



Media Release

March 29, 2021

For immediate release

All RDCK Indoor Adult Group Fitness Classes are Paused Until April 20, 2021

Nelson, BC: By order and direction of the Provincial Health Officer (PHO), new restrictions have been implemented across the Province of British Columbia for adult athletic activities. Effective March 29, 2021 at 11:59 pm all indoor adult group recreation classes at Regional District of Central Kootenay (RDCK) facilities are paused until April 20, 2021. Structured child and youth programs and sports will be permitted.

“The RDCK and all our recreation partners will abide by all Provincial Health Orders and recommendations as the safety of our staff and the public will always be paramount,” said Joe Chirico, General Manager of Community Services. “We will do our best to communicate with all our user groups to ensure everyone is updated with the most current information.”

All classes will resume following the three week pause and any missed classes will be made up where possible. If classes cannot be made up, users will receive a pro-rated refund.

Both high intensity group exercise and low intensity group exercise are included in the order. Reserved activities are permitted to continue at RDCK facilities, including swimming, individual fitness and indoor walking.

[Click here](#) to read the latest COVID-19 safety restrictions from Provincial Health.

Face masks are required in all RDCK facilities. For more information, [click here](#) for the COVID-19 Facility Mask Safety Guideline.

RDCK recreation services continue to be reviewed regularly as new information and protocols become available. For the most up to date information, including facility guidelines, please go to www.rdck.ca/recreation.

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, water services and much more. For more information about the RDCK, visit www.rdck.ca.

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