

## Requirements for Fitness Centers

In addition to the Healthy at Work Minimum Requirements, **fitness centers** must meet the requirements below in order to reopen and remain open:

### Social Distancing Requirements for Fitness Centers

- Fitness centers must limit the number of visitors present at their facility to a maximum of 33% of occupancy, not including employees. The facility or business should develop an organized scheduling system to minimize interactions between visitors and allows employees to sanitize commonly touched surfaces between visitors.
- Fitness centers must eliminate child services and use of child play areas.
- Fitness center must ensure all stationary fitness equipment (including, but not limited to treadmills, benches, platforms, power racks, machine-weights, elliptical) is spaced at minimum six (6) feet apart, as measured from the main operation of the specific piece of equipment, in order to ensure social distancing. Alternatively, they can close pieces of equipment to ensure six (6) feet of distance between active machines.
- Fitness centers must significantly adjust indoor, in-person group fitness classes. Fitness centers are encouraged to provide remote group classes where customers are separated by ten (10) feet or more. Individual or group outdoor fitness classes are also encouraged. Fitness centers holding outdoor fitness classes must follow the Healthy at Work Guidelines for [Groups of 10 People or Fewer](#) for those classes. Fitness centers should encourage customers participating in class training, do not arrive more than ten (10) minutes prior to class.
- Fitness centers must eliminate use of saunas and steam rooms where infectious particles can be re-aerosolized.
- Fitness centers must eliminate “lost and found” bins.
- Fitness centers should discourage customers from exercising in groups.
- Fitness centers should encourage customers to bring their personal mats, bands, and other equipment as appropriate.
- Fitness centers should discontinue use of water fountains to the greatest extent practicable. Fitness centers should encourage customers to bring their own water bottles.
- Fitness centers should eliminate vending stations.

# Healthy at Work



- Fitness centers must eliminate use of high-contact sports/team sports areas (e.g. basketball courts, football fields, and soccer fields) until such time as requirements/guidance are issued for those activities.
- Fitness centers containing aquatic centers must follow the Healthy at Work Requirements for [Aquatic Centers](#).
- Fitness centers should, to the greatest extent practicable, close snack bars and dining areas. If a fitness center continues to operate a snack bar or dining area or allow one to operate on its premises, it must follow the Healthy at Work Requirements for [Restaurants](#).
- Fitness centers should provide services and conduct business via phone or Internet to the greatest extent practicable. Any employees who are currently able to perform their job duties via telework (e.g., accounting staff) should continue to telework.
- Fitness centers should eliminate the use of any waiting areas, and to the extent practicable, provide services by appointment only and communicate by phone or text when the visitor may enter the facility. These facilities or businesses must ensure visitors do not congregate in or around the premises before, during or after their visit.
- Fitness centers should, to the greatest extent practicable, modify traffic flow to minimize contacts between employees and visitors.
- Fitness centers should ensure employees use digital files rather than paper formats (e.g., documentation, invoices, inspections, forms, agendas) to the greatest extent practicable.
- Fitness centers should communicate with customers and receive payments through contactless payment options (e.g., phone or Internet), to the greatest extent practicable. For those facilities or businesses that cannot use contactless payments, the facility or business should install floor or wall decals for cashier queuing areas to demark safe waiting distances of a six (6) feet minimums.
- Fitness centers should discourage employees from sharing phones, desks, workstations, handhelds/wearables, or other work tools and equipment to the greatest extent practicable.
- Fitness centers must ensure that controls are established to ensure social distancing in locker rooms, including disabling lockers to enforce six (6) feet of social distancing. Fitness centers should discourage use of locker rooms or consider measures to socially distance customers (e.g. closing every other locker or groups of lockers in order to space out usage) and sanitize frequently.
- Fitness centers must discontinue use of public seating areas to the greatest extent practicable.

- Fitness centers must ensure limited use of restroom facilities users at any one time based on the facility size and current social distancing guidelines.

