

COVID-19 Preparedness Plan Guidance: Requirements for Gyms, Studios, and Fitness Centers

1/7/2021

Executive Order 21-01 will go into effect Sunday, Jan. 10 at 11:59 p.m. and does not have an end date. (Gyms, studios, fitness centers and similar facilities) must comply with the requirements set forth in EO 21-01 and the requirements provided in this document, to mitigate the risk of transmission of COVID-19.

Frequently asked Questions about Executive Orders may have additional clarifications about requirements and recommendations associated with Executive Order 20-103. See [Frequently Asked Questions about Stay Safe MN \(https://mn.gov/covid19/for-minnesotans/stay-safe-mn/faq.jsp\)](https://mn.gov/covid19/for-minnesotans/stay-safe-mn/faq.jsp) or [Stay Safe Guidance for Businesses and Organizations \(https://staysafe.mn.gov/industry-guidance/index.jsp\)](https://staysafe.mn.gov/industry-guidance/index.jsp)

Executive Order (EO) 21-01

EO requirements

The full executive order (EO) with requirements can be found at [Executive Orders from Governor Walz \(https://mn.gov/governor/news/executiveorders.jsp\)](https://mn.gov/governor/news/executiveorders.jsp).

- ✓ Social gatherings limited. Social gatherings are limited as described on the Social Gatherings webpage (<https://staysafe.mn.gov/individuals-families/social-gatherings.jsp>). Most commercial activities are not considered social gatherings, so this limit will not impact most industries.
- ✓ Masks and face coverings required. EO 20-81, requiring face coverings in certain settings, remains in full force and effect except as modified by Executive Order 20-103. See Face Covering Requirements and Recommendations under Executive Order 20-81 (<https://www.health.state.mn.us/diseases/coronavirus/facecover.html>). EO 20-103 modifies the requirements for face coverings in gyms and fitness centers and similar facilities, requiring that face coverings be worn by all persons at all times when in these facilities, including when exercising.

- ✓ People at higher risk. All people currently living within the State of Minnesota who are at higher risk of severe illness from COVID-19, as defined by Executive Order 20-55, are strongly urged to stay at home or in their place of residence and follow the provisions of Executive Order 20-55.
- ✓ Work from home. All people who can work from home must continue to do so.
- ✓ Business and activities are affected differently. For a full listing of all business and activity requirements and limitations, see the full executive order at Executive Orders from Governor Walz (<https://mn.gov/governor/news/executiveorders.jsp>). Please review the guidance below for industry-specific requirements and applicable COVID-19 Preparedness Plan Requirements Guidance.

EO requirements and COVID-19 Preparedness Plans Requirements

For the duration of Executive Order 21-01, gymnasiums, fitness centers, recreation centers, indoor sports facilities, indoor climbing facilities, indoor and outdoor exercise facilities, martial arts facilities, and dance and exercise studios are allowed to be open. Such facilities must comply with the requirements set out in Executive Order 21-01 and the Plan Guidance in this document, which are required to mitigate the risk of transmission of COVID-19 at these facilities.

- ✓ Workers who can work from home must do so.
- ✓ Meetings and training sessions must be held virtually whenever possible.
- ✓ In-person meetings and training sessions must be limited to workers only and must involve as few workers as possible. In-person meetings and training sessions held indoors must not exceed 10 workers at one time. If workers can attend meeting while working from home, they must do so.
- ✓ Limits on numbers of persons allowed at one time in a facility
 - Occupancy cannot exceed 25% of the rated occupant capacity for the facility or 150 persons at any time, whichever is fewer.
 - The occupancy of all gymnasiums, fitness centers, recreation centers, indoor sports facilities, indoor climbing facilities, indoor and outdoor exercise facilities, martial arts facilities, and dance and exercise studios must be further limited to ensure required social distancing can be maintained between all persons at all times. For example, if a facility's rated occupant capacity is 80 persons, but to maintain required social distancing only 15 persons may be exercising in the facility at one time, the number of occupants must be limited to only 15 persons even though 25% percent of the rated occupancy is 20 people.
 - In any area of the facility where people are exercising or engaging in physical activity, the required social distancing is separation of at least 9 feet between all persons. At all other times and locations in the facility, the required social distancing is 6 feet between all persons.
- ✓ Restrictions on activities
 - Persons other than workers must only be in a facility for purposes of individual exercise, individual physical activity, or one-on-one workouts with a trainer or instructor. No other activities in these settings are allowed by persons other than workers.

