



COVID-19 PERSONAL TRAINING RECOMMENDATIONS

July 19, 2020

Boxing Ontario has reviewed related Ontario Government COVID-19 Stage 3 information and currently makes these recommendations to our members:

1. Focus Pad or similar work can be considered "Personal Training" and as such:
 - Physical distancing need not occur.
 - All involved persons should wear a facemask (covering the mouth and nose) when closer than 2m.
 - The pads would have to be disinfected/sanitized between athletes.
2. As always Boxing Ontario recommends contacting your local Public Health Department for further support, recommendations or clarity.

Should you have questions or require further support please email:
kocovid@boxingontario.com

Boxing Ontario Board of Directors.
Boxing Ontario COVID-19 Taskforce.