

GUIDANCE FOR OUTDOOR FITNESS CLASSES

Overview

Under current Chief Medical Officer of Health Orders, businesses and entities are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply, to the extent possible, with the [Workplace Guidance for Business Owners](#), this guidance, and any other applicable Alberta Health guidance found at: <https://www.alberta.ca/biz-connect.aspx>.

This document has been developed to support outdoor fitness class operators in reducing the risk of transmission of COVID-19 among attendees (including workers, volunteers, patrons and the general public). The guidance provided outlines public health and infection prevention and control measures, specific to outdoor fitness classes.

COVID-19 Risk Mitigation

Access	<ul style="list-style-type: none">• Fitness activities should be led by a responsible person [instructor(s)] who will assume the responsibility to support the adherence to these guidelines.• Anyone exhibiting COVID-19 symptoms (such as cough, fever, runny nose, sore throat, or shortness of breath) must isolate at home and cannot participate in outdoor fitness activities.<ul style="list-style-type: none">○ Prior to the start of any fitness activity, instructor(s) should remind participants that they must not participate if they have any symptoms of COVID-19.• To the extent possible, access to the area immediately surrounding the location where the activity is taking place should be marked off to exclude the public and include only the participants.• Fitness activities and classes are permitted to take place in parks, trails and open spaces, subject to any additional usage requirements (e.g. municipal field bookings).
Physical Distancing	<ul style="list-style-type: none">• Staff and participants should maintain a physical distance of at least two metres at all times.<ul style="list-style-type: none">○ This does not apply to individuals who are from the same household.○ Distancing should be reinforced by the instructor(s) throughout the activity.• Distancing can also be facilitated by the use of physical barriers (e.g., a partition) if appropriate.

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	<ul style="list-style-type: none"> • Personal items, such as water bottles, should not be shared or passed between individuals. • Participants should be discouraged from clustering in groups before or after sessions.
Safety	<ul style="list-style-type: none"> • Instructor(s) should promote and facilitate frequent and proper hand hygiene. <ul style="list-style-type: none"> ○ Consider providing hand washing stations or hand sanitizer containing at least 60% alcohol should be made available for participants, or require participants to bring their own. ○ Handwashing pre and post activity must occur. • Instructor(s) should also promote good respiratory etiquette (coughing or sneezing into a bent elbow). • Remind participants to practice good hygiene, for example, refraining from spitting. • Cheering, singing and hand shaking and high-fives are high risk activities and should not occur. • Where possible, staff and participants should consider extra spacing (beyond the two metre minimum) to help limit the risk of spread to others.
Cleaning and disinfection	<ul style="list-style-type: none"> • All reusable equipment must be cleaned and disinfected after each use. <ul style="list-style-type: none"> ○ Participants may bring their own equipment. • Fitness equipment should not be shared during the activity, unless participants are from the same household. • Participants should be encouraged to bring their own equipment and supplies (e.g. mats, hand sanitizer). All frequently touched surfaces that may be used by multiple different people (e.g. mats, tables, hand sanitizer dispensers) must be cleaned and disinfected regularly.
Booking	<ul style="list-style-type: none"> • Booking should be done prior to the activity, whenever possible. <ul style="list-style-type: none"> ○ Card or contactless online payment is preferred. ○ Sanitize electronic keypads after each use. • Times between classes or groups should be planned to allow for participants to clear the area and any required cleaning/disinfection to occur. • At the time of booking, operators should advise participants of the following: <ul style="list-style-type: none"> ○ They cannot participate if they experience symptoms of COVID-19 or are otherwise required to isolate or quarantine. ○ They are encouraged to bring their own alcohol-based sanitizer. • Participants are responsible for providing their own water/food throughout the activity.

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| | <ul style="list-style-type: none">• For contact tracing purposes, operators should collect and keep on file for two weeks the names and contact information of all participants for each session. |
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