

COVID-19 Updates for Clubs

Field Hockey Ontario

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Public Health Regions by Level (as of February 25, 2021)

Green-Prevent	Yellow-Protect	Orange-Restrict	Red-Control	Grey-Lockdown
<ul style="list-style-type: none"> • Hastings & Prince Edward Counties • Kingston, Frontenac, & Lennox & Addington • Leeds, Grenville & Lanark District • Renfrew County & District • Timiskaming 	<ul style="list-style-type: none"> • Algoma • Gray Bruce • Northwestern • Peterborough 	<ul style="list-style-type: none"> • Brant County • Eastern Ontario • Haldimand-Norfolk • Haliburton, Kawartha, Pine Ridge • Huron-Perth District • Ottawa • Porcupine • Sudbury & District 	<ul style="list-style-type: none"> • Chatham-Kent • Durham Region • Halton Region • Hamilton • Lambton • Middlesex-London • Region of Waterloo • Simcoe Muskoka District • Southwestern • Thunder Bay District • Wellington-Dufferin-Guelph • Windsor-Essex County • York Region 	<ul style="list-style-type: none"> • Niagara Region <p style="background-color: black; color: white; padding: 5px;">Stay-At-Home (Awaiting to rejoin colour-coded framework)</p> <ul style="list-style-type: none"> • North Bay Parry Sound District • Peel • Toronto

Green-Prevent

- Maintain 2 metres physical distancing, unless engaged in a sport
- Capacity limits per venue, where physical distancing can be maintained:
 - 50 people indoors or 100 people outdoors in classes
 - 50 people indoors in area with weights or exercise equipment
 - 50 spectators indoors or 100 outdoors
- Capacity limits apply on a per-room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health
- Team or individual sports must be modified to avoid physical contact; 50 people per league
- Exemptions for high performance athletes and parasports
- Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public
- Face coverings required except when exercising or playing sports
- Patron screening (passive)
- A safety plan is required to be prepared and made available upon request

Yellow-Protect

- Maintain 2 metres physical distancing, unless engaged in a sport
- Increase spacing between patrons to 3 metres for areas of a sport or recreational facility where there are weights or exercise equipment and in exercise and fitness classes
- Capacity limits per venue, where physical distancing can be maintained:
 - 50 people in indoor classes, however each indoor fitness or exercise class can only have a maximum of 10 people and must take place in a separate room or
 - 100 people in outdoor classes, however each outdoor fitness or exercise class can only have a maximum of 25 people
 - 50 people indoors in areas with weights or exercise equipment
 - 50 spectators indoors or 100 outdoors
- Patron screening (passive)
- Capacity limits apply on a per-room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health ([Guidance for Facilities for Sport and Recreational Fitness Activities During COVID-19](#))
- Team or individual sports must be modified to avoid physical contact with an exemption for high performance athletes, including parasport athletes, and professional leagues; maximum 50 people per league
- Exemptions for high performance athletes and parasports
- Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public
- Face coverings required except when exercising or playing sports
- Require contact information for all members of the public that enter the facility
- Require reservation for entry; one reservation for teams
- A [safety plan](#) is required to be prepared and made available upon request

Orange-Restrict

- Maintain 2 metres physical distancing, unless engaged in a sport
- Increase spacing between patrons to 3 metres in areas where there are weights or exercise equipment and in exercise and fitness classes
- Capacity limits, where physical distancing can be maintained:
 - Maximum of 50 people total in indoor areas with weights and exercise machines and all indoor classes, however each indoor fitness or exercise class can only have a maximum of 10 people and must take place in a separate room, or
 - 100 people in outdoor classes, however each outdoor fitness or exercise class can only have a maximum of 25 people
 - No spectators permitted, however each person under 18 may be accompanied by one parent or guardian
- Screening of patrons is required, in accordance with [instructions issued by the Office of the Chief Medical Officer of Health](#)
- Team or individual sports must be modified to avoid physical contact; 50 people per league
- Exemptions for high performance athletes and parasports
- Patrons may only be in the facility for 90 minutes except if engaging in a sport
- Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public
- Face coverings required except when exercising or playing sports
- Require contact information for all members of the public that enter the facility
- Require reservation for entry; one reservation for teams
- A [safety plan](#) is required to be prepared and made available upon request

Red-Control

- Maintain 2 metres physical distancing at all times
- Increase spacing between patrons to 3 metres in areas where there are weights or exercise equipment and in exercise and fitness classes
- Capacity limits, where physical distancing can be maintained
 - 10 people in indoor areas with weights and exercise machines
 - 10 people in all indoor classes or
 - 25 people in outdoor classes
 - No spectators permitted, however each person under 18 may be accompanied by one parent or guardian
- Team sports must not be practiced or played except for training (no games or scrimmage)
- Activities that are likely to result in individuals coming within 2 metres of each other are not permitted; no contact permitted for team or individual sports
- Exemptions for high performance athletes and parasport
- Patrons may only be in the facility for 90 minutes except if engaging in a sport
- Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public
- Face coverings required except when exercising
- Require contact information for all members of the public that enter the facility
- Require reservation for entry; one reservation for teams
- Screening of patrons is required, in accordance with [instructions issued by the Office of the Chief Medical Officer of Health](#)
- A [safety plan](#) is required to be prepared and made available upon request

Additional advice for Red-Control

- Trips outside of the home should only be for essential reasons (work, school, groceries/pharmacy, health care, assisting vulnerable individuals or exercise and physical activity)
- Families should not visit any other household or allow visitors in their homes – people who live alone can gather with one household
- Everyone should avoid social gatherings

Grey-Lockdown

Facilities for indoor or outdoor sports and recreational fitness activities are closed except for:

- The sole use of high performance athletes including parasport athletes, and specified professional leagues (for example, NHL, CFL, MLS, NBA)

- Specified purposes (for example, day camps, child care)

Outdoor recreational amenities (for example, ice rinks, ski hills, snow trails) open with restrictions (for example, no team sports)

Community centres and multi-purpose facilities (for example, YMCA) allowed to be open for permitted activities (for example, child care services, day camps, social services)

Additional advice and measures for Grey-Lockdown

Trips outside of the home should only be for essential reasons (work, school, groceries/pharmacy, health care, assisting vulnerable individuals or exercise and physical activity)

No indoor organized public events and social gatherings are permitted, except with members of the same household – people who live alone can gather with one household