

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, ice rinks, personal training services, and similar establishments, must comply with all applicable provisions of this **Attachment 14**.

Patrons must wear facial coverings at all times, including while exercising, except while (a) in a pre-swim shower or swimming pool or (b) while engaged in an organized sport, as defined below, provided the portion or section of the commercial gym or fitness center where the organized sport is taking place is closed to all other members of the public except those actively participating in or working in connection with (e.g., a referee) the organized sport. Except while engaging in an organized sport, social distancing of at least six feet (6') must be maintained at all times unless a more stringent social distancing requirement is expressly stated in this Attachment, in which event the more stringent requirement will apply.

For organized sports, players of such sport must practice social distancing to the extent reasonably practicable under the circumstances and as the organized sport at issue permits.

For purposes of this **Attachment 14**, organized sport means a sport such as soccer, baseball, basketball, softball, boxing, and other recognized sport that is part of an established athletic league or part of an organized program (municipal or otherwise). Organized sports include both practice sessions and matches. Individuals who are exercising in their personal capacity and not training as part of an organized sport (i.e., participating in a regular fitness class, using gym equipment as part of a normal workout, including with a personal trainer or coach, or playing a “pick up” game or sport for leisure) do not fall within the definition of “organized sport.”

**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.
3. Social distancing requirements do not apply to members of the same household.

**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 six feet (6') between each piece of cardiovascular equipment or exercise station

4. Fitness classes must be restricted in number of attendees to ensure social distancing of at least six feet (6') 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 except by members of the same household.

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 100.4 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 100.4 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. Hot tubs, saunas, steam rooms, and shower facilities must remain 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.