



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Indoor Individual Exercise Requirements March 31, 2021

Case Finding and Contact Tracing

- Contact information (name and phone number or e-mail) of staff and participant attendance must be collected and kept in a format that can be made readily available if needed by Public Health for contact tracing purposes.
 - Operators should keep contact information available for up to 30 days.

Staffing

- Facilities must have staff on site while patrons are exercising to ensure adherence to these requirements.

Environmental Measures

Environmental measures are changes to the physical environment that reduce the risk of exposure, such as increasing ventilation, and frequent cleaning and disinfection.

Ventilation

- Creation of intentionally overheated exercise environments is prohibited
- Outer doors and windows must be left open or partially open at all times (if possible)
- All mechanical heating, ventilation, and air conditioning (HVAC) systems must be working properly
- Fresh air intake on ventilation systems must be increased as much as possible
- Use of floor and wall fans is not allowed

Floor Markings and Reducing Group Congregating

- Designate different doorways for entrance and exit if possible, or create a different process so patrons are not entering and exiting simultaneously at the same time
- Changerooms and showers must allow for 2m distancing between patrons at all times
 - Lockers / showers should be blocked off and floor markers used to ensure physical distance is maintained
- Use floor markings and/or physical barriers to direct flow through the space and ensure 2 metres physical distancing can be maintained at all times
- Post signage to indicate how these rules should be followed

Cleaning and Disinfection

- All shared equipment (e.g. exercise machines, floor mats, weights, etc.) must be cleaned and disinfected between each use either by staff or patrons; supplies and signage should be provided throughout facility.
- Other high touch surfaces (e.g. door handles, sink faucets, etc.) must be cleaned and disinfected twice per day



- Where exercise activities involve participants prone or seated on the floor (i.e. floor mats not used), the floor must be cleaned and disinfected twice per day

Physical Barriers

- Physical barriers between exercise equipment or stations may be used as an additional safety measure, although use of physical barriers does not alter the physical distancing or occupancy requirements.

Administrative Measures

Administrative measures include the implementation of policies, procedures, training and education that reduce the risk of exposure.

Occupancy

- To determine overall occupancy: each workout room/space must have at least **10 square metres** of unencumbered useable floor space per patron/staff who will be in the space exercising
- Post signage with occupancy limits for each room so staff and patrons are aware and ensure that capacity is not exceeded

Physical Distancing and Minimizing Physical Contact

- Physical distance of **2.5 metres** between each patron in all directions must be maintained **while exercising**:
 - If possible, exercise machines/equipment should be spaced or blocked off to accommodate
 - Floor markings/signage should be used to identify exercise space
 - If there is movement occurring, each patron should have enough space to ensure they are never within 3 metres of each other
 - Personal trainers must maintain 2m from client (and other patrons)
- No spotting allowed for weightlifting (except patrons who reside in the same household), use other safety measures
- Physical distancing of **2 metres** must be maintained **when not exercising** and at all other times in facility

Booking and Registration

- All patrons must be scheduled in advance, no drop-ins allowed
 - Inform clients when they book that they must not come if they are feeling sick, and must cancel if they are feeling unwell
- Ask that patrons do not arrive earlier than their scheduled arrival time
- All patrons must have read and agree to follow safety protocols
- If possible, stagger bookings to ensure not all patrons are not arriving or departing at same time

Audio

- Music in all exercise spaces must be kept below speaking volume in order to reduce singing or shouting; individuals may listen to music with headphones but are required to take headphones off when communicating with another patron/staff/instructor/trainer



Food and Beverages

- ❑ Patrons must bring or use a personal water bottle; water filling stations can be provided, but water fountains for drinking should be shut off

Staying Home When Sick and When New Symptoms Develop

- ❑ Policies must be established to
 - ensure employees complete daily entry requirements
 - ensure employees can and must stay home when they have symptoms of COVID-19
 - for employees or patrons showing symptoms of COVID-19 when inside the facility

Personal Measures

Personal measures are actions individuals can take to protect themselves and others. Examples include physical distancing, minimizing physical contact, frequent hand washing, practicing respiratory etiquette and staying home if sick.

COVID-19 Health Check

- ❑ Employees must complete daily entry requirements before entering the facility as per the [WorkSafeBC employer requirement](#)
- ❑ Patrons must complete daily entry requirements before entering the facility (e.g. [Entry Check for Visitors](#))

Exercise Attire / Personal Equipment

- ❑ Patrons should arrive in exercise attire to minimize use of change rooms
- ❑ Where practical, patrons should bring as much of their own equipment as possible

Hand Hygiene

- ❑ Direction must be given to patrons to practice hand hygiene before and after a workout; supplies should be provided throughout the facility

Personal Protective Equipment (PPE)

Masks

- ❑ Masks must be worn at all times including while exercising
- ❑ People who are unable to wear a mask due to a health condition or a physical, cognitive or mental impairment, and people who are unable to put on or remove a mask without the assistance of another person are exempt from mask requirements.
 - People who are unable to wear a mask must maintain at least 3m distance at all times when in the facility