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- Workers, including personal trainers, may assist persons with physical exercise and similar activities if the following conditions are maintained:
 - Assistance or training is provided to a person on an individual one-on-one basis only;
 - At least 9 feet of social distancing is maintained between the worker and the person they are assisting; and
 - The worker and the person they are assisting are wearing face coverings.
 - If the above conditions cannot be maintained, workers are not permitted to provide persons with assistance with physical exercise and similar activities.
- Youth and Adult Organized sports are allowed to resume certain in-person activities. Organized sports activities must comply with the guidance for [Organized Sports on the Stay Safe Minnesota website \(https://staysafe.mn.gov/industry-guidance/organized-sports.jsp\)](https://staysafe.mn.gov/industry-guidance/organized-sports.jsp). Gyms, fitness centers, sports facilities, and similar establishments hosting organized sports activities should monitor the Organized Sports page on the Stay Safe Minnesota website for changes to guidance on organized sports activities. All other sports activities are currently prohibited if they cannot be conducted in a way that guarantees 9 feet of social distancing is maintained between individuals.
- ✓ Group Classes, Sessions, and Activities: In-person group classes, sessions, and other activities (“classes”) are permitted only if the following requirements are met:
 - Each class must be held in a designated, separate, self-contained space that physically separates the group activities from all other activities at the facility.
 - Classes cannot exceed 25 persons, which include all participants, instructors, and persons in the class area. Businesses must use the following calculation to determine maximum number of persons allowed in the area where the class is being held.
 - Step 1: Determine the total area (in square-feet) of space within the facility where the class is being conducted.
 - Step 2: Divide the total area by 81 (i.e. 9 foot by 9 foot square for each person).
 - Step 3: If the number is less than 25, then the resulting calculation is the maximum number of persons allowed for the class within the designated space. If the number is greater than 25, the number of persons may not exceed 25 at any given time.
 - A reservation system must be established for each class.
 - Access into the class area must be restricted to members of the class with a reservation, or an instructor. Other persons, including other workers, members, observers, or spectators are not permitted into the class area while the class is in progress.
 - Workers are permitted in the class area to film or facilitate remote or virtual classes, sessions, and activities, but must be included when determining the maximum number of persons permitted in within the class area while the class is in progress.
 - During classes, all persons within the class must maintain distancing of at least 9 feet from others. Individual areas for each person must be identified and demarcated in the class area to ensure social distance of at least 9 feet is maintained. Examples include taping the floor with 9

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foot squares, providing stanchions or partitions, or pre-positioning mats. Physical contact between persons is not permitted.

