

COVID-19 PUBLIC HEALTH GUIDANCE FOR INDOOR AND OUTDOOR RECREATIONAL AMENITIES – STEP 3

Last revised: July 16, 2021

The Simcoe Muskoka District Health Unit (SMDHU) is currently at Step 3 of the province's [Roadmap to Reopen](#). This document provides guidance for indoor and outdoor recreational amenities by following [Ontario Regulation 364/20: Rules for Areas in Step 3](#) (O. Reg 364/20) under the [Reopening Ontario \(A Flexible Approach to COVID-19\) Act, 2020](#). All businesses and organizations in the County of Simcoe and District of Muskoka must also adhere to the SMDHU's medical officer of health's [letter of instruction](#).

Outdoor recreational amenities are public locations not operated in conjunction with facilities for indoor or outdoor sports and recreational fitness activities and have been previously identified by the province to include, but not limited to:

- Parks and recreational areas
- Baseball diamonds
- Batting cages
- Soccer, football, and sports fields
- Tennis, platform tennis, table tennis and pickleball courts
- Basketball courts
- BMX parks
- Skate parks
- Golf courses and driving ranges
- Frisbee golf locations
- Cycling tracks
- Trails
- Horse riding amenities
- Shooting ranges, including those operated by rod and gun clubs
- Playgrounds
- Portions of parks or recreational areas containing outdoor fitness equipment
- Archery ranges
- Boat and watercraft launch
- Lawn game courts, including lawn bowling, bocce and croquet courts
- Horseshoe pits

INDOOR ACTIVITIES

Indoor recreational or sports activities are permitted at Step 3 in accordance with the [Reopening Ontario Act](#) requirements under step 3, [O. Reg 364/20](#). Please also see SMDHU [COVID-19 Public Health Guidance for Facilities for Sports and Recreational Fitness Activities – Step 3](#).

Indoor clubhouses operated in conjunction with an outdoor recreational amenity are permitted to open with the following requirements:

- The total number of members of patrons permitted to be in any indoor clubhouse at the outdoor recreational amenity at any one time is limited to the number that can maintain a physical distance of at least 2 metres (6 feet) from every other person in the indoor clubhouse (i.e., one person per 4 square metres), and in any event may not exceed 50% of the capacity of the clubhouse, as follows:
 - Capacity is determined by taking 50% of the maximum occupant load of the business or facility, or part of a business or facility, as applicable, as calculated in accordance with Ontario Regulation 213/07 (Fire Code), made under the *Fire Protection and Prevention Act, 1997*.
- Permitted to be used as event or meeting space in accordance with section 4 of Schedule 1 (meeting or event space) of [O. Reg. 364/20](#).
- The person responsible for the outdoor recreational amenity must post a sign in a conspicuous location visible to the public that states the capacity limits under which the indoor clubhouse is permitted to operate.
- Post [maximum capacity](#) posters in locations where they can be clearly seen.

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OUTDOOR ACTIVITIES

Outdoor recreational amenities may open if they comply with requirements under [O. Reg 364/20](#) including the following conditions and recommendations:

GENERAL GUIDELINES

- Team sports or games may be played without physical distancing restrictions.

SAFETY PLAN

- Before permitting any participants in an organized sports league or event to practise or play the sport at the outdoor recreational amenity, the amenity must ensure that the league or event has prepared a safety plan.
- The [safety plan](#) must be written and available on request. In addition, a copy of the safety plan must be posted in a conspicuous location where it can be viewed by staff and patrons (i.e., posted on a notice board, at a clubhouse or public washrooms, available on the internet, etc.)
- The safety plan shall describe the implementation of public health measures in the location, including, but not limited to screening, physical distancing, masks/face coverings, cleaning and disinfecting of surfaces and objects, the wearing of personal protective equipment and preventing and controlling crowding.
- Additional guidance on how to develop your safety plan can be found [here](#).

CAPACITY LIMITS AND PHYSICAL DISTANCING

- *Members of the public:* The total number of members of the public permitted to be at the outdoor recreational amenity at any one time must be limited to the number that can maintain a physical distance of at least 2 metres (6 feet) from every other person at the amenity (i.e., one person per 4 square metres).
- *Spectators:* The number of spectators at the outdoor recreational amenity at any one time must not exceed 75% of the usual outdoor seating capacity or 15,000 persons, whichever is less. In the case of an amenity that does not have a designated area for outdoor spectators, the number of spectators in the outdoor area of the facility at any one time must not exceed 75% capacity or 5,000 persons, whichever is less.
- *Fitness, exercise class and personal training session participants:* It is recommended that every person participating in an outdoor fitness or exercise class or personal training session maintain a physical distance of at least 2 metres (6 feet) from every other person.
- Persons waiting in line or congregating outside must maintain at least 2 metres (6 feet) distance from every other person.

