COVID-19 Industry Guidance: Gyms and Fitness Centers

Who needs to be screened?

- Anyone entering the facility, including: patrons and customers, employees and any vendors, contractors, or other workers.

What is the guidance for screening staff and customers?

- If possible, implement a reservation system for the facility. Utilize the reservation system to contact patrons with reservations 24 hours before their scheduled arrival to confirm their reservation and ask if they or someone in their household is exhibiting any COVID-19 symptoms. If the patron answers in the affirmative the patron should be reminded that they should only utilize the fitness facility if they do not pose a health risk to other patrons or fitness facility staff. Such communication can be done via app, email, or text, if possible.

- Patrons should be temperature and/or symptom screened upon arrival and asked to use hand sanitizer and to wear face coverings to the extent possible while in the facility, particularly when physical distancing is difficult.

What is the guidance for face coverings?

- Remind patrons in advance to bring a face covering and make them available to anyone who arrives without one.
- It is highly recommended that patrons wear face coverings when entering and leaving the facility and guests should consider wearing them during workouts if possible.
- Considerations should be made for employees who are unable or unwilling to wear a face covering and ensure that they are able to maintain physical distance including reassignment of duties, reassignment to shifts that are less busy.
- Fitness facilities must take all reasonable protective measures, including posting signage at all entrances and in strategic and highly-visible locations, to remind employees and the public that they should practice physical distancing and that the use of face coverings is highly recommended when possible.

What guidance is there for capacity?

- Evaluate maximum occupancy rules based on the size of the facility to develop a capacity plan that supports physical distancing and limits the number of patrons allowed in the facility at a given time to a number permitting such distancing. Other considerations to support physical distancing in the facility for patrons could include:
  
  o Implementing an online reservation-based system, as suggested in the Individual Control Measures and Screening section of this document, to avoid patrons queuing in the facility or outside and help maintain occupancy levels.
  o Limiting the number of patrons in the facility at one time. Only those patrons that are actually exercising should be inside the facility. Patrons should not wait in the reception area.
  o Using one-way foot traffic patterns throughout the fitness facility with visual cues and signs.
Spacing all equipment and machines at least six feet apart or taking some out of service to achieve physical distancing.

**What is the guidance for maintaining physical distancing?**

- Considerations should be made to encourage physical distancing to the greatest extent possible. This includes:
  - Discontinued use of machines directly next to one another
  - Designated work out spaces that keep individuals six feet apart from one another (these spaces could be marked off using signage, tape, etc.)
  - Staggered usage of machines

**What is the guidance for cleaning and disinfecting protocols?**

- Develop a detailed schedule and adjust or modify operating hours to provide adequate time for regular, thorough cleaning and disinfecting throughout the day.

- Perform thorough cleaning throughout the day in high traffic areas, such as reception and lobby areas, changing rooms, locker rooms, and break rooms and areas of ingress and egress including doorways, stairways, stairwells, escalators, handrails, and elevators.

- Frequently disinfect commonly used surfaces, including personal exercise machines and equipment, countertops, vending machines, doorknobs, elevator buttons, and hand washing facilities.

- Equip entrances and exits, exercise machines, fitness rooms, changing rooms and locker rooms, and other areas with proper sanitation products, including hand sanitizer and sanitizing wipes, and provide personal hand sanitizers to staff who regularly engage with patrons (e.g., reception staff).

- Require patrons to disinfect individual exercise equipment, mats, and machines before and after use with provided disinfecting wipes. Ensure that lined, non-touch trash receptacles are available throughout the fitness facility to dispose of used wipes.

- Wherever possible, install touchless, automatic water dispensers for use with personal, reusable water bottles or single-use, disposable paper cups. Display signage reminding staff and patrons that the bottle or cup should not touch the water dispenser. If a touchless water dispenser is not feasible, remind staff and patrons to wash their hands or use proper hand sanitizer before and after touching the water release button on drinking fountains.

- Encourage patrons to bring their own towels and mats and consider disbanding the provision of any facility-provided towels or personal hygiene products

- Discontinue the use of communal water fountains
How should exercise equipment and patrons be spaced to allow for physical distancing?

- Implement measures to ensure physical distancing of at least six feet between and among workers and patrons. This can include use of physical partitions or visual cues (e.g., floor markings, colored tape, or signs to indicate to where workers and/or patrons should stand during check-in at reception areas or when waiting to use equipment).

- Staff and patrons should avoid shaking hands, bumping fists or elbows, and other physical contact. Staff should also avoid sharing tools, phones, electronics, and office supplies as much as possible and, where feasible, ensure staff have dedicated workstations for their personal use. Never share PPE.

What guidance is there for non-exercise related activities in Gyms and Fitness Centers?

- Consider suspending non-core activities, including retail operations, spa services, childcare, family programming, and food service.

What guidance is there for High-Risk Populations?

- Consider implementing special hours designated for high risk or medically-vulnerable populations, including seniors with admittance by reservation only.

- If possible, make considerations for increased ventilation; e.g., open windows or doors when possible

What is the guidance for personal training and group exercise classes?

- Adjusting personal training so that the exercise instructor maintains a minimum of six feet of physical distance. Personal trainers must use face coverings and avoid any close contact. Patrons should be strongly encouraged to wear a face covering while receiving instruction.

- Modifying group training classes to limit the class size to ensure a minimum of six feet of physical distance between patrons and/or move the classes outdoors or to larger spaces like full-sized basketball courts, if possible. Group exercise classes should only be offered if distancing requirements can be maintained and there is no person-to-person physical contact.

What about lockers and shower areas?

- Staggering available lockers in locker rooms to maintain physical distancing.

- Remove communal furniture and/or cordon off member lounge areas.

- Equip fitness rooms, changing rooms and locker rooms, and other areas with proper sanitation products, including hand sanitizer and sanitizing wipes, and provide personal hand sanitizers to staff who regularly engage with patrons (e.g., reception staff).

State-Provided Industry Gyms and Fitness Centers can be found [here](#).