- When classes are not occurring (e.g., before class, when setting up, or when exiting), social distance of 6 feet must be maintained between individuals at all times. Even persons from the same household must comply with these social distancing requirements.
 - Face coverings must be worn by all persons in the class at all times.
 - Consumption of food or beverage is not permitted in the class area. Persons may remove their face coverings briefly to consume water, but members of the class must not be engaged in any activities involving physical exercise or exertion while doing so and must ensure they are socially distanced from others.
 - Virtual group classes, sessions, and other activities are strongly encouraged over in-person group classes, sessions, and other activities.
- ✓ Pools, Hot-Tubs, and Similar Facilities: Under Executive Order 20-01, public pools—including pools, hot tubs, and whirlpools in gyms, studios, fitness centers, and similar facilities—are allowed to be open, subject to the following requirements:
- Businesses must follow the requirements in EO 21-01 and the COVID-19 Public Pools under Executive Order 21-01 (<https://www.health.state.mn.us/diseases/coronavirus/poolreopen.pdf>).
 - Occupants of pools must be factored in to the overall capacity of the facility (25% capacity, not to exceed 150 patrons).
 - All saunas, steam-rooms, and similar facilities must be closed and their use not permitted.
- ✓ Locker Rooms: Locker rooms may be open and used only if the following conditions are maintained. If the conditions below cannot be maintained, locker-rooms must be closed and their use not permitted.
- Showers in locker-rooms may be used if partitions are established that create social distancing between members, prominent queuing is maintained, or seating is arranged to ensure members maintain social distancing of at least 6 feet at all times. Social distancing of at least 6 feet is maintained in-between persons at all times;
 - Partitions are established, queuing is maintained, or seating is arranged to provide for required social distancing; and
 - Face-coverings are required to be worn at all times.
- ✓ Reservations Required: Facilities must establish a reservation system, and must not permit persons other than workers to access the facility without a reservation.
- ✓ Social Distancing
- Social distancing requirements apply to all persons, including members of the same household.
 - All persons in areas of the facility, both indoors and outdoors, where activities are occurring involving physical exercise or exertion must maintain a social distance of at least 9-feet from all other persons.

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- All persons in all other areas of the facility, both indoors and outdoors, must maintain a social distance of at least 6-feet from all other persons.
 - A social distance of at least 9 feet must be maintained between machines, equipment and stations (e.g. weight benches, treadmills, exercise bikes), and machines, equipment and stations be arranged as to ensure persons are able to maintain a social distance of at least 9-feet from all other persons while using machines, equipment and stations. If equipment, machines or stations cannot be positioned or configured to allow for required social distancing, they must be blocked off and their use prohibited.
- ✓ Required face coverings
- Face coverings must be worn by all persons at all times. Notwithstanding EO 20-81, individuals are not permitted to remove their face coverings during activities that involve a high level of exertion.
 - Face coverings are not required and should not be worn when participating in activities that involve submerging or soaking a face covering in water—such as swimming or showering.
 - For guidance on when an individual is refuses to wear a face covering, or is unable to wear a face covering due to a disability, medical, or mental health condition, please see [Frequently Asked Questions About the Requirement to Wear Face Coverings](https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html) (<https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html>).
- ✓ Food and Beverage: Food and beverages for indoor on-site consumption may not be offered or permitted unless the following apply.
- On-site consumption of food and beverage is permitted outdoors between the hours of 4:00 a.m. and 10:00 p.m. However, patrons must be seated in designated outdoor seating areas whenever eating or drinking on-site. The venue must comply with all other requirements applicable to outdoor dining at [Restaurants and Bars](https://www.health.state.mn.us/diseases/coronavirus/safedining.pdf) (<https://www.health.state.mn.us/diseases/coronavirus/safedining.pdf>) unless inconsistent with this document (in which case, this document controls).
 - Persons may remove their face coverings briefly to consume water, but must not be engaged in any activities involving physical exercise or exertion while doing so and must ensure they are socially distanced from others by at least 6 feet or 9 feet depending on the area of the facility they are in.
 - Employees of facilities may purchase food to consume within designated employee break areas.
- ✓ Plan Guidance requirements
- To the extent businesses in gyms, studios, and fitness centers are operating activities that are allowed by EO 21-01, Gymnasiums, fitness centers, recreation centers, indoor sports facilities, indoor climbing facilities, indoor and outdoor exercise facilities, martial arts facilities, and dance and exercise studios must comply with those requirements must follow requirements in the “COVID-19 Preparedness Plan Requirements Guidance for Gyms, Studios, and Fitness Centers” below unless revised or modified by the above provisions. If the requirements set out below have been revised or modified by the above provisions, the above provisions must be followed.

