

# COVID-SAFE PRACTICES: GYMS

The following COVID-Safe Practices apply to the operation of gyms, fitness centers, yoga studios, martial arts studios and similar services and establishments. The publication of these requirements and best practices does not constitute permission to operate. All establishments must consult the Department of Health's Public Health Order to determine whether they may legally operate.

## Required

- Adhere to COVID-Safe Practices for All Employers (p. 9).
- Adhere to Required COVID-Safe Practices for Retail Establishments (p. 11).
- Adhere to maximum occupancy limits per the State's Public Health Order.
- Comply with State Public Health Order limitations on group fitness classes.
- Facility staff must be present at all times when an establishment is in operation.
- Prohibit clients from remaining in waiting areas before or after training appointments. Clients must remain outside the establishment and adhere to social distancing.
- Prohibit person-to-person contact training, such as sparring, grappling, or wrestling of any form.
- Require clients to bring their own individual-use fitness equipment, such as workout mats, belts and straps, gloves, or similar items.
- Require clients to clean communal equipment after each use.
- Maintain a stringent hourly schedule of cleaning and disinfecting all locker rooms and dressing rooms. Discontinue use of locker room showers.
- Limit use of pools to lap swimming and lessons in swimming lanes only and otherwise adhere to [CDC guidelines for Pools, Hot Tubs and Water Playgrounds](#). Swimming lessons with up to two students are permitted.
- Discontinue use of communal hot tubs and saunas.
- Private hot tubs and saunas are required to be cleaned and disinfected after each client use.



# COVID-SAFE PRACTICES FOR GYMS

- For laundry, adhere to the [CDC guidelines](#), outlined as follows:
  - Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
  - Wear disposable gloves when handling dirty laundry from a person who is sick.
  - Do not shake dirty laundry.
  - Clean and disinfect clothes hampers according to guidance above for surfaces.
  - Remove gloves, and wash hands right away.
- To support contact tracing, provide all customers who visit the establishment the opportunity to record their name and phone number or email address, along with the date and time of their visit, and retain such records for no less than four weeks from the date of collection.

## Best Practices

- Arrange for contactless payment and receipt options to the greatest extent possible.
- Arrange for telephonic, text, email or online scheduling to the greatest extent possible.
- Screen employees and customers with a no-contact thermometer; individuals with a temperature reading above 100.4°F should be denied entry.

## Additional Resources

- [The Association of Fitness Studios \(AFS\) Coronavirus Resource Center](#)

