



Strathmore Motor Products Sports Centre COVID Protocols

The following activities can take place under current COVID-19 provincial restrictions:

The following (highlighted) activities are permitted with the respective protocols in place:

- **Children and youth activity groups** (including: lessons, practices, and physical conditioning)
 - Participants must be 18 years old, or younger (excluding coaches/trainers)
 - Max capacity of 10 individuals (including coaches/trainers).
 - Coaches/Trainers must be professional, certified and/or paid trainers who are providing **active** instruction. Passive supervision is not considered training/coaching.
 - Games are still not permitted.
 - Physical distancing must be maintained between participants at all times.
 - 3 metres for indoor activity
 - Coaches/trainers may enter physical distancing space for brief interactions with participants (e.g. to correct form).
 - Participants must be masked in all areas of the facility, except when engaging in physical activity.
 - Coaches/trainers must remain masked at all times.
 - No access to change rooms. Please arrive and leave in your workout attire, if possible. If not, single-stall washrooms will be available if changing is necessary.
 - Spectators are not permitted. This includes parents, grandparents, guardians, etc. Having said that, we will allow for a “chaperone” to be present for youth safety purposes. This is one (1) chaperone for the group and they must not be involved in the training session and must be distanced at least 3 metres away from the training group.
- **School groups** (for physical education use)
 - Including Homeschool participants (2-3 families in an established cohort can book a private rental, or 1 family if no cohort is established.
- **1-on-1 (or 1-on-1 and household) training with a certified coach/trainer**
 - All indoor fitness must be scheduled or by appointment – no drop-ins allowed.
 - Trainer and client pairs will receive access to half a playing surface and will be charged the daily admission fee and/or facility membership fees apply.
 - Low intensity individual and group exercises are now allowed without a trainer.
 - Low intensity fitness includes activities not focused specifically on cardio, that have a low depth and rate of respiration.
 - Examples include: barre, pilates, stretching, tai-chi, low intensity yoga (e.g. hatha, yin), light weightlifting, indoor rock climbing.
 - High intensity activities are permitted for one-on-one or one-on-one household training only, with a trainer.
 - High intensity fitness is often focused on cardiovascular activities that have a high depth and rate of respiration.
 - Examples include: bodybuilding/heavy weightlifting, aerobics, rowing, Zumba, bootcamp, circuit training, cross fit, dance fitness, high intensity interval training, kickboxing, spin, power yoga, swimming etc.
 - Gym, studio, and fitness centre operators should use their best judgement in identifying what category their group exercise classes fall into based on these examples.

- **Household Rentals (without a certified coach/trainer)**
 - All indoor fitness must be scheduled or by appointment – no drop-ins allowed.
 - Households will receive access to a full playing surface at a 50% discount. See fees below:
 - Field Rental (with 50% discount applied) – \$49.25/ hour
 - Gymnasium Rental (with 50% discount applied – \$26.00/ hour
 - Concrete Space Rental (with 50% discount applied) – \$17.50/ hour
 - All attendees **MUST** be from the same household; singles can book a facility for themselves.
 - This temporary discount on rental fees is only available to individuals/households and will be reviewed on an ongoing basis a restrictions change.

Safety requirements:

- One-on-one sessions cannot interact with others and there must be a minimum of 3 metres distance between pairs of trainers and clients (aka sessions) in the same facility.
- **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 must remain masked during the session. Clients are not required to wear a mask while doing high intensity exercise.
- Regardless of the type or intensity of exercise, trainers and clients must be separated by 3 metres at all times.
- More than one trainer and client 'pair' are allowed into the facility, studio, rink, court, pool, ice surface, etc. with restrictions:
 - Each trainer and client pair must stay 3 metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each trainer can only interact with their assigned client, and each client can only interact with their assigned trainer.
 - No interaction between clients or between trainers is allowed.
 - No 'cycling through' multiple trainers as in circuit training.

All rentals **MUST be made at least 48 hours in advance to ensure adequate staffing.**

Please call the Strathmore Motor Products Sports Centre to request your rental at (403) 361-2121.