



Sports and Recreation Colour Zone Quick Reference Guide

This document does not constitute legal advice and does not replace the need for sports, recreation and fitness businesses and organizations to consult requirements from the Province of Ontario, including Ontario's COVID-19 Response Framework, O. Reg. 364/20, O. Reg. 263/20 and O. Reg. 82/20. There may be situations where provincial rules and local public health rules vary in levels of restriction. Sports, recreation and fitness businesses/organizations must ensure compliance with the measure that is most restrictive in terms of preventing the spread of COVID-19. Current as of March 26, 2021.

| | Green (Regulation 364/20) | Yellow (Regulation 364/20) | Orange (Regulation 263/20) | Red (Regulation 82/20) |
|----------------------------|---|--|--|---|
| Physical Distancing | Maintain at least a 2 metre physical distance of from every other person unless engaged in a sport. | Maintain at least a 2-metre physical distance from every other person unless engaged in a sport. Maintain at least a 3-metre physical distance from people using weights or exercise machines and from people engaged in fitness or exercise classes. | Maintain at least a 2-metre physical distance from every other person unless engaged in a sport. Maintain at least a 3-metre physical distance from people using weights or exercise machines and from people engaged in fitness or exercise classes. | For indoor and outdoor exercise classes not in a community centre : 1. Fitness or exercise class: 3 metre physical distancing 2. Every person participating in any other kind of class, organized program or organized activity must maintain a physical distance of at least 2 metres. 3. Any person who enters or uses the amenity must maintain a physical distance of at least two metres from any other person who is using the amenity. |
| Screening | Individuals must conduct self screening prior to entering the indoor premises of the facility. | Individuals must conduct self screening prior to entering the indoor premises of the facility. | The facility must actively screen individuals in accordance with advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the indoor premises of the facility. | The facility must actively screen individuals in accordance with advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the indoor premises of the facility. |



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| Capacity Limits | <p>The total number in classes, organized programs and organized activities at any one time limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>50 persons indoors 100 persons outdoors</p> <p>Total capacity in all areas of facility containing weights or exercise machines is 50 persons who are physically distanced by at least 2 metres.</p> | <p>The total number in classes, organized programs and organized activities at any one time limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>50 persons indoors 100 persons outdoors</p> <p>Indoor fitness or exercise class at the facility maintain at least 3 metre physical distance, and in any event cannot exceed 10 people,</p> <p>ii. each indoor fitness or exercise class at the facility must take place in a separate room, and</p> <p>iii. the total number of members of the public permitted to be in any particular outdoor fitness or exercise class at the facility is a maximum of 25 while maintaining 3 metres physical distance.</p> | <p>The total number in classes, organized programs, organized activities, and areas containing weights or exercise machines at any one time is limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>50 persons indoors 100 persons outdoors</p> <p>Indoor fitness or exercise class at the facility maintain at least 3 metre physical distance, and in any event cannot exceed 10 people,</p> <p>ii. each indoor fitness or exercise class at the facility must take place in a separate room, and</p> <p>iii. the total number of members of the public permitted to be in any particular outdoor fitness or exercise class at the facility is a maximum of 25 while maintaining 3 metres physical distance.</p> | <p>The total number in classes, organized programs and organized activities not in a community centre: any one time limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed:</p> <p>10 persons indoors 25 persons outdoors</p> <p>Total capacity in all areas of facility (not in a community centre) containing weights or exercise machines is 10 persons who are physically distanced by at least 3 metres.</p> <p>Total capacity in all areas of facility (not in a community centre) that provides indoor classes, organized programs or organized activities AND also has one or more areas containing weights or exercise machines, must not exceed 20 persons at any one time.</p> |



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| Spectators | <p>The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility, and in any event cannot exceed,</p> <ul style="list-style-type: none"> i. 50 spectators, if the spectators will be indoors, or ii. 100 spectators, if the spectators will be outdoors. | <p>The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility, and in any event cannot exceed,</p> <ul style="list-style-type: none"> i. 50 spectators, if the spectators will be indoors, or ii. 100 spectators, if the spectators will be outdoors. | <p>No spectators are permitted to be in the facility, but each person under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.</p> | <p>No spectators are permitted to be in the facility. However, a person under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.</p> |
| Organized Team Sports | <p>Organized team sports leagues must</p> <ul style="list-style-type: none"> i. contain no more than 50 players and not permit teams to play against teams outside of the league, or ii. divide teams into groups of 50 or fewer players and not permit teams in different groups to play against one another or against teams outside of the league. | <p>Organized team sports leagues must</p> <ul style="list-style-type: none"> i. contain no more than 50 players and not permit teams to play against teams outside of the league, or ii. divide teams into groups of 50 or fewer players and not permit teams in different groups to play against one another or against teams outside of the league. | <p>Organized team sports leagues must</p> <ul style="list-style-type: none"> i. contain no more than 50 players and not permit teams to play against teams outside of the league, or ii. divide teams into groups of 50 or fewer players and not permit teams in different groups to play against one another or against teams outside of the league. | <p>No practising or playing of team sports within the amenity, with the exception of training sessions that do not include games for members of a sports team.</p> <p>Activities that are likely to result in individuals coming within two metres of each other must not be practised or played within the facility.</p> |



