

GUIDANCE FOR OUTDOOR FITNESS

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 [COVID-19 General Relaunch Guidance](#), 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.

This document and the guidance within it is subject to change and will be updated as needed. Current information related to COVID-19 can be found: <https://www.alberta.ca/covid-19-information.aspx>

COVID-19 Risk Mitigation

Access

- Fitness activities should be led by a responsible person (e.g., instructor, leader) who will assume the responsibility to support the adherence to these guidelines.
- The responsible person should consider implementing active screening of attendees (where applicable) and staff for symptoms of fever, sore throat, cough, runny nose, or difficulty breathing, such as the [Alberta Health Daily Checklist](#).
 - 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.
- 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.
 - The Alberta Health Services [COVID-19 Self-Assessment tool](#) can be used by attendees.
- 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).

GUIDANCE FOR OUTDOOR FITNESS

	<ul style="list-style-type: none"> • Water fountains in public spaces are allowed to be open <ul style="list-style-type: none"> ◦ The responsible person may wish to inquire about cleaning and disinfecting of these during class times.
Physical Distancing	<ul style="list-style-type: none"> • Leaders/instructors and participants should maintain a physical distance of at least 2 metres at all times. <ul style="list-style-type: none"> ◦ Distancing should be reinforced by the instructor(s) throughout the activity. ◦ It is not mandatory for individuals who are from the same household to maintain 2 metres throughout the class. • Distancing can also be facilitated by the use of physical barriers (e.g., a partition), if appropriate. • 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"> • Leaders/instructors 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. • Leaders/instructors 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, leaders/instructors 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.

GUIDANCE FOR OUTDOOR FITNESS

Booking

- Booking should be done prior to the activity, whenever possible.
 - 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:
 - 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 should be responsible for providing their own water/food throughout the activity.

To support public health contact tracing efforts in the event that an attendee tests positive, organizers should consider collecting the names and contact information of attendees.

- Providing information is voluntary for attendees. An organization must obtain an individual's consent and notify them about the purpose and legal authority for the collection.
 - Any personal information that is collected for COVID-19 contact tracing can only be used for this purpose
- Information about attendees will only be requested by Alberta Health Services if a potential exposure occurs onsite.
- For businesses/workplaces, this includes staff, workers and volunteers on shift.
- Records should only be kept for 2 weeks. An organization must make reasonable security arrangements to protect the personal information.
- For more information, the Office of the Information and Privacy Commissioner has released [Pandemic FAQ: Customer Lists](#) about collecting personal information from customers during the COVID-19 pandemic.
- For questions about your obligations under PIPA, please contact the FOIP-PIPA Help Desk by phone at 780-427-5848 or by email at sa.accessandprivacy@gov.ab.ca.