

Guidelines for Safer Operations During the COVID-19 Pandemic

GYMS AND INDOOR EXERCISE CLASSES

Sector: Gyms and Indoor Exercise Classes

The following is intended as a plain language summary of rules for reopening in the Green Phase and does not replace the need to follow all applicable federal, state, and local laws and regulations.

Protections Needed

- **Masks**

- Provide masks for employees.
- Require employees and clients to mask while on site except:
 - As necessary to eat or drink. People who are eating or drinking should be seated at least 6 feet from others when taking off mask.
 - When seated alone in a private office or in a cubicle whose sides extend above the head of the employee.
 - When exercising outdoors if all clients can remain at least 6 feet apart. This can include outdoor exercise classes and/or use of fitness equipment outdoors. Consider increasing distance beyond 6 feet for greater safety.
- Masking may limit some activities (e.g. high-intensity aerobic activity). This requirement will be adjusted at a later time as the COVID-19 emergency allows.

- **Barriers**

- Install plastic barriers at reception areas to physically separate staff and clients.

- **Isolate**

- Screen every staff member for symptoms each day and prevent them from remaining on site if they have cough, shortness of breath, fever, chills, muscle pain, or new loss of taste or smell.
- Ask all clients to screen themselves for symptoms before entering the facility.
- It is not necessary to conduct onsite temperature measurements. If you measure temperatures, use a no-touch thermometer, and do not allow anyone with a temperature of 100.4° or higher to remain onsite.
- If a staff member or client develops COVID-19 infection or has a positive test, please contact the Montgomery County Office of Public Health at 610-278-5117.

- **Distance**

- Adjust work assignments to ensure employees can stay 6 feet from each other throughout their shifts.
- Cover or rope off equipment to ensure that clients remain at least 6 feet apart.
- Use floor decals or other visual cues to encourage spacing by clients.
- Use non-contact payment methods if possible.
- Increase circulation of outdoor air as much as possible.

- **Reduce crowds**

- Limit entry to a maximum of 5 total staff and clients for every 1,000 square feet of public and non-public space in the facility.
 - Post this temporary occupancy limit publicly.
- Limit the number of people in group exercise activities (yoga, spin, exercises classes) to 10 and ensure that they remain at least 6 feet from each other and from the instructor.
 - Note that more vigorous exercise appears to be riskier. For more vigorous classes: increase the spacing of participants, be vigilant about mask use, and consider holding class outdoors.

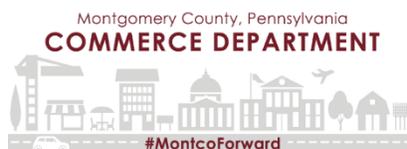
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- **Handwashing**
 - Place handwashing stations or hand sanitizer at entry and in each room with prominent signage promoting use.
 - Give staff hourly handwashing breaks.
- **Clean**
 - Wipe down high-touch surfaces with disinfectant at least every 4 hours. See [CDC guidance](#) for details.
 - Wipe exercise equipment with disinfectant between clients.
- **Communicate**
 - Educate staff, volunteers, parents, and participants about symptoms and prevention of COVID-19
 - Post prominent signs at facility:
 - Asking people who are sick or who have had contact with someone with COVID-19 within the past 14 days not to enter.
 - Encouraging people to cover coughs or sneezes.
 - Mandating physical distancing of at least 6 feet.
 - Mandating that all staff and participants wear masks.
 - Reminding participants that spitting is prohibited.

See also:

CDC [Cleaning and Disinfecting](#)

*This Safety Checklist was originally developed by the City of Philadelphia Department of Public Health
and the Department of Commerce and adapted by the County of Montgomery.*



[Montgomery County Data Hub](#)

COVID19@montcopa.org

610-631-3000

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