

ATTACHMENT 14
COMMERCIAL GYMS AND FITNESS CENTERS

Commercial gyms and fitness centers, including, but not limited to, dance studios, martial arts studios, yoga studios, spinning studios, personal training services, and similar establishments, must comply with all applicable provisions of this Attachment 14.

Patrons must wear facial coverings at all times except while actively engaging in strenuous physical activity or exercise that renders the wearing of a facial covering unsafe, or during the cooldown portion of their workout. Social distancing of at least six feet (6') must be maintained at all times.

A. Occupancy and Access

1. Monitor building occupancy and restrict customer access to no more than fifty percent (50%) of the building's maximum occupancy.
2. Provide an exit from the facility separate from the entrance, when possible.

B. Sanitation and Safety Requirements

1. Make readily available dispensers of a disinfectant included on the EPA List N: Disinfectants for Use Against SARS-CoV-2 (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>) and provide patrons with sufficient cleaning materials, including disposable wipes, at all entrances and at various locations throughout the facility. Hygiene signage must be prominently displayed at all entrances. All employees and patrons must be required to sanitize their hands:

- a) Upon entering the facility (or before beginning their fitness activities if conducted outdoors);
- b) After using each piece of equipment; and
- c) Upon completing their fitness routine.

2. Social distancing markers should be placed in front of the reception/membership desk and all other appropriate areas.

3. Equipment stations must be appropriately distanced (at least ten feet between each piece of cardiovascular equipment or exercise station, except that spacing can be six feet if non-cloth protective barriers, such as plexiglass or panels, are placed between equipment/stations and are regularly sanitized).

4. Fitness classes must be restricted in number of attendees to ensure social distancing of at least ten feet between persons in all directions unless there are non-cloth protective barriers, such as plexiglass or panels, placed to separate each attendee. Markers must be placed to indicate the appropriate distance.

5. Aquatic programs must be limited as to class size to meet the ten foot distance requirement; in lap lanes, the ten-foot requirement is deemed met while swimming laps provided no more than one person is using a lane at any time. Lap lane sharing is prohibited.

6. Social distancing between persons engaged in any physical activity should be measured from head to head.

7. Disinfecting wipes must be available throughout the facility and patrons must sanitize each machine after use. Equipment must be allowed to fully dry before next use. Staff must monitor the floor and exercise area to sanitize any and all equipment if a patron fails to do so. Surfaces to be sanitized include but are not limited to:

- a) Hand grips on cardio equipment such as treadmills, bicycles, ellipticals;
- b) Hand grips on dumbbells, weight bars, and other strength-training systems;
- c) Pads/cushioned components such as fitness mats, bike seats, lifting benches, and other cushioned components of strength training machines;
- d) Fitness balls, rope handles, and other fitness accessories;
- e) Touch screens on exercise equipment; and
- f) All seating, counters, weights, weight bars, mats, machines, and all other fitness equipment upon closing the facility each day.

8. Ensure that all products used to sanitize have adequate time to dry, which drying time is essential to ensuring the safety of workers and patrons.

9. Remove any unnecessary chairs, tables, or other furniture and all magazines and similar shared items.

10. Discontinue providing heart monitors, mats, blocks, bolsters, or similar equipment to customers.

11. During daily operation, routinely clean and disinfect surfaces, particularly high-touch surfaces such as faucets, toilets, doorknobs, light switches, and all furniture/equipment that is in use.

12. Restrooms must be sanitized no less frequently than hourly. Soap must be readily available for patrons.

13. Deep clean the facility at least once every twenty-four (24) hours.

C. Operational Requirements

1. Patrons must have their temperature taken upon entrance, including any children exercising or entering a child-care program. Any patron with a temperature above 100.1 degrees Fahrenheit or who appears to have flu-like symptoms or other symptoms related to COVID-19 must be denied entry to the facility.

2. Employees must wear facial coverings, and have temperature checked prior to commencing work each day. Any employee with a temperature above 100.1 degrees Fahrenheit or who appears to have flu-like symptoms or other symptoms related to COVID-19 upon arrival at work, or who becomes sick during the day, must immediately be separated from other employees, customers, and visitors, and sent home.

3. Signs on how to stop the spread of COVID-19, including signs on properly washing hands, everyday protective measures, facial coverings, social distancing, and requirements for patrons to sanitize equipment after use, must be conspicuously posted.

4. Keep doors open between separate fitness areas or rooms of the facility to reduce surface touching by multiple people. Open windows where feasible to improve ventilation in the facility.

5. Remove all unnecessary, frequently touched items like magazines, newspapers, and service menus from customer waiting areas and locker rooms.

6. Shower facilities must be closed, except for showers at facilities with pools but only for use to shower prior to entering the pool.

7. Consider offering “senior hours” or designated times for elderly and high-risk groups to safely exercise.