

COVID-19 (Novel Coronavirus) Sports and Recreational Fitness Facilities

Guidance for Safely Reopening Gyms, Fitness Studios and Community Centres

July 23, 2020

Key Points

- Gathering limits apply to gyms, fitness studios and community centres.
- Gathering limits for **indoor** gyms, fitness studios and community centres is **50 people**.
- Gathering limits for **outdoor** gyms, fitness studios and community centres is **100 people**.
- Physical distancing of **at least 2 metres** (6 feet) between participants, enhanced cleaning and disinfection throughout the facility, wearing of face coverings when physical distancing is difficult, and strict promotion of hand hygiene and respiratory etiquette are critical to safe reopening.
- Food and beverage sales or operations within gyms, fitness studios and community centres must comply with the Food Premises Regulation and adhere to best practices while operating.

The COVID-19 pandemic is evolving rapidly. This guidance is subject to change. Please visit the Southwestern Public Health website (www.swpublichealth.ca/) regularly for updates and additional guidance.

This document provides guidance for businesses reopening facilities for **gyms, fitness studios, and community centres**. For all other outdoor and indoor facility guidance and recommendations (e.g. soccer fields, baseball diamonds, indoor pools, ice rinks etc.) please go visit [here](#).

Gyms, fitness studios and community centres may reopen as part of the Province of Ontario's [Framework for Reopening Plan: Stage 3](#).

Gathering limits for gyms, fitness studios and community centres apply as follows:

Indoor gyms, fitness studios, community centres	50 people
Outdoor gyms, fitness studios, community centres	100 people

COVID-19 (Novel Coronavirus)

Sports and Recreational Fitness Facilities

These gathering limits apply to the entire facility. People at their place of work (e.g. fitness instructors, cleaners, front desk reception), **do not** count towards gathering limits. Indoor gathering limits apply to events that are fully or partially indoors. Indoor events and gatherings cannot be combined with an outdoor event or gathering to increase the applicable gathering size. If these gathering restrictions produce significant difficulties for your facility to operate, owners/operators are invited to visit www.Ontario.ca/reopen to work with the province on a customized reopening plan.

Other key conditions for reopening include:

- All facilities are required to engineer their spaces, so individuals are able to maintain the required physical distancing of at least two metres (6 feet) between participants.
- A plan for enhanced cleaning and disinfection needs to be in place.
- A plan to promote and support excellent hand hygiene and respiratory etiquette to patrons needs to be in place (e.g., signage, availability of hand sanitizer).
- The wearing of face coverings is strongly recommended when physical distancing is difficult to achieve.
- Steam rooms and saunas are not permitted to open at this time.

Staff Screening

Before each shift, please actively **screen** staff to identify if they:

1. Have **symptoms** of COVID-19 such as fever, cough, or difficulty breathing.
2. Have had contact with a confirmed case of COVID-19 in the past 14 days.
3. Have been instructed by public health to self-isolate due to travel or contact history.

Any staff that answers “yes” to any of these conditions should be sent home and advised to follow public health guidance. Staff should be reminded to stay home if they are sick.

General Facility Considerations

- Facility ventilation systems should be both operational and appropriate for the activities practiced within.
 - Support healthy indoor air quality by:
 - o Maintaining appropriate humidity levels.
 - o Limiting the use of overhead ceiling fans or portable pedestal fans as much as possible. If fans are used, minimize air flow that directs current from one person directly toward another.
 - o Air filters used in ventilation systems should consider MERV-14 or High Efficiency Particulate Air (HEPA) rated filters.
 - Provide natural ventilation by opening windows and doors wherever possible to increase air flow.
- Remove communal items such as magazines and complimentary phone chargers.

COVID-19 (Novel Coronavirus)

Sports and Recreational Fitness Facilities

Control Access

- A staff member should always be present when the facility is open. If patrons have uncontrolled access, then it may not be possible to ensure that rules regarding physical distancing are followed and that disinfection of equipment between uses is occurring. Unrestricted access 24 hours a day without staff present should be suspended (if this is normally offered).
- Consider implementing a booking system to allow patrons to book specified time slots, with a limited number of patrons at each time. Allow adequate time between time slots to ensure that proper cleaning and disinfection can occur and to reduce crowding at check-in.
- Encourage patrons to use the [COVID19 Online Self-Assessment Tool](#) or screening checklist before every visit to the facility and/or set up screening stations away from the entrance to avoid crowding.
- Manage customer entry points by placing tape markers or cones every two metres (6 feet) to provide patrons with a visible queue that encourages physical distancing.
- Consider keeping a log of the names and phone numbers for all customers with a check-in time so they can be traced later if necessary. This is **not** a requirement, only a strong recommendation.

