

APPENDIX E
GYM and FITNESS STUDIO COVID-19 REQUIREMENTS

1. CAPACITY

- a. Gyms and fitness studios must limit the number of patrons inside the facility to the degree necessary for unassociated gym patrons to maintain at least 6 feet from other patrons and staff, except as allowed below.
- b. Facilities must have mechanisms in place to restrict customer entry when the number of customers reaches the capacity limit determined in (a).
- c. The capacity of scheduled indoor classes and group fitness activities may be increased to up to 50 people if participants are in a static user group:
 - i. Members of the group may come closer than 6 feet to other people in the group during the class or fitness activity, although it is recommended that people maintain 6 feet or more distancing as much as possible.
 - ii. A person, including an instructor, may not be in more than one user group at the facility in a single day.
 - iii. An instructor may teach multiple classes in a day if they maintain at least 6 feet from all participants in each class.
 - iv. Staff and participants should wear face coverings for as much of the class or fitness activity as possible.

2. PHYSICAL DISTANCING

- a. Staff and unassociated patrons must maintain at least 6 feet from each other in all areas of the gym or fitness studio, except as allowed in 1(b) above.
- b. Exercise equipment must be placed, or enough machines must be blocked off from use so that unassociated patrons who are using the machines will be at least 6 feet apart.

3. VISIBLE CUES

- a. Gyms and fitness studios must use visible cues to alert patrons and staff of the distancing requirements, to facilitate 6-foot distancing between patrons, and to show the required 6-foot separation.

4. SYMPTOMATIC INDIVIDUALS

- a. Employers must take steps to ensure that employees and volunteers know the symptoms of COVID-19.
- b. Employees and volunteers with COVID-19 symptoms (even mild symptoms) are prohibited from being present in the workplace.

5. CLEANING AND DISINFECTION

- a. Staff must clean and disinfect frequently touched surfaces throughout the day, and follow the CDC sanitation protocols, which can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>



- b. Approved sanitizer for cleaning gym equipment and other frequently contacted surfaces must be provided throughout the workout area.

6. SIGNS

- a. In addition to the required face covering signs, gyms and fitness studios must post signs in prominent locations with the following: "Patrons with COVID-19 symptoms (even mild symptoms) must refrain from using the gym."

7. POOLS AND HOT TUBS

- a. Gym and fitness studio pools and hot tubs must meet Appendix G, Requirements for Pools and Hot Tubs.

8. EVENTS AND GATHERINGS

- a. An event or gathering at the establishment must meet the requirements in Appendix A.

9. FACE COVERINGS

- a. Gyms and Fitness Studios are required to ensure staff, volunteers and patrons wear face coverings as required by Section 4 "Mandatory Use of Face Coverings" of the Health Board rule.
- b. The exemption for wearing face coverings during strenuous exercise does not provide a blanket exemption for everyone in the gym, in the exercise room, or while exercising. Staff, volunteers, and patrons are required to wear face coverings until and unless they are exercising to a degree that makes wearing the face covering unsafe.