## **Cleaning and Disinfecting Requirements for Fitness Center**

- Fitness centers should ensure that their facilities, including locker rooms, common areas, breakrooms and restrooms are properly cleaned and ventilated. Fitness centers are encouraged to open exterior doors and windows to increase ventilation.
- Fitness centers should provide hand sanitizer, handwashing facilities, tissues and waste baskets in convenient locations to the greatest extent practicable.
- Fitness centers must encourage visitors to properly wash their hands when they arrive at the facility. If visitors refuse to properly wash their hands, the facility or business may refuse access to the facility.
- Fitness centers should establish a policy as to whether to serve customers who do not adhere to the business's policy on requiring adherence to CDC guidelines.
- Fitness centers making restrooms or locker rooms available must ensure restrooms frequently touched surfaces are appropriately disinfected after each use (e.g., door knobs and handles). Fitness center customers may shower at the facility only if the facility or business can routinely adequately clean and sanitize the showers and locker rooms between visitors.
- Fitness centers should ensure disinfecting wipes or other disinfectant are available at shared equipment. Fitness centers should discourage customers from sharing towels or equipment that has not been properly disinfected.
- Fitness centers should encourage customers to wipe down equipment with disinfecting wipes immediately before and after use.
- Fitness centers must ensure cleaning and sanitation of frequently touched surfaces with appropriate disinfectants. Areas with frequently touched surfaces include changing/fitting rooms, doors, PIN pads, and common areas. Appropriate disinfectants include EPA registered household disinfectants, diluted household bleach solution, and alcohol solutions containing at least 60% alcohol.
- Fitness centers must establish a cleaning and disinfecting process that follows CDC guidelines when any individual is identified, suspected, or confirmed COVID-19 case.
- Fitness centers should ensure employees do not use cleaning procedures that could re-aerosolize infectious particles. This includes, but is not limited to, avoiding practices such as dry sweeping or use of high-pressure streams of air, water, or cleaning chemicals.

- Fitness centers should encourage visitors to touch only those retail items or products they intend to buy.
- Fitness centers should ensure any retail items or products that are touched by visitors but not purchased are set aside and appropriately cleaned prior to returning to sales shelves. Businesses should refer to CDC cleaning guidelines for guidance.

## **Personal Protective Equipment (PPE) Requirements**

- Fitness centers must ensure appropriate face coverings and other personal protective equipment (PPE) are used by employees so long as such use does not jeopardize the employees' health or safety.
- Fitness centers must ensure their employees wear face masks for any interactions between visitors and co-workers or while in common travel areas of the business (e.g., aisles, hallways, stock rooms, breakrooms, bathrooms, entries and exits). Employees are not required to wear face masks while alone in personal offices or if doing so would pose a serious threat to their health or safety.
- Fitness centers should ensure all visitors wear face masks while in the facility. Swimmers should wear a face mask until they are entering the pool, and should wear the mask after exiting the pool. Fitness centers should make masks available for visitors, however visitors may bring and use their own face mask. If visitors, suppliers or vendors refuse to wear masks, the facility or business may refuse those individuals entrance to the facility.
- Fitness centers should establish a policy as to whether to serve visitors who do not adhere to the business's policy to adhere to CDC guidelines.
- Fitness centers must ensure employees use gloves, along with any PPE normally used for routine job tasks, when cleaning equipment, workspaces, and high-touch areas of the business.
- Fitness centers must ensure gloves are available to employees engaging in high-touch activity to the greatest extent practicable provided that they do not create additional hazards while being worn.
- Fitness centers must ensure employees wear gloves while handling products during shipping and receiving.

## **Training and Safety Requirements**

- Fitness centers must train employees to properly dispose of or disinfect PPE, inspect PPE for damage, maintain PPE, and the limitations of PPE.

# Healthy at Work



- Fitness centers must train employees to use PPE. This training includes: when to use PPE; what PPE is necessary; and how to properly put on, use, and remove PPE.
- Fitness Center must establish log-in procedures for members/clients, and maintain that information for potential contact notification.
- Fitness centers must place conspicuous signage at entrances and throughout the store alerting staff and customers to the required occupancy limits, six feet of physical distance, and policy on face masks or face coverings. Signage should inform employees and customers about good hygiene and new practices.
- Fitness centers should, to the greatest extent practicable, implement hours where service can be safely provided to customers at higher risk for severe illness per CDC guidelines. These guidelines are available at: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Higher-Risk>
- Fitness centers should ensure employees are informed that they may identify and communicate potential improvements and/or concerns in order to reduce potential risk of exposure at the workplace. All education and training must be communicated in the language best understood by the individual receiving the education and training.