



BC's RESTART, FITNESS & PHYSICAL ACTIVITY

Highlights of PHO Restrictions and Easings for Physical Activity
as at June 29 2021

STEP 1 May 25 - June 15			STEP 2 June 15			STEP 3 July 1		
	Indoors	Outdoors		Indoors	Outdoors		Indoors	Outdoors
EXERCISE			EXERCISE			EXERCISE		
Group Fitness			Group Fitness			Group & Individual Fitness		
Capacity - Low Intensity	25 people	50	Capacity - All Intensities	25 people	50	Capacity - All Intensities	limited only by facility capacity	no limit
Capacity - High	prohibited	50						
Occupancy	7 m ² pp	N/A	Occupancy	7 m ² pp	N/A			
Distance	2.5m while exercising; 2m when not exercising	2m	Distance	2.5m while exercising; 2m when not exercising	2m	Distance	Not required	Not required
Masking	mandatory	optional	Masking while exercising	mandatory	optional	Masking while exercising	Not required	Not required
Time between classes	5' before and 5' after class to avoid congregating	N/A	Time between classes	5' before and 5' after class to avoid congregating	N/A	Time gap between classes	Not required	Not required
Pre-registration	mandatory	mandatory	Pre-registration	mandatory	mandatory	Pre-registration	Not required	Not required
Individual Fitness, any intensity			Individual Fitness, any intensity			Individual Fitness, any intensity		
Capacity, all intensities	10 m ² pp	no limit	Capacity, all intensities	7 m ² pp	50			
Distance	2.5m while exercising; 2m when not exercising	2m	Distance	2.5m while exercising; 2m when not exercising	2m			
Masking	mandatory	optional unless within 2m	Masking while exercising	mandatory	optional			
Pre-registration	mandatory	mandatory	Pre-registration	mandatory	mandatory			