COVID-19 Preparedness Plan Guidance: Requirements for Gyms, Studios, and Fitness Centers

These requirements apply to businesses and employers primarily engaged in offering physical fitness and exercise facilities. These facilities include fitness studios, gyms, exercise centers, weight-training centers, health clubs, dance-studios, martial-arts studios, and racquetball/handball facilities. These requirements also apply to shared or communal facilities serving more than a single household, regardless of whether such facilities are open or available to the public, including but not limited to those facilities located in apartment buildings, condominiums, housing complexes, hotels, motels, and resorts.

Your Health and COVID-19

Any time individuals are gathering with other people, they are at risk of exposure to SARS-CoV-2, the virus that causes COVID-19. COVID-19 is spread through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. People with symptoms and without symptoms can spread the virus.

COVID-19 can lead to serious medical conditions and even death for people of all ages. We cannot predict who will become severely ill, although we know that older people and people with underlying health conditions are at higher risk. We do not yet know what the long-term effects of infection from COVID-19 are; even people with mild cases may experience long-term complications.

The best way to prevent illness is to avoid being exposed to this virus. The masking, physical distancing, and other safety precautions included in these requirements reduce the risk of spreading COVID-19, but do not eliminate the risk entirely. We can all take these actions to protect ourselves, our families, and others throughout our communities. This applies to people who have already been vaccinated, too.

- Stay home when sick.
- Stay at least 6 feet apart from other people.
- Wear face coverings in indoor businesses and public indoor spaces and outdoors when 6 feet of social distancing cannot be consistently maintained.
- Wash your hands often.
- Cover your mouth and nose when you cough or sneeze.

Definitions

When used in this document the following terms have the following meaning:

Indoors

A space is “indoors” if the space is:

- Between the ground or other natural surface or a floor or similar surface and an overhead barrier, including but not limited to: a canopy, cap, awning, ceiling, roof, retractable barrier, or similar structure, whether opened or closed, and
- Bounded by a physical barrier, including but not limited to walls, partitions, retractable dividers, doorways, garage doors or windows, whether opened or closed, that cover more than 50% of the combined surface area of the vertical planes constituting the perimeter of the space.

Indoor spaces may be temporary or permanent, finished or unfinished. A physical barrier bounding a space may be made of natural and manufactured materials. A 0.011 gauge window screen with an 18 by 16 mesh count is not a barrier. Examples of spaces that are or can be indoor spaces include, but are not limited to, buildings, towers, stadiums, arenas, theaters, rotundas, domes, tents, pavilions, gazebos, igloos, trailers, and other enclosures.

Potentially Infectious

A worker or person who is “potentially infectious” includes a worker or person who:

1. Is experiencing symptoms of COVID-19 and has not completed their isolation period;
2. Is residing in a location with someone who is experiencing symptoms of COVID-19 or has tested positive for COVID-19, and has not completed their quarantine period;
3. Has been in close contact with or directly exposed to a person who is experiencing symptoms of COVID-19 or has tested positive for COVID-19, and has not completed their quarantine period since the close contact or direct exposure;
4. Has tested positive for COVID-19 and has not completed their quarantine period; or
5. Has been tested for COVID-19 because they meet one or more of the conditions set out in 1, 2, or 3 and are waiting for the test results.

Venue

A “venue” is a physical space or area used to perform activities or conduct events. A venue may be space or area that is public or private, indoors or outdoors, with defined or undefined perimeters and accessible with or without a cost to an attendee. A physical space or area is a venue if the actions, conduct, or decisions of a business or other entity, including an event organizer, result in members of the public assembling or gathering in a space or area for a common or collective activity or event.

COVID-19 Preparedness Plans

As required by the Executive Orders (also referred to as “EOs”) issued by Governor Tim Walz under the Peacetime Emergency, all businesses, both critical or non-critical, and other entities identified in the EOs, are legally required to develop and implement COVID-19 Preparedness Plans (also referred to as “Plan” or “Plans”). Under the EOs, a “business” and “businesses” include entities that employ or engage workers, including private-sector entities, public-sector entities, non-profit entities, and state, county,

and local governments. “Worker” and “workers” are broadly by defined by the EOS to include owners, proprietors, employees, contractors, vendors, volunteers, and interns.

