

PRACTICE PHYSICAL DISTANCING

Keep at least 3 metres between you and others during indoor activities, regardless of the type or intensity of exercise.

In a group class, you must remain 3 metres away from the instructor and other participants. During one-on-one training, each trainer and client pair must stay 3 metres away from all other trainers and clients at all times, including in entryways and exits.

If you are too close to someone, you risk breathing in tiny droplets that could contain COVID-19 virus.

STAY INFORMED

alberta.ca/covid19

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