



COVID-19 Safety Guide: Community/Recreation Centre-based Activities

Have you ensured:

- “Pinch points” are minimized
 - One door for entrances, one door for exits
 - One-way flow
 - Tables and/or seating allows for physical distancing of at least two (2) metres
 - Line ups for food and drink *served* at a bar or counter are minimized; allowing for physical distancing of at least 2m between patrons and staff
- Environmental Measures, such as physical changes, are being used
 - Signage
 - Flow Arrows on Floor
 - Frequently Used Doors Propped Open
- Hand sanitizer is available throughout the event or meeting space
- The indoor gathering size will be 50 participants or less
- The outdoor gathering size will be 100 participants or less
- Buffet style / self-served food will NOT be offered (including finger foods, sandwiches, coffee stations, etc.)
- Activities are designed to ensure physical distancing of two (2) metres
- Activities do NOT require shared equipment, devices, game pieces, or tools
- Pair dancing or close contact dancing is prohibited
- Regular cleanliness/disinfection of the facility has been scheduled between user groups, and/or when parts of the facility becomes visibly soiled

For a detailed checklist – please view the [Guidance for facilities for sports and recreational fitness activities during COVID-19](#) website

NOTE: This guide is based on the assumptions that everyone is:

1. wearing a face covering indoors, unless eating or drinking, or participating in a physical activity;
2. keeping two (2) metres apart;
3. practicing good hand hygiene;
4. practicing proper coughing and sneezing etiquette, and;
5. staying home when feeling unwell.

Safe	Be Careful	Avoid
<p>Conversations – two metres apart (if indoors, with a face covering)</p> <p>Low impact activities that don't require people to be close to each other (<i>e.g., yoga, T'ai Chi, exercise classes, walking programs, single or line dancing, book clubs</i>)</p> <p>Physical activities where you supply your own equipment (<i>e.g., canoeing, kayaking, cycling, Nordic pole walking, hiking</i>)</p>	<p>Activities that involve being in contact with items, but you can supply your own equipment (<i>e.g., darts, shuffleboard pucks and sticks, bingo dabbers, pool/billiards, drawing/painting, other art activities, knitting and other needlework, woodworking, carpentry</i>)</p> <p>Live musical performances (<i>see regulation below</i>)</p> <p>**Do not share items with others.</p>	<p>Activities that involve being in contact with items that have to be shared (<i>e.g., card games like Euchre and Bridge, board games and puzzles, group cooking, corn hole, or bean bag toss</i>)</p> <p>Activities that bring you in close proximity to others (<i>e.g., pair dancing</i>)</p> <p>Singing and/or any other activity that involves speaking loudly</p> <p>Physical activities that require the use of shared items (<i>see regulation below</i>)</p>

Ontario Regulations 364/20:

Sports and Fitness

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 practise.

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, where used in a game or practice, at the end of play.

Music and live performances

Singers and players of brass or wind instruments must be separated from any spectators by plexiglass or some other impermeable barrier.