For purposes of this Plan Guidance, “other entities” includes those entities identified in the EOs that are not covered by the definition of a “business” but are also required by an EO to develop and implement Plans. Other entities include places of public accommodation, establishments, institutions, facilities, venues and organizers identified in the EOs. Plan Guidance is designed to protect workers, customers and other members of the public from the transmission of the virus that causes COVID-19.

This Plan Guidance constitutes the “Plan Guidance” referred to in EO 21-01 and applies to all identified businesses and other entities. **Businesses and other entities must develop and implement COVID-19 Preparedness Plans that address the following:**

- ✓ The requirements of EO 21-01,
- ✓ The requirements included in the Universal Plan Guidance for COVID-19 Preparedness Plans found at [Stay Safe Guidance for All Business Entities \(https://staysafe.mn.gov/industry-guidance/all-businesses.jsp\)](https://staysafe.mn.gov/industry-guidance/all-businesses.jsp), and
- ✓ The requirements included in this Plan Guidance that are applicable to their business or entity.

Unless clearly indicated that an action is recommended and included under “Recommendations,” **businesses and other entities should understand that the Plan Guidance imposes legally enforceable requirements.** In instances where a requirement uses language “to the extent possible,” the action is required, to the extent it is possible for the business or entity to implement the requirement.

Depending on the activities engaged in by a business or other entity, it may be required to comply with additional industry or activity specific plan guidance, such as plan guidance applicable to bars and restaurants, if the facility serves food and beverages or plan guidance applicable to businesses that provide personal services, if the facility has a hair salon.

Frequently Asked Questions have been posted to respond to questions about provisions of Executive Orders and Plan Guidance. The following is a link to current [Frequently Asked Questions about Stay Safe MN \(https://mn.gov/covid19/for-minnesotans/stay-safe-mn/faq.jsp\)](https://mn.gov/covid19/for-minnesotans/stay-safe-mn/faq.jsp)

Required Plan Sections

Follow the requirements included in the Universal Plan Guidance for COVID-19 Preparedness Plans found at Stay Safe Guidance for All Business Entities (<https://staysafe.mn.gov/industry-guidance/all-businesses.jsp>) and the following:

1. [Health screening](#)
2. [Managing Occupancy](#)
3. [Maintain social distance of at least 6-feet - requirements and recommendations](#)
4. [Hand hygiene practices - requirements and recommendations](#)

5. [Use of face coverings - requirements and recommendations](#)
6. [Cleaning and disinfecting](#)

Requirements and Recommendations

1. Health Screening and “Stay at Home”

Requirements

- ✓ Establish and implement health screening for all persons entering the business, entity, or venue, including workers, patrons, members, guests and visitors, and establish and implement procedures for addressing persons who are potentially infectious (see definition above).
 - Track attendance to account for the persons who were present at the facility each day.
 - Require all persons to review and respond to screening-survey questions upon arrival and check-in, and verify that they are not potentially infectious.
 - Persons whose responses to a health screen indicate they are potentially infectious must be advised to immediately leave the location.

Recommendations

- If a business or entity is contacted by public health (Local Public Health, Minnesota Department of Health, etc.) regarding cases at the facility and concerns about transmission in the facility, it is strongly recommend that the business or entity inform its membership that there have been COVID-19 cases at the facility.
- Notification to members will instruct them to get tested should they develop symptoms, and not return to the business or entity while they are potentially infectious.

