

Requirements for gyms and fitness locations in the Red Zone

This is a limited summary of requirements for gym and fitness locations. Also refer to the general requirements for all businesses. It is the responsibility of the business owner to stay up-to-date with the provincial regulations.

1. If the facility has space for fitness classes and weights/exercise equipment, capacity cannot exceed 20 members of the public in the entire facility at one time.
2. Maximum amount of participants in fitness class cannot exceed 10.
3. Maximum amount of participants in weight area/exercise machine area cannot exceed 10.
4. Patrons in general areas of facility must be two metres apart.
5. Participants in a fitness class must be three metres apart.
6. People using weights and exercise machines must be three metres apart.
7. A microphone must be used for instruction if required to be louder than normal volume level of speaking.
8. Locker rooms, change rooms and showers must be closed (except for use of washrooms, equipment storage or first aid).
9. Equipment must be disinfected after each use.
10. Must record names of members of public entering facility and their contact information.
11. Patrons may only attend after making reservations.
12. Music cannot be louder than level of normal conversation.
13. Face masks must be worn by all patrons and staff (except those who are exempt, which includes those participating in fitness activities and eating/drinking).
14. Spectators only permitted for persons under the age of 18.