July 16, 2020

Montgomery County Guidance for Face Coverings during Indoor and Outdoor Exercising

- Everyone over the age of 2 **must** wear a face covering at all times while inside of this facility including while exercising (treadmill, exercise machines, weight lifting, group exercise, etc.) in common areas and outside when unable to **consistently** maintain social distancing from individuals not part of your household.
- Face covering means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face.
- Use of a **face shield** is an acceptable alternative to a cloth face covering/mask. A face shield is preferred as opposed to nothing. This may be more comfortable while exerting yourself.
- If outdoor exercise classes are an option while **consistently** maintaining a social distance of at least 6 feet while exercising a face covering would **not** be required.

**Additional guidance:**

- Encourage "seat assignments" during exercise classes (at least 6 feet apart). When feasible individuals should be assigned the same "seat assignment" from class to class.
- Encourage sign-up sheets for cardio equipment to include first name, last name, date and time of use.
- Enforce and maintain social distancing of exercise equipment and throughout the facility.

**Exceptions to the face covering requirement while exercising:**

- if you cannot wear a mask because of a medical condition;
- if you feel it is unsafe for you to wear a mask while exerting yourself;
- if you are engaged in an activity like swimming that may cause the cloth face covering to become wet

**Reference:**

- [Order of the Secretary of the Pennsylvania Department of Health Directing Public Health Safety Measures for Businesses Permitted to Maintain In-person Operators, April 15, 2020](https://www.doh.pa.gov/PressReleases/2020/Pages/OrderOfSecretaryOfPennsylvaniaDepartmentOfHealthDirectingPublicHealthSafetyMeasuresForBusinessesPermittedToMaintainIn-personOperatorsApril152020.aspx);
- [Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings, July 1, 2020](https://www.doh.pa.gov/PressReleases/2020/Pages/OrderOfSecretaryOfPennsylvaniaDepartmentOfHealthRequiringUniversalFaceCoveringsJuly12020.aspx);
- [Universal Face Coverings Order FAQ, Pennsylvania Department of Health](https://www.doh.pa.gov/Transmission/Newsroom/Pages/FAQsOnFaceCoverings.aspx)