2. Managing Access and Occupancy

Requirements

- ✓ Occupant Capacity: Unless otherwise expressly permitted under these requirements, businesses must reduce the occupant capacity for the entire facility to that which is necessary to allow for the required social distancing and required under Executive Order.
 - To calculate the permitted maximum occupant capacity for the facility, businesses must use the occupant capacity of the facility whenever required or established by applicable state or local authorities in accordance with established codes and requirements.
 - If a facility does not maintain an occupant capacity that is required or established by applicable state or local authorities (e.g. outdoor field, parking lot), the business must use the following calculation to determine the occupant capacity allowed for the facility:
 - Step 1: Determine the total area (in square-feet) of space within the facility that is accessible to, and may be occupied by, members while at the facility.
 - Step 2: Divide the total area by 113 (i.e. 113 square-feet per person; See US Fire Administration’s Understanding the Impact of Social Distancing on Occupancy”

(https://www.usfa.fema.gov/coronavirus/planning_response/occupancy_social_distancing.html)).

- Step 3: Referring to the requirements provided in Executive Orders or this document for occupant capacity, complete the following: If the number is less than the maximum number permitted in the requirements (i.e. “cap”), then the resulting calculation is the maximum number of persons allowed for the facility. If the number is greater than the maximum number permitted (i.e. “cap”), the number of persons may not exceed the maximum number permitted (i.e. “cap”) at any given time.
- ✓ **Dividing up a Facility:** A business may not divide itself or operate in any manner that exceeds the maximum capacities. The maximum number of persons allowed for a facility applies to the entire facility (indoors and outdoors combined) unless otherwise expressly permitted within these requirements.
- ✓ **Social Distancing Must Be Maintained:** Under all circumstances, if the allowable number of persons creates congregation, congestion and bottle-necking that does not allow for proper social distancing and consistency with these requirements, the business must further reduce the number of persons it allows to a level that achieves consistency with these requirements.
- ✓ **Advanced Reservations/Appointments Required:** Businesses must establish a system for advanced reservations or appointments (e.g. virtual, on-line, app-based, email, will-call) to ensure occupant capacity is not exceeded. Walk-ins, impromptu purchases or admittance is not permitted, and businesses must not allow persons to enter the facility without a reservation made in advance of their arrival.
- ✓ **Managing Access:** When limits on occupant capacity are required, businesses must monitor and manage the access and occupancy of the business to ensure the maximum occupant capacity is not exceeded.
 - Control access into the business to limit the number of persons allowed within the business at one time, and do not exceed the required percentage of occupant capacity or maximum number of persons allowed at any given time where required.
 - Businesses must ensure perimeters and/or boundaries are established by means that will allow for access into the venue to be effectively controlled. Businesses must ensure the system used prevents the uncontrolled access of persons into the facility.
 - Limit access into the facility to only scheduled workers who are not able to work from home, and persons with advanced reservations/appointments.
- ✓ **Communication of Capacity:** Venues must ensure the maximum number of patrons allowed within the venue, as determined by the venues’ compliance with these requirements and the relevant Executive Orders, is expressly stated in the written COVID-19 Preparedness Plan for the venue, as well as all rated occupant capacities, social distancing calculations, and other factors used to derive the capacity used by the venue.

Recommendations

- Encourage persons to use online gym/fitness services, particularly if the persons are of higher risk for severe COVID-19 complications.
- Establish specific hours for admittance for people at higher risk for severe COVID-19 complications; consider offering virtual services to these members.

