



BC's RESTART, FITNESS & PHYSICAL ACTIVITY

Highlights of PHO Restrictions and Easings for Physical Activity
as at May 31, 2021

STEP 1 May 25 - June 15 (at earliest)		
	Indoors	Outdoors
EXERCISE		
Group Fitness		
Capacity - Low Intensity	25 people	50 people
Capacity - High	prohibited	50 people
Occupancy	7 m ² pp	N/A
Distance	2.5m while exercising; 2m when not exercising	2m
Masking	mandatory	optional
Time between classes	5' before and 5' after class to avoid congregating	N/A
Pre-registration	mandatory	mandatory
Individual Fitness, any intensity		
Capacity, all intensities	10 m ² pp	no limit
Distance	2.5m while exercising; 2m when not exercising	2m
Masking	mandatory	optional unless closer than 2m
Pre-registration	mandatory	mandatory

STEP 2 June 15 (at earliest)		
	Indoors	Outdoors
EXERCISE		
Group Fitness		
Capacity - Low Intensity	25 people	TBD
Capacity - High	TBD	TBD
Occupancy	7 m ² pp	N/A
Distance	2.5m while exercising; 2m when not exercising	2m
Masking	mandatory	optional
Time between classes	5' before and 5' after class to avoid congregating	N/A
Pre-registration	mandatory	mandatory
Individual Fitness, any intensity		
Capacity, all intensities	10 m ² pp	no limit
Distance	2.5m while exercising; 2m when not exercising	2m
Masking	mandatory	optional unless closer than 2m
Pre-registration	mandatory	mandatory

STEP 3 July 1 (at earliest)		
	Indoors	Outdoors
EXERCISE		
Group Fitness		
Capacity - Low Intensity	more than 25 people	TBD
Capacity - High	TBD	TBD
Occupancy	TBD	N/A
Distance	TBD while exercising, 0 when not exercising	0
Masking	not required	not required
Time between classes	TBD	N/A
Pre-registration	TBD	TBD
Individual Fitness, any intensity		
Capacity, all intensities	TBD	no limit
Distance	TBD	0
Masking	TBD	not required
Pre-registration	TBD	TBD