

Step 1 Health measures to ease on February 8, 2021

Indoor and outdoor children's sport and performance

- Children's sport and performance activities are permitted if they are related to school activities, such as physical education classes.
- This will allow K-12 schools and post-secondary institutions to use off-site facilities to support curriculum-related educational activities.

Indoor fitness

- Only one-on-one training is permitted for indoor fitness activities (e.g. fitness in dance studios, training figure skating on ice, one-on-one lessons).
- One-on-one sessions cannot interact with others and there must be a minimum of three metres distance between sessions in the same facility.
- Sessions have to be scheduled or by appointment.
- No drop-in for individuals or groups is allowed.
- No sports games, competitions, team practice, league play or group exercise of any kind.
- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.
- Trainers should remain masked during the session; clients are not required to wear a mask while exercising.
- More than one trainer and client 'pair' are allowed into the facility, studio, rink, court, pool, ice surface, etc., as long as:
 - Each trainer and client stays three metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each trainer only interacts with their assigned client, and each client only interacts with their assigned trainer.
 - No interaction between clients or between trainers is allowed.
 - No 'cycling through' multiple trainers, as in circuit training.