



## GUIDANCE FOR GYMS AND FITNESS PROVIDERS

*Pursuant to EO 2020-36, Stay Healthy, Return Smarter, Return Stronger*

**Following the Centers for Disease Control and Prevention (CDC) guidance, under all circumstances, the following precautions should be followed by people utilizing gyms. To the extent possible, these providers should take measures to ensure that customers may follow these guidelines:**

- Stay home if sick.
- Protect yourself while visiting gyms:
  - Stay at least 6 feet away from other patrons.
  - If you are at **higher risk for** severe illness, you should avoid visiting gyms & fitness providers. People at higher risk **for severe illness** include adults 65 or older and people of any age who have serious underlying medical conditions.
  - Do not touch your eyes, nose, or mouth.
  - If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer immediately after.
  - After leaving the gym, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.

### **FOR BUSINESSES - The Department of Health Services recommends the following additional steps be taken by gyms:**

- Maintain physical distancing, to the extent possible.
- Provide and require employees to wear masks when possible.
- Provide access to soap and water for handwashing or an alcohol-based hand sanitizer at stations around the gym for use by employees and clients. Require employees to regularly wash hands for at least 20 seconds.
- Operate with reduced occupancy and capacity based on the size of the business location with special attention to limiting areas where customers and employees can congregate.
- Wipe any pens, counters, or hard surfaces between use or customer.
- Implement comprehensive sanitation protocols, including sanitizing gym equipment before and after every use.
  - Provide disposable disinfectant wipes, cleaner, or spray so patrons can wipe down frequently touched surfaces on gym equipment.
- Implement symptom screening for employees prior to the start of their shift.
- Consider offering cloth face coverings to employees to wear.
- Arrange waiting areas, service areas, and break rooms to provide for appropriate physical distancing and sanitize areas regularly between use.
- Consider posting signs advising customers and employees of expectations and guidance.
- Train all employees in the above safety actions.
- Consider contactless check-ins.
- Consider requiring online bookings for fitness classes and limiting the size of the class to allow for appropriate physical distancing.
- Arrange cardio equipment so that appropriate physical distancing can be adhered to.
- Ensure adequate equipment for patrons to minimize sharing to the extent possible, or limiting use of equipment by one user at a time and cleaning and disinfecting between use.
- Consider limiting gym hours to allow for proper sanitation.
- Implement enhanced sanitation of locker room areas.
- Require employees and patrons to clean out lockers nightly to facilitate overnight deep cleaning processes.
- Consider requiring guests to provide their own towels. If this is not possible and towels must be provided:
  - Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
  - Wear disposable gloves when handling used towels from guests.
  - Do not shake used towels.
  - Clean and disinfect bins that hold used towels according to guidance for disinfecting surfaces.
  - After handling used towels: Remove gloves, and wash hands right away.

*\*\*Note that guidance continues to be updated and those complying with the guidance are encouraged to visit the websites provided frequently to ensure they are complying with the most up-to-date guidance.*

**Websites for additional public health guidance:**