Group Fitness Classes

- The total number of people permitted in classes or organized activities at any one time is limited to the number of people that can maintain physical distancing of at least two metres or six feet (and cannot exceed the indoor gathering limit of 50 people or the outdoor limit of 100).
- Assigned spaces are strongly recommended for organized fitness classes (e.g. by marking circles on the floor to designate where each person should exercise).
- For high-intensity class (e.g. Zumba®, Spin®/cycle class, hot yoga, boot camp)
 - o Reduce the overall number of participants in classes to ensure that a minimum distance of 3 metres (10 feet) is maintained in all directions of each participant.
 - o Increase physical distance, or install physical barriers, between the instructor and participants.
 - o Participants should be encouraged to bring their own equipment. If this is not possible, equipment provided should be thoroughly cleaned and disinfected between uses. Ensure that adequate time is allowed for proper cleaning and disinfection.
 - o Instructors should be assigned and wear microphones to reduce the need for shouting. Participants singing along to the music or shout back at the instructor should be discouraged.
 - o Consider creating cohorts of classmates by assigning specific times for the same participants to partake in classes.
 - o Reduce opportunities for classmates to gather before and after a class within the facility.
 - o Ensure group fitness classrooms are well ventilated (e.g. open windows if possible).
- Low intensity fitness classes (e.g. Yoga, Pilates)

COVID-19 (Novel Coronavirus)

Sports and Recreational Fitness Facilities

- Participants should be encouraged to bring their own equipment.
- Shared equipment should be cleaned and sanitized between users.
- Where fitness activities involve participants in close proximity to the floor, the floor should be cleaned thoroughly between each class.
- Participants should maintain 2 metres (6 feet) distance between each other at all times.

Weight Rooms and Exercise Machines

- The total number of people permitted in areas containing weights or exercise machines is limited to the number of people that can maintain physical distancing of at least two metres (6 feet) and cannot exceed the indoor gathering limit of 50 people.
- Consider using markers on the floor to define designated areas and manage flow of participants.
- Provide patrons with either disinfectant wipes or disinfectant in a spray bottle and paper towels for disinfecting equipment and surfaces.
 - Disinfectants for patrons should be conveniently located. Patrons should be required to wipe down the equipment before and after use. Discontinue use of re-usable towels and cloths.
 - Consider increasing frequency of cleaning and disinfecting of equipment by staff.
- Where possible, increase the space between cardio machines to achieve adequate distancing between users
 - Note: If it is not possible to space cardio machines far enough apart, other measures should be considered, such as only allowing patrons to use every other machine (i.e. not allowing two machines next to each other to be used at the same time) or creating physical barriers between machines.
 - Consider greater distances (3 metres or 10 feet) between aerobic fitness equipment where high exertion is common (e.g., treadmills, rowing machines, stationary bikes).

Signage

- Post a **sign** at the entrance reminding customers who are sick to delay their visit.
- Post signs throughout the facility to make patrons aware of the physical distancing requirements, enhanced sanitation procedures (including reminders for members to wipe equipment before and after each use), and any other instructions and limitations, as applicable. Sample posters are found in the additional resources below.
- Consider use of directional arrows to indicate flow and/or setting up tape or ropes to organize potential line ups, respecting physical distancing.

Enhanced Cleaning and Disinfection

- Enhanced **Cleaning and Disinfection** is critical to reducing the risk of COVID-19 transmission.
- It is important to first clean, then disinfect surfaces.

