

## Provincial Health Orders for Fraser Health and Vancouver Coastal Health

### Q & A

#### **Business - Gyms, Fitness Centres and Recreational Centres:**

##### **Do all gyms need to close?**

- Individual or 1-2 person training sessions and individual workouts with appropriate COVID-19 safety plans can continue, so most gyms and recreation facilities can remain open as long as their COVID-19 safety plans are being strictly adhered to.
- Only indoor group activities like yoga, spin, or exercise classes are suspended right now until further enhanced safety plans can be put in place.
- Public health is developing updated guidance on safety measures to allow these group activities to resume safely
- This guidance will be available in the coming days on health authority websites, along with a checklist for completion by affected facilities.

##### **How do I submit my COVID-19 safety plan for review and what happens after I submit it?**

- Currently, COVID-19 safety requirements for group fitness classes are being reviewed provincially. Updated requirements and a checklist for completion will be posted as soon as they are available.
- Each business that operates group fitness classes will be required to submit an updated COVID-19 safety plan, using the checklist developed, for that component of your business.
- If you are a business in the Fraser Health region, you can submit your plan or completed checklist to this email address: [WorksiteFitnessPlans@fraserhealth.ca](mailto:WorksiteFitnessPlans@fraserhealth.ca).
- If you are a business in the Vancouver Coastal Health region, you can submit your plan or completed checklist to this email address: [ehvc@vch.ca](mailto:ehvc@vch.ca).

##### **When you refer to "group indoor activities", does that apply to curling clubs that have large volumes of indoor airspace?**

- We must do all we can to limit the spread of this virus. Transmission can happen in places people congregate when participating in these activities like locker rooms, foyers and spectator areas and attention must be paid to reducing these risks. However, as curling is a non-contact sport, the order has no application.

##### **What about pools?**

- Nothing in the order affects pools.
- Pools are reminded that it is important to review COVID-19 safety plans and in particular ensure people are not congregating in change rooms etc.