



TRAVEL TO NORTHERN PARKS, CAMPGROUNDS, CABINS, LODGES AND RESORTS - Effective June 1

Change: Travel restrictions revised.

Manitoba residents will be permitted to travel directly to parks, campgrounds, cabins, lodges and resorts north of the 53rd parallel from within Manitoba.

Travellers are to follow the same guidelines in place for Manitobans travelling to a cottage or second residence, including:

- Do not travel if you or any of your family members require medical care or have symptoms of COVID-19 (fever, cough, runny nose, sore throat, shortness of breath or difficulty breathing). If you have any symptoms, use the screening tool before you travel to see if you need to be tested.
- If you or anyone with you begins to feel ill or experiences COVID-19 symptoms, return home immediately.
- Do not use local health providers, unless it is an emergency.
- In the event of a medical emergency requiring evacuation, be sure you can contact local authorities. Emergency contact information varies by region. Ensure you collect and take this information with you before you leave home.
- Bring required prescription drugs and medical supplies.
- Avoid visiting local communities, including First Nations communities, as much as possible.

Travellers should also respectfully observe local restrictions and practice physical distancing if it is necessary to visit local communities and First Nations communities, or use curbside pickup if it is necessary to visit local businesses.

PUBLIC/PRIVATE SWIMMING POOLS, SPLASH PADS, SPAS, FITNESS CLUBS, GYMS AND TRAINING FACILITIES - Effective June 1

Change: Sites may reopen with capacity limitations.

Public/Private indoor and outdoor swimming pools (private residential pools are not restricted), spas, fitness clubs and gyms may reopen if they implement measures to ensure that members of the public are reasonably able to maintain a separation of at least two metres from others, except for brief exchanges. These sites are required to limit occupancy to 50 per cent of normal business levels or one person per 10 square metres, whichever is lower.

Splash pads operated by municipalities will be allowed to open if measures are in place to ensure compliance with occupancy requirements. Parents/caregivers watching children must maintain a physical distance of at least two metres from each other, except for brief exchanges.

Group lessons may restart and locker rooms and showers (for pool facilities only) may reopen if people maintain a distance of at least two metres, except for brief exchanges. Any of these facilities affiliated with a professional sports team may not be open to the public.



The following guidelines should be followed by patrons, volunteers and staff:

Gyms/Exercise/Training Facilities, Pools and Rinks

- Patrons at higher risk of serious illness may consider waiting to return to these facilities.
- Each facility should have a site plan for procedures.
- Guidelines for facility entry include:
 - managing entry points to maintain physical distancing and ensure staff are present to control access. Discourage congregation within the facility;
 - using a booking system to reserve a block of time in advance, with time for cleaning and disinfecting of equipment by staff between blocks;
 - discouraging drop-in use. Establish measures to avoid groups congregating at entry for start times for classes/general use;
 - using contactless forms of payment; and
 - screening all patrons for symptoms and exposures using the screening posters or the online [screening tool](#).
- Guidelines for exercise spaces and equipment include:
 - ensuring signage is posted for physical distancing and instructions on cleaning equipment;
 - making hand hygiene stations available at entry and throughout facility;
 - not offering towel services;
 - cleaning equipment before and after using it. Ensure instructions and mechanisms in place for patrons to clean equipment safely. Gym staff should ensure thorough cleaning between blocks of gym use; and
 - increasing space between machines (or block off every other machine) to stay at minimum two metres apart.
- Guidelines for pools include:
 - limit occupancy to 50 per cent of normal business levels or one person per 10 square metres of pool surface area, whichever is lower.
 - closing saunas and steam rooms and only opening hot tubs if they can comply with guidelines of one person per 10 square metres;
 - ensuring signage is posted for physical distancing;
 - using staggered entry times for different groups; and
 - separate staff monitoring physical distancing and capacity in addition to lifeguards (if present).
- Guidelines for locker room/washroom facilities include:
 - encouraging individuals to shower at home and limit use of locker area;
 - removing any common use items from locker rooms;
 - posting signage for guidance on shower area use to maintain physical distancing;



- o if locker rooms are used, consider modifying their use in order to maintain physical distancing.
- o making a disinfectant spray or wipes available for participants to disinfect locker contact surfaces before and after use; and
- o ensuring enhanced and frequent cleaning and disinfection of locker rooms, as this will be required.
- Guidelines for group classes include:
 - o continuing to offer virtual classes or training where possible;
 - o allowing group exercise classes if physical distancing of one participant per 10 square metres is maintained throughout the class;
 - o allowing adequate time to disinfect equipment and surfaces before each class; and
 - o not using shared equipment unless able to disinfect between users. Equipment that is difficult to clean, such as foam rollers and yoga blocks, should not be used.
- Close group sports areas/courts that are not able to comply with guidelines for recreational sports.
- Food service should follow restaurant guidelines.
- Close customer self-serve drink stations, water dispensers and water fountains, unless able to disinfect between use. Ensure other options available for water for patrons. Staff can fill drink orders, but must not refill a used cup. Encourage patrons to bring their own bottled water.

COMMUNITY/SERVICE CENTRES - Effective June 1

Change: Sites may reopen with capacity limitations.

Community centres and other multi-purpose facilities such as church basements, arenas and town halls can be reopened if they are used for classes and activities allowed in Phase Two and follow the specific guidelines provided for those classes/activities.

- The maximum number of people permitted per site is 25, except where discrete groups of 25 can be segregated to prevent contact with other groups through the use of separate exits and/or staggered drop off schedules and monitoring access to the facility to avoid congestion.
- Staff must be present at the entry to the facility, as well as within the facility, to monitor use and capacity. Use one entrance only.
- All staff, volunteers and service users should be screened for symptoms of COVID-19 or exposures prior to allowing entry into the facility or before being allowed to participate in the activities.
- Place signage at the entrance and throughout the facility to remind staff, volunteers, and service users of physical distancing measures, hand hygiene, and cough etiquette.
- Ensure hand hygiene stations are available at entry and throughout the facility.