational fitness activities that has outdoor facilities, can open for outdoor fitness classes, outdoor sports training (no games or practices) and outdoor personal training is permitted with no more than 10 patrons at any one time. <ul style="list-style-type: none"> ○ Team sports cannot be practiced or played, with the exception of training sessions for members of sports teams that do not include games or scrimmage games. ○ Physical distancing of 3 metres between patrons at all times is required. Activities that are likely to result in individuals coming within three metres of each other must not be practiced or played at the facility. ○ Patrons can only enter indoor areas of the facility to access a washroom, to access an outdoor area that can only be accessed through an indoor route, or as necessary for the purposes of health and safety. ○ No spectators are permitted to be at the facility, except for one parent or guardian for patrons under 18. ○ The person responsible for the facility or the personal trainer or sports trainer must record the name and contact information of every member of the public who enters the facility and maintain these records for at least one month. They can only be disclosed to the medical officer of health or a public health inspector on request. ○ The facility or the personal trainer or sports trainer must actively screen individuals in accordance with instructions from the Chief Medical Officer of Health before they enter the facility. ✓ Facilities for sports and recreational fitness must be closed for indoor use except for high-performance athletes and day camps. |

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| <p>Step 2</p>  | <ul style="list-style-type: none">✓ Outdoor sports leagues open✓ Outdoor fitness classes and personal training with limits on the number of patrons and physical distancing of 3 metres between patrons required.✓ Training for professional or amateur athletes and/or competitions✓ Closed for indoor use except for high-performance athletes and day camps✓ Step 2 is anticipated to begin no sooner than Friday July 2, but may be delayed at the discretion and authority of the provincial government |
| <p>Step 3</p>  | <ul style="list-style-type: none">✓ Indoor sports and recreational fitness facilities open with restrictions✓ Outdoor and indoor fitness classes and personal training permitted with restrictions.✓ Outdoor open, with restrictions✓ Step 3 is anticipated to begin no sooner than Friday July 23, but may be delayed at the discretion and authority of the provincial government |

Additional Resources

- [Guidance for Splashpads, Public Pools, Wading Pools and Spas](#)
- [Cleaning and Disinfection in Public Spaces](#)
- [Regulation 82/20 Schedule 7](#)
- [Return-to-Play Framework for Professional and Elite Amateur Sport Leagues and Events](#)