

## **Requirements for martial arts and instructional activities other than gyms – Red Zone**

This is a limited summary of requirements for martial arts and instructional activities other than gyms. 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 classes and weights, no more than 20 members of the public in the facility.
2. Maximum amount of participants in instructional class cannot exceed 10.
3. Maximum amount of people in weight area/exercise machine area cannot exceed 10.
4. Patrons in general areas of facility must be two metres apart.
5. Patrons using weights and exercise machines must be three metres apart.
6. A microphone must be used for instruction if required to be louder than normal volume level of speaking.
7. Locker rooms, change rooms and showers closed (except for use of washrooms, equipment storage, or first aid).
8. Equipment disinfected after each use.
9. Must record name of members of public entering facility and their contact information.
10. Patrons must make reservations to use the facility.
11. Music cannot be louder than level of normal conversation.
12. Face masks must be worn by all patrons and staff (except those who are exempt, which includes those participating in athletic activities and eating/drinking).
13. Spectators only permitted for persons under the age of 18.
14. No activities that permit participants to be less than two metres of each other.