COVID-19 (Novel Coronavirus)

Sports and Recreational Fitness Facilities

- Clean and sanitize high-touch surfaces frequently (door handles, countertops).
 - o Wipe down debit machine between customers with a disinfectant/sanitizer
- Whenever possible, use contactless forms of payment and check-in.
- Provide alcohol-based hand sanitizer (70-90% alcohol concentration) or handwashing stations at entry and exit points and throughout the facility and encourage their use.
- Most regular household cleaning products are effective at eliminating the virus. Cleaning and disinfectant products should have an 8-digit Drug Identification Number (DIN) to confirm it is approved for use in Canada. Check the expiry dates of products and always follow the manufacturer's instructions.
- Cleaning/disinfection wipes should only be used for surfaces, and according to the manufacturer's instructions. Alternatively, chlorine bleach solutions may be used for disinfection. Prepare fresh **bleach solution** daily.
- Educate staff on proper use of cleaning agents and disinfectants, including required disinfectant contact times (amount of time that the product will need to remain wet on a surface to achieve disinfection). Understand safety precautions and requirement for use of mask and gloves

Gym Facilities

- Washrooms, locker rooms, change rooms and showers
 - o Encourage patrons to arrive at the gym or fitness centre in workout clothes and to avoid using locker rooms on site.
 - o When locker rooms are used, a disinfectant spray or wipes should be available for patrons to disinfect locker contact surfaces before and after use.
 - o Clean and disinfect **washrooms**, locker rooms, change rooms and showers frequently.
 - o Set capacity limits for locker rooms and adjust lockers to support physical distancing.
 - o Remove self-serve and common-use items such as hair dryers.
 - o Ensure washrooms are always stocked with liquid soap and paper towel. Antibacterial soap is not required to prevent the spread of COVID-19.
- Encourage physical distancing and discourage congregating
 - o Patrons should be encouraged to conduct their workout and exit the facility without unnecessary delay. Equipment should not be shared or used simultaneously (e.g. working in sets).
- Drinking fountains and water bottle filling stations
 - o Ensure frequent cleaning and disinfecting according to manufacturer's recommendations.
 - o Place signage at water fountains advising users to:
 - Avoid placing their mouth on the spout of the fountain or allowing their water bottle to come into contact with the nozzle.
 - Wash hands with soap and water or use an alcohol-based hand sanitizer (70-90% alcohol concentration) if the fountain requires touching of buttons or levers.
 - o If possible, recommend patrons bring their own water supply to reduce amount of use fountains receive.

COVID-19 (Novel Coronavirus)

Sports and Recreational Fitness Facilities

Guidance on Food and Beverages

- Premises which provide or sell food must operate in compliance with the Food Premises Regulation.
- Thoroughly clean and disinfect the premises before opening
 - o Wash, rinse and sanitize all food contact surfaces
 - o Clean and disinfect all non-food contact surfaces, including high touch areas, such as, door handles and equipment knobs
 - o Clean and disinfect all high touch surfaces at least twice daily during operation
- Check the condition of all food and discard unfit products.
- Ensure all equipment is in good working condition.
- Ensure staff are trained on best practices to serve food and beverages.
 - o Train staff on the proper use of gloves and face masks.
 - o Gloves are not required, but if used, must be changed between tasks and frequently, with handwashing between uses.
 - o Encourage frequent handwashing using the correct technique and to avoid touching one's face with unwashed hands.
 - o Practice safe respiratory etiquette (i.e. cough or sneeze into a bent elbow, and immediately wash your hands with soap and water).
- For more information on operating a restaurant please see [Guidance for Restaurant Re-Opening](#).

Personal Protective Equipment (PPE)

- Staff should wear a non-medical mask when they are not separated by a physical barrier or in instances where physical distancing of 2 metres (6 feet) is difficult.
- Participants should wear a non-medical mask when physical distancing of 2 metres (6 feet) is difficult (e.g., when entering and exiting the facility, in common areas like the locker room or in washrooms).
- Face coverings should **not** be worn during intense physical activity:
 - Face coverings and face shields cannot be assured to stay in place.
 - There is some evidence to suggest that wearing a face covering during high intensity activity could have negative health effects.

Physical distancing as described above is especially imperative in this situation.

COVID-19 (Novel Coronavirus) Sports and Recreational Fitness Facilities

Additional Resources

Posters:

- [Do Not Enter if Sick](#)
- [Physical Distancing](#)
- [How to Wash Your Hands](#)
- [How to Sanitize Your Hands](#)

Assessment:

- [COVID-19 Online Self-Assessment Tool](#)

References

[Guidance for sport, physical activity and recreation--Albert Health](#)
[A Framework for Reopening our Province--Stage 3](#)