

# COVID-19 response framework: keeping Ontario safe and open (Nov 20, 2020)

## GREEN

### Sports and recreational fitness facilities

- Capacity limits:
  - 50 people indoors (classes)
  - 100 people outdoors (classes)
  - 50 people indoors (area with weights or exercise equipment)
- Spectators allowed (50 indoors and 100 outdoors)
- Limit of 50 people 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 conversation level and prevent shouting by both instructors and members of the public
- Face coverings required except when exercising

## YELLOW

### Sports and recreational fitness facilities

- Capacity limits:
  - 10 people indoors (classes)
  - 25 people outdoors (classes)
  - 50 people indoors (area with weights or exercise equipment)
- Spectators allowed (50 indoors and 100 outdoors)
- Limit of 50 people 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 conversation level and prevent shouting by both instructors and members of the public
- Face coverings required except when exercising
- Increase spacing between patrons to 3 metres for areas of a sport or recreational facility where there are weights or weight machines and exercise and fitness classes
- Require contact information for all patrons and attendance for team sports
- Require reservation for entry; one reservation for teams
- A [safety plan](#) must be available upon request

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## ORANGE

### Sports and recreational fitness facilities

- Maximum 50 people per facility (revoke OCMOH approved plan) in all combined recreational fitness spaces or programs (not pools, rinks at arenas, community centres, and multi-purpose facilities)
- No spectators permitted (exemption for parent and guardian supervision of children)
- Team or individual sports must be modified to avoid physical contact; 50 people per league
- Exemption for high performance athletes and parasports
- Limit duration of stay to 90 minutes except if engaging in sport
- Limit volume of music to conversation level and prevent shouting by both instructors and members of the public
- Face coverings required except when exercising
- Increase spacing between patrons to 3 metres for areas of a sport or recreational facility where there are weights or weight machines and exercise and fitness classes
- Require contact information for all patrons and attendance for team sports
- Require reservation for entry; one reservation for teams
- Require screening of members of the public, including spectators (for example, questionnaire)
- A [safety plan](#) must be available upon request

## RED

### Sports and recreational fitness facilities

- Maximum 50 people per facility (revoke OCMOH approved plan) in all combined recreational fitness spaces or programs (not pools, rinks at arenas, community centres, and multi-purpose facilities)
- Gyms and fitness studios permitted to be open with:
  - 10 people indoors (classes)
  - 25 people outdoors (classes)
  - 10 people indoors (areas with weights or exercise equipment)
- All sports and recreational programs in other facilities (arenas and multiplexes) limited to 10 people per room indoors and 25 outdoors
- Team sports must not be practiced or played except for training (no games or scrimmage)
- No contact permitted for team or individual sports
- No spectators permitted (exemption for parent and guardian supervision of children)
- Exemption for high performance athletes and parasports

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- Limit duration of stay to 90 minutes except if engaging in sport
- Limit volume of music to conversation level and prevent shouting by both instructors and members of the public
- Face coverings required except when exercising
- Increase spacing between patrons to 3 metres for areas of a sport or recreational facility where there are weights or weight machines and exercise and fitness classes
- Require contact information for all patrons and attendance for team sports
- Require reservation for entry; one reservation for teams
- Require screening of members of the public, including spectators (for example, questionnaire)
- A [safety plan](#) must be available upon request

## GREY

### Sports and recreational fitness facilities

- Closure of all indoor facilities, including indoor courts, pools and rinks
- Outdoor sports, classes and use of amenities, limited to 10 people
- Community centres and multi-purpose facilities (for example, YMCA) allowed to be open for permitted activities such as child care services
- Maintain 2 metre physical distancing, unless engaged in a sport
- 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 2 metres of each other are not permitted
- Indoor individual and team sports (including training) not permitted – exemption for high performance and parasport athletes and professional leagues (for example, NHL, CFL, MLS, NBA)
- Face coverings required except when exercising
- Increase spacing between patrons to 3 metres for areas of a sport or recreational facility where there are weights or exercise equipment and in exercise and fitness classes
- Require contact information for all members of the public that enter the facility
- Require reservation for entry; one reservation for teams
- Require screening of members of the public, including spectators (for example, questionnaire)
- A [safety plan](#) is required to be prepared and made available upon request