Sports and Recreational Facilities by colour-coded Ontario Framework

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| **Yellow** | **Orange** | **Red** | **Grey** |
| Maintain 2 metres physical distancing, unless engaged in a sportIncrease 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 classesCapacity limits per venue, where physical distancing can be maintained:* + 50 people in indoor classes, however each indoor fitness or exercise class can only have a maximum of 10 people and must take place in a separate room or
	+ 100 people in outdoor classes, however each outdoor fitness or exercise class can only have a maximum of 25 people
	+ 50 people indoors in areas with weights or exercise equipment
	+ 50 spectators indoors or 100 outdoors

Capacity limits apply on a 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-19covid 19](https://www.ontario.ca/page/guidance-facilities-sports-and-recreational-fitness-activities-during-covid-19))Team or individual sports must be modified to avoid physical contact with an exemption for high performance athletes, including parasport athletes, and professional leagues; maximum 50 people per leagueExemptions for high performance athletes and parasportsLimit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the publicFace coverings required except when exercising or playing sportsRequire contact information for all members of the public that enter the facilityRequire reservation for entry; one reservation for teamsA [safety plan](https://www.ontario.ca/page/develop-your-covid-19-workplace-safety-plan) is required to be prepared and made available upon request | Maintain 2 metres physical distancing, unless engaged in a sportIncrease spacing between patrons to 3 metres in areas where there are weights or exercise equipment and in exercise and fitness classesCapacity limits, where physical distancing can be maintained:* + Maximum of 50 people total in indoor areas with weights and exercise machines and all indoor classes, however each indoor fitness or exercise class can only have a maximum of 10 people and must take place in a separate room, or
	+ 100 people in outdoor classes, however each outdoor fitness or exercise class can only have a maximum of 25 people
	+ No spectators permitted, however each person under 18 may be accompanied by one parent or guardian

Team or individual sports must be modified to avoid physical contact; 50 people per leagueExemptions for high performance athletes and parasportsPatrons may only be in the facility for 90 minutes except if engaging in a sportLimit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the publicFace coverings required except when exercising or playing sportsRequire contact information for all members of the public that enter the facilityRequire reservation for entry; one reservation for teamsScreening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of HealthA [safety plan](https://www.ontario.ca/page/develop-your-covid-19-workplace-safety-plan) is required to be prepared and made available upon request | Maintain 2 metres physical distancing at all timesIncrease spacing between patrons to 3 metres in areas where there are weights or exercise equipment and in exercise and fitness classesCapacity limits, where physical distancing can be maintained* + 10 people in indoor areas with weights and exercise machines
	+ 10 people in all indoor classes or
	+ 25 people in outdoor classes
	+ No spectators permitted, however each person under 18 may be accompanied by one parent or guardian

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; no contact permitted for team or individual sportsExemptions for high performance athletes and parasportPatrons may only be in the facility for 90 minutes except if engaging in a sportLimit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the publicFace coverings required except when exercisingRequire contact information for all members of the public that enter the facilityRequire reservation for entry; one reservation for teamsScreening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of HealthA [safety plan](https://www.ontario.ca/page/develop-your-covid-19-workplace-safety-plan) is required to be prepared and made available upon request | Facilities for indoor or outdoor sports and recreational fitness activities are closed except for:* + The sole use of high performance athletes including parasport athletes, and specified professional leagues (for example, NHL, CFL, MLS, NBA)
	+ Specified purposes (for example, day camps, child care)
	+ Outdoor recreational amenities (for example, ice rinks, ski hills, snow trails) open with restrictions (for example, no team sports)
	+ Community centres and multi-purpose facilities (for example, YMCA) allowed to be open for permitted activities (for example, child care services, day camps, social services)
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