3. Social Distancing

Requirements

- ✓ Implement scheduling process to manage the number of people in the facility to maintain required social distancing in rooms and areas including restrooms and locker rooms, taking into consideration the number of people present, level of exertion for activities, and duration of individual activities.
- ✓ Implement and maintain required social distancing between individuals in areas where people gather and provide queuing (e.g., signage, markings, barriers, paint, tape, flags) for social distancing.
- ✓ Evaluate locations and activities to implement required social distancing (9 feet in areas where people are exercising or otherwise engaged in physical activity, 6 feet in all other areas)..
 - Evaluate scheduling, size of rooms/areas, use of restrooms/locker rooms, number of members, level of exertion, duration of group classes and individual activities to allow for the required social distancing.
 - Evaluate the layout and configuration of equipment to allow for the required social distancing.
- ✓ Implement and maintain the required social distancing (9 feet in areas where people are exercising or otherwise engaged in physical activity, 6 feet in all other areas).
 - Ensure that workers and patrons are supervised to ensure required social distancing practices are followed.
 - Social distancing during exercise and other physical activity: Social distancing of at least 9- feet must be maintained between persons engaged in exercise or other activities involving physical activity.
 - Social distancing of at least 9 feet must be maintained between machines, equipment and stations (e.g., weight benches, treadmills, exercise bikes), and machines, equipment and stations must be arranged to ensure that persons are able to maintain a social distance of at least 9-feet from all other persons while using machines, equipment and stations. If equipment, machines or stations cannot be positioned or configured to allow for required social distancing, they must be blocked off and their use prohibited.
 - Personal Trainers: Personal trainers and workers assisting members with exercise must maintain the required social distancing of 9 feet.
- ✓ Eliminate congestion areas, bottlenecks and choke points.
 - Establish one-way traffic flow for tracks, equipment circuits to the extent possible.
 - Use queuing (e.g. signage, physical markers) to direct one-way flow of traffic into, within, and out of the facility.

Recommendations

- Offer planned “circuit-type” workouts that facilitate physical distancing and allow for cleaning and disinfecting of equipment during recovery between exercises or encourage members to use only one piece of equipment at a time (no circuits or super sets).
- Encourage members to pre-plan workout routines to avoid lingering and socializing.
- Consider limiting workout length to avoid unnecessary exposure and crowding and to allow the facility time for additional cleaning and disinfection.
- Offer activities outdoors, as opposed to indoors, whenever possible.

4. Hand Hygiene Practices

Requirements

- ✓ Restrict eating and drinking.
 - Turn off community drinking stations and water fountains unless protocols are implemented to ensure frequent sanitation between users. Touchless water-filling stations may still be provided.
 - Prohibit communal serving or sharing of food.

Recommendations

- Provide additional hand washing facilities and hand sanitizer for employees (and customer use, if applicable) in and around the workplace.
- Provide individual water-bottles in lieu of community drinking stations.
- Encourage workers to bring extra clothing (e.g., shirts, sweatshirts, pants, etc.) to work to prevent cross exposure.

5. Use of face coverings

Requirements

- ✓ Require workers, including staff and trainers, to wear a face covering that covers their mouth and nose in accordance with Executive Order 20- 81. The Executive Order requires everyone—including workers—to wear a face covering in indoor businesses and indoor public spaces. Additionally, the Executive Order requires workers to wear face coverings when working in outdoor settings in situations where social distancing of at least 6 feet cannot be maintained.
- ✓ All persons must wear face coverings at all times when in the facility, including when exercising, entering and exiting the facility, moving throughout the building, using locker rooms and restrooms.
- ✓ Face coverings are not required and should not be worn when participating in activities that involve submerging or soaking a face covering in water, such as swimming and showering.

6. Cleaning and Disinfecting

Requirements

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- ✓ Disinfect each machine and piece of equipment, including but not limited to weight-benches, treadmills, cycles, ellipticals, step machines, weights and strength training equipment, portable mats, racquets, balls, between use by each person.
- ✓ Do not permit the sharing of equipment or items that are difficult to clean and disinfect between users (e.g. weight-lifting gloves).
- ✓ Train workers on how to clean and disinfect equipment and instruct workers to clean and disinfect equipment in accordance with cleaning and disinfection procedures in a timely manner.
- ✓ Provide supplies for persons to clean and disinfect machines and equipment before and after exercising at each location, station, or piece of equipment.
- ✓ To the extent possible, provide “needs cleaning” tags that persons can access and place on machines and equipment after use.

Recommendations

- Minimize sharing of work stations, machinery, and equipment.
- Encourage members to bring, provide, and use their own equipment whenever possible.

