

Tottenham Community Centre limits time in fitness centre

The change to 'Orange' status in the Simcoe Muskoka District Health Unit means new restrictions for people using the fitness centre at the Tottenham Community Centre, although limits shouldn't restrict people from full enjoyment of the facility.

Provincial guidelines state that under an orange alert, sports and recreational fitness facilities must limit the maximum number of people to 50 in areas with weights and exercise machines and a maximum of ten people per room indoors during fitness or exercise classes.

However, the mandate makes no reference to the actual floor size of facilities in use and does not list a guideline for persons per space, meaning smaller fitness centres may make adjustments to ensure social distance protocols are in place when people are working out with equipment or taking classes.

To ensure they are operating under the guidelines, the fitness centre at the Community Centre is now requesting that people book their times in the facility in advance so they can regulate the number of people in the building at one time.

The Centre is allowing 25 people to be in the facility at one time.

While members are allowed to be in the building during a work-out for up to 90 minutes, the Centre is asking people to voluntarily keep their time to 55 minutes in the Centre to facilitate the limited numbers and allow other people to come in and get their work-out.

All classes are limited to ten people.

Safety protocols are in place when entering the Community Centre and staff are taking name to ensure contact later on, if needed.

When it comes to the Community Centre arena, there is a maximum number of 50 people allowed in the facility.

For hockey, only one parent per child player is allowed and that person may only be in the facility for a maximum of 90 minutes.

By Brian Lockhart Local Journalism Initiative Reporter