HEALTH SCREENING AND RECORD KEEPING

- All staff must be [actively screened](#) before attending work each day. Please see the letter of [instruction](#) from the SMDHU's medical officer of health for direction on screening workers.
- It is recommended that patrons attending the amenity related to fitness, exercise class and personal training sessions be [actively screened](#) before attendance, in addition to those attending the amenity related to any other business or activity where active screening is required. Please see the instructions from the Office of the Chief Medical Officer of Health for [direction on screening patrons](#). Patrons who exhibit COVID-19 [symptoms](#) should be refused entry to the premises.
- In addition to active screening above, staff and patrons should conduct a COVID-19 [self-assessment](#) before attending the amenity and follow the direction provided. If they have COVID-19 [symptoms](#), they should stay home, seek testing, and [self-isolate](#).
- The Province of Ontario has implemented a [website for all categories of screening, including of workers and patrons at fitness amenities](#).
- Post [screening signs](#) at all entrances.

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PERSONAL PHYSICAL FITNESS TRAINERS

Personal physical fitness trainers may operate at an outdoor recreational amenity. Please see the following recommendations and requirements:

- It is recommended that services be provided to no more than the number of persons who can maintain a physical distance of at least 2 metres (6 feet) from every other person in the outdoor space where the services are provided.
- Any person who is engaged in physical fitness training activities should maintain a physical distance of at least 2 metres (6 feet) from any other person.
- The personal trainer or sports trainer must prepare a COVID-19 [safety plan](#) in addition to the one prepared by the amenity and it is recommended that active screening of patrons occur prior to each training session.
- The personal trainer or sports trainer may:
 - actively screen individuals
 - record the name and contact information of every member of the public whom they are providing services to
 - maintain the records for a period of at least one month, and
 - only disclose the records to a medical officer of health or a public health inspector under the *Health Protection and Promotion Act* on request for a purpose specified in section 2 of that Act or as otherwise required by law.

USE OF MASKS, FACE COVERINGS AND EYE PROTECTION

- Every person indoors for a permitted reason shall wear a mask or [face covering](#) unless exemptions apply as per [O. Reg 364/20, Step 3](#).
- Masks can only be removed indoors:
 - to engage in an athletic or fitness activity
 - to eat and drink, while seated
 - health and safety reasons
- Staff are required to wear a face shield or approved eye protection in addition to a mask or face covering when within 2 metres (6 feet) of someone without a mask.

HAND AND RESPIRATORY HYGIENE

- Encourage all patrons to [wash](#) or [sanitize](#) their hands using alcohol-based hand sanitizer containing 60-90% alcohol content often, especially as they arrive at the amenity.
- Encourage patrons to sneeze and cough into their elbow or use single-use tissues followed by hand hygiene. Post [Cover Your Cough](#) posters in locations where they can be clearly seen around the facility.
- Encourage patrons to avoid touching their eyes, nose, or mouth.
- Post handwashing and hand sanitizing posters in high traffic areas.
- Ensure properly stocked, frequently cleaned and disinfected handwash and/or hand sanitizer stations containing 60-90% alcohol content are made available at the entrance and throughout the outdoor facility for everyone to wash/sanitize their hands as required.

CLEANING AND DISINFECTION

- The person responsible for an outdoor recreational amenity that is open shall ensure that any washrooms, change rooms, or similar amenities made available to the public are cleaned and disinfected as frequently as necessary to maintain a sanitary condition as per [provincial direction](#).
- 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, etc.) while in operation.
- Equipment (e.g., mats, weights, kettle bells, etc.) must not be shared during an activity/class.

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- Remove equipment that may be difficult to clean and disinfect (e.g., foam rollers, yoga blocks, mats that are absorbent, straps, ropes, etc.).
- Use only disinfectants with a Drug Identification Number (DIN) given and approved by [Health Canada](#) and follow the manufacturer's directions regarding contact time.
- Increase cleaning and disinfection of all high contact surfaces and surfaces frequently touched (i.e., hand contact areas, door handles, switches, tabletops, chairs, sneeze guards, restrooms, taps, utensils and dispensers, credit card machines).
- Maintain logs of cleaning and disinfecting.
- Please refer to [Public Health Ontario's fact sheet for cleaning and disinfection for public settings](#) for best practices, including cleaning scheduling and cleaning products.

SIGNAGE

Post signs promoting wearing masks/face coverings, handwashing, physical distancing, and capacity limits and make them visible to staff and patrons. Sample signage can be found [here](#).

SUPPORTING EACH OTHER AND OUR COMMUNITY

We understand that this is a challenging time, but public health measures like this are needed to limit the spread of COVID-19. We thank you for the service that you provide to the community.

Please contact the Simcoe Muskoka District Health Unit's Health Connection line if you have any questions at 1-877-721-7520, Monday to Saturday from 8:30 a.m. to 4:30 p.m.

While the Simcoe Muskoka District Health Unit aims to provide relevant and timely information, no guarantee can be given as to the accuracy or completeness of any information provided. This guidance is not intended to, nor does it provide legal advice and should not be relied upon or treated as legal advice. Users seeking legal advice should consult with a qualified legal professional. No one should act, or refrain from acting, based solely upon the materials provided in this guidance, any hypertext links or other general information without first seeking appropriate legal or other professional advice. Please visit the Simcoe Muskoka District Health Unit website regularly for updates and additional guidance.