



BC's RESTART, FITNESS & PHYSICAL ACTIVITY

Highlights of PHO Restrictions and Easings for Physical Activity
as at June 14, 2021

STEP 1 May 25 - June 15 (at earliest)		
	Indoors	Outdoors
EXERCISE		
Group Fitness		
Capacity - Low Intensity	25 people	50
Capacity - High	prohibited	50
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	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 within 2m
Pre-registration	mandatory	mandatory

STEP 2 June 15		
	Indoors	Outdoors
EXERCISE		
Group Fitness		
Capacity - All Intensities	25 people	50
Occupancy	7 m ² pp	N/A
Distance	2.5m while exercising; 2m when not exercising	2m
Masking while exercising	mandatory	optional
Time between	5' before and 5' after	N/A
Pre-registration	mandatory	mandatory
Individual Fitness, any intensity		
Capacity, all	7 m ² pp	50
Distance	2.5m while exercising; 2m when not exercising	2m
Masking while exercising	mandatory	optional
Pre-registration	mandatory	mandatory

STEP 3 July 1 (at earliest)		
	Indoors	Outdoors
EXERCISE		
Group Fitness		
Capacity - All Intensities	TBD	TBD
Occupancy	TBD	N/A
Distance	TBD while exercising, 0 when not exercising	0
Masking while exercising	optional	optional
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	optional
Pre-registration	TBD	TBD