

## SPORTS AND FITNESS CENTERS

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Sport clubs and complexes, gyms, fitness centers, and pools can be open in the current phase. Sports must follow DECD Sector Rules and CT DPH Guidance, [linked here](#).

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### CAPACITY

Recreational lap swimming is limited to one person per lane unless swimmers are from the same household, or a swimmer with special needs requires a paraprofessional in the same lane with them. Lanes must be a minimum of 6 ft wide. Advance registration for recreational lap swimming is encouraged.

Swim teams can have up to 4 swimmers per lane during practice and pre-match warm up periods, provided:

- Cohorts consisting of up to 4 swimmers that will use the same lane at the same time are constant throughout the entire season
- Swimmers are engaged in continuous swimming while using the same lane (e.g. the group isn't gathered at one end of the lane without masks during break periods or to receive coaching)
- Swimmers remain maximally spaced to the extent possible during active swimming (e.g. pair swimmers of similar skill level/speed to the extent possible)

Pool deck observers are discouraged. If parent/guardians are necessary, only one per swimmer is allowed, they must wear a mask, and remain at least 6 ft apart.

For swim lessons, students should be instructed in the water one-on-one with the swim instructor and should remain out of the water, standing or seated on the pool deck with a mask in place and separated by 6 ft or more distance while they wait for their turn with the instructor. While this process is encouraged for all age and skill levels, for beginner swim lessons (children 5 yrs or younger) where controlling the attention and movement of students may be difficult, students can remain in the water or seated on the edge of the pool for the duration of the lesson period without masks, provided that:

- The size of the class group is limited to 4 or fewer participants
- Students remain separated by 6 ft or more at all times
- Appropriate spacing is clearly marked and understandable by students (i.e. cones or dots rather than a worded sign)
- Students keep masks in place prior to the beginning and immediately after the end of the lesson period

~~Swim lessons may allow an instructor and student in the same lane as long as all student + instructor pairs maintain 12 ft of separation throughout the class by utilizing every other lane, opposite ends of the pool, or by using partitions between lessons.~~

- ~~• For purposes of swim lessons for students with special needs, a paraprofessional may also be allowed in the same lane with the instructor and student~~
- ~~• Only the student is not required to wear a mask while in the water~~



## **OUTDOOR EVENTS CHANGES – 2/10/21**

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### **ROAD RACE CAPACITY**

All Road Races are prohibited, effective November 23, 2020, until March 1, 2021, subject to COVID-19 metrics.

After March 1, road race organizers must adhere to the guidance below.

Races can have up to 50 people socially distanced at the starting line. Additional racers shall be located in designated staging areas in groups of up to 50 people socially distanced. Total amount of racers allowed is 500.

### **COURSE SPECIFIC**

Runners/walkers tend to crowd to the inside of turns. Design courses with fewer turns in the first few miles for better social distancing where possible. Loop courses are generally preferable to an out and back course.

### **SWAG & BIB DISTRIBUTION**

Items should be distributed prior to the event. Extend your pickup over several days to limit crowding.

- Consider having registrants sign up for a specific timeslot for pickup to further spread out the risk.

### **SIGNAGE**

Increase the use of signage throughout the race to encourage social distancing.

### **SAME DAY REGISTRATION**

Same day registration is not allowed.

### **ROLLING START**

Mass starts are not allowed. Using rolling start allows participants to show up and start at any point within a certain time period.

- Participants should be encouraged to start slowly and not pass other participants until the crowd thins later in the race/walk course.
- Faster participants should start early in the rolling start process so they pass fewer participants.

### **STARTING LINE**

Ensure participants are spaced at least 6 ft away from others at starting line by signage/markings on the ground. Throughout the race, it is encouraged that runners stay at least 12 ft away from others.

### **CROWD CONTROL**

Staff/Volunteers should assist with crowd control by reminding spectators to maintain social distancing when queuing at the gate or other common areas. Spectator compliance with social distancing should be encouraged through periodic announcements or audio recordings.

- Individuals shall not congregate in common areas or parking lots following an event. Strategies should be developed that will avoid large crowds at exits, such as dismissing crowds by section.

#### FINISH LINE

Use barriers to widen the finish area into a large space, with volunteers to encourage participants to keep moving to claim their incentives.

- Setup multiple stations for the pickup of medals, water bottles, and any provided food to limit the gathering of people around one station.
- Keep announcer removed from the immediate finish-area and have announcer encourage participants to leave the finish line area as they finish.

#### RESULTS

Results should only be posted online after event.

- Prizes/trophies should be mailed or picked up at a designated location after the race.

#### AWARDS CEREMONY

No formal awards ceremony will be held.

#### WATER/BEVERAGE STATIONS

Encourage participants to bring and carry their own water via bottle, hydration belt, or hydration pack.

- If you do have water on-course it shall be single use plastic bottles.
- Garbage cans shall be placed throughout the race to dispose of single use plastic bottles and individuals emptying those garbage cans shall wear gloves.

## Rule Changes – 2/16/21

### Indoor Events

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#### REOPEN RULES FOR INDOOR EVENTS

Indoor Event capacity is limited to 25 people, including staff. Back of the house staff that do not come into contact with customers are not included in the 25 person limit. **Effective March 19, 2021, indoor events at commercial venues will be allowed 50% capacity, not to exceed 100 people.** Back of the house staff that do not come into contact with customers are not included in the 100 person limit.

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#### ADDITIONAL INDOOR PERFORMING ARTS THEATERS GUIDANCE

Indoor Performing Arts venues are limited to 50% capacity, ~~capped at 100 people~~, so long as they maintain 6 ft of spacing between seated pods/parties, effective ~~November 9~~ **February 17, 2021**.

#### CONCESSIONS

~~No food or beverages may be served.~~ Effective February 17, concessions are allowed at performing arts venues.

### Outdoor Events

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#### REOPEN RULES FOR OUTDOOR EVENTS

Except as otherwise prohibited, outdoor gatherings are permitted provided that any such large outdoor public gatherings shall comply with these rules and all other and applicable executive orders governing conduct in public places. The maximum permitted outdoor private event gathering size at a commercial venue will be 50 people. **Effective March 19, 2021, outdoor events at commercial venues will be allowed a maximum of 200 people.**

### Indoor Recreation

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#### REOPEN RULES FOR INDOOR RECREATION VENUES

Indoor recreation businesses may open at up to 50% capacity; however, businesses should limit customers to the number of customers that can be appropriately supervised by staff to ensure continuous compliance with rules for mask wearing, social distancing, and cleaning/disinfecting of equipment and common areas. Businesses for which no maximum capacity is on record may determine maximum Phase 2.1 capacity as 1 person (including employees) per 150 square feet. ~~Additionally, movie theaters shall not exceed 100 people.~~