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

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|----------------------------------|--|--|--|--|
| Playing of Sports | Modify or prohibit physical contact when playing or practicing sports. | Modify or prohibit physical contact when playing or practicing sports. | Modify or prohibit physical contact when playing or practicing sports. | No practising or playing of team sports within the amenity, with the exception of training sessions for members of a sports team that do not include games. |
| Cleaning and Disinfection | <p>Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p> | <p>Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p> | <p>Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p> | <p>Locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the amenity that is used to provide first aid.</p> <p>Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a game or practice, at the end of play, such as at the completion of a game or practice.</p> <p>Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use or at the end of play, where used in a game or practice.</p> |



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| Time Restrictions | No time restriction, but it is recommended that no member of the public be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport. | No time restriction, but it is recommended that no member of the public be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport. | No member of the public may be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport. | No member of the public may be indoors at the facility for longer than 90 minutes at a time unless the member of the public is in the facility to engage in a sport. |
| Contact Information and Record Keeping | <p>Recommend that the person responsible for the facility to ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p> | <p>The person responsible for the facility must ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p> <p>iii. the records are disclosed only to a medical officer of health or an inspector under the <i>Health Protection and Promotion Act</i> on request for a purpose specified in section 2 of that Act or as otherwise required by law.</p> | <p>The person responsible for the facility must ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p> <p>iii. the records are disclosed only to a medical officer of health or an inspector under the <i>Health Protection and Promotion Act</i> on request for a purpose specified in section 2 of that Act or as otherwise required by law.</p> | <p>The person responsible for the facility must ensure that,</p> <p>i. the name and contact information of every member of the public who enters an indoor area of the facility are recorded,</p> <p>ii. the records are maintained for a period of at least one month</p> <p>iii. the records are disclosed only to a medical officer of health or an inspector under the <i>Health Protection and Promotion Act</i> on request for a purpose specified in section 2 of that Act or as otherwise required by law.</p> |



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| Line Ups | <p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <p>i. is a child who is younger than two years of age,</p> <p>ii. has a medical condition that inhibits their ability to wear a mask or face covering,</p> <p>iii. is unable to put on or remove their mask or face covering without the assistance of another person,</p> <p>iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety,</p> <p>v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or</p> <p>vi. is being reasonably accommodated in accordance with the Human Rights Code.</p> | <p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <p>i. is a child who is younger than two years of age,</p> <p>ii. has a medical condition that inhibits their ability to wear a mask or face covering,</p> <p>iii. is unable to put on or remove their mask or face covering without the assistance of another person,</p> <p>iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety,</p> <p>v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or</p> <p>vi. is being reasonably accommodated in accordance with the Human Rights Code.</p> | <p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <p>i. is a child who is younger than two years of age,</p> <p>ii. has a medical condition that inhibits their ability to wear a mask or face covering,</p> <p>iii. is unable to put on or remove their mask or face covering without the assistance of another person,</p> <p>iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety,</p> <p>v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or</p> <p>vi. is being reasonably accommodated in accordance with the Human Rights Code.</p> | <p>Any person in line for the amenity or within the amenity must wear a mask or face covering in a manner that covers their mouth, nose and chin during any period that they are in the line, unless the person,</p> <p>i. is a child who is younger than two years of age,</p> <p>ii. has a medical condition that inhibits their ability to wear a mask or face covering,</p> <p>iii. is unable to put on or remove their mask or face covering without the assistance of another person,</p> <p>iv. needs to temporarily remove their mask or face covering as may be necessary for the purposes of health and safety,</p> <p>v. is being accommodated in accordance with the Accessibility for Ontarians with Disabilities Act, 2005, or</p> <p>vi. is being reasonably accommodated in accordance with the Human Rights Code.</p> |



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| Reservations | No reservation required to enter the facility. | No member of the public may enter the facility unless they have made a reservation to do so. In the case of members of the public participating in a team sport, only one reservation per team is required. | No member of the public may enter the facility unless they have made a reservation to do so. In the case of members of the public participating in a team sport, only one reservation per team is required. | No member of the public may enter the facility unless they have made a reservation to do so. In the case of members of the public participating in a team sport, only one reservation per team is required. |
| Sound Level | <p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p> | <p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p> | <p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p> | <p>Music must not be played in the facility at a decibel level that exceeds the level at which normal conversation is possible.</p> <p>Any instruction given to members of the public who are engaged in a class, an organized program or an organized activity that is not a sport,</p> <p>i. must be delivered through a microphone if, without a microphone, the instructor would need to raise their voice beyond the level of normal conversation, and</p> <p>ii. must not encourage loud talking, singing or shouting.</p> |



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| Other | | | | Outdoor playgrounds, play structures and facilities containing outdoor fitness equipment may open. Pools, splash pads, spray pads and wading pools must be closed. |