



This checklist is intended to provide gymnasiums, fitness studios and other similar facilities guidance with reopening safely.

Building Occupancy and Access Requirements	YES	NO
1. Monitor building occupancy and restrict customer access to no more than 50% of the building's indoor maximum occupancy.		
2. In no event may the combined indoor and outdoor operation exceed 100% of a building's legally permitted occupancy.		
3. All individuals are required to wear facial coverings when entering and exiting facilities and within facilities except when conducting certain activities where it is not possible to wear facial coverings.		
4. Provide an exit from the facility separate from the entrance, when possible.		
Facility Requirements	YES	NO
1. Upgrade the HVAC ventilation filters per OSHA and ASHRAE guidance, use MERV 13 or higher or HEPA filters, optimize ventilation system settings to maximize introduction of fresh outdoor air through the system while maintaining proper thermal comfort and maintaining humidity level between 40% to 60% for HVAC systems .		
2. Facility operators must ensure and document that outside air ventilation damper controls are working and remain fully open during this period.		
3. If fans are used, take steps to minimize air flow from fans blowing directly from one person to another.		
4. Doors between separate fitness areas or rooms of the facility (excluding emergency exits) must remain open to reduce surface touching.		
5. Prior to re-opening, flush plumbing and run water in sinks to eliminate stagnant water from the period of facility's closure. Equipment stations for highly strenuous or highly aerobic activity must be appropriately distanced so that there is a head-to-head 10-foot distance patrons at each exercise station. The stations must be properly reconfigured to assure and maximize physical distance requirement.		
6. Markers must be placed to indicate the appropriate distance between individuals who are exercising.		
7. Social distancing markers of 6 feet must be placed in front of the reception/membership desk and all other appropriate areas.		
8. Make readily available dispensers of a disinfectant included on the EPA List N: Disinfectants for use against SARS-CoV-2 and provide patrons with sufficient cleaning and disinfecting materials and at various locations throughout the facility and by workout stations.		
9. Facility and personal hygiene signage, such as 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 clean and disinfect equipment after use, must be conspicuously posted at all entrances, exits and at various locations throughout the facility, including bathroom facilities.		



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10. Remove any unnecessary chairs, tables, or other furniture and all magazines, newspapers, service menus and similar shared items.		
11. Common-use amenities, including, but not limited to, saunas, steam rooms and locker rooms, showers (except pool showers), must remain closed at this time.		
12. Other common-use amenities, including, but not limited to, body lotions, deodorant, razors, shaving cream and mouth wash, must not be provided. However, facilities may provide patrons with single-use water bottles and other single-use amenities.		
13. Discontinue providing towels, heart monitors, fitness mats, blocks, or similar equipment that may be required for exercise.		
14. Shower facilities must be closed, except for showers at facilities with pools, but only for use prior to entering the pool.		
15. Place trash can by the door if the door cannot be opened without touching the handle.		
16. If toilet lid is present, close lid before flushing; place signs indicating that toilet lids should be closed before flushing.		
17. Provide paper towels in restrooms and disconnect air dryers or tape them off.		
18. For single restrooms, provide signage and materials for individuals to use without touching the handles, and consider providing a key so disinfection measures can be better controlled.		
19. Place signs asking members and employees to wash hands before and after using the restroom.		
Operational Requirements	YES	NO
1. Minimum of 10 feet social distancing and no facial covering required: aerobic classes; all dance activity involving floor work including, but not limited to, Zumba, ballet and tap (singles unless members of same household); cheerleading, circuit training; CrossFit; gymnastics; high intensity interval training; indoor tracks, metabolic conditioning; personal rope jumping; spinning; stationary cardio equipment; strength training; high intensity yoga.		
2. Minimum of 6 feet with face mask or cloth covering required: barre work for dance classes-low to medium intensity; chair fitness; martial arts (singles unless members of same household); Pilates-low intensity (bring your own equipment and/or props); selectorized gym equipment workout; strength training-low to medium intensity; yoga-low intensity (bring your own equipment and/or props)		
3. Not permitted: aerial fitness; battle rope fitness; battle rope fitness; sparring; and yoga involving temperature at a greater than 90 degrees Fahrenheit.		
4. Physical contact will be prohibited between any individual within the facility unless individuals are members of the same household. If an instructor must come within 6 feet of a student, the instructor must wear a facial covering.		
5. Aquatic programs within fitness and wellness centers must be limited as to class size to meet 6-foot distance requirement; in lap lanes, the 6-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.		



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Sanitation and Disinfecting Requirements	YES	NO
1. Staff must be trained on the proper use of cleaning and disinfecting products.		
2. All employees and patrons must be required to sanitize their hands with soap and water or hand sanitizer at least 60% alcohol: upon entering the facility; after each piece of equipment; upon completing their fitness routine; and upon exiting from facility.		
3. Disinfecting wipes (wipes must be registered on the EPA N List to kill SARS-CoV-2) must be available throughout the facility and patrons must disinfect every piece of equipment after each use. Equipment must be allowed to fully air dry before next use.		
4. Staff must monitor the facility and ensure that all equipment and high-touch surfaces are appropriately disinfected after each use. Equipment and high-touch surfaces to be cleaned and disinfected include, but are not limited to: hand grips on cardio equipment such as treadmills, bicycles, ellipticals; touch screens on exercise equipment; hand grips on dumbbells, weight bars, and other strength-training systems; weight plates and weight-selectin pins; pads/cushioned components such as permanently installed mats, anti-fatigue flooring, bike seats, lifting benches, and seating or other cushioned components of strength training machines used for exercise activity; fitness balls, rope handles, and other fitness accessories.		
5. During daily operation, routinely (every two hours at a minimum) clean and disinfect common area surfaces, particularly high-touch surfaces including, but not limited to, counters handrails, seating, doorknobs, light switches, and all furniture/equipment that is in use.		
6. During daily operation, routinely (every two hours at a minimum) clean and disinfect restrooms and high-touch surfaces within restrooms including, but not limited to, faucets, toilets, and doorknobs.		
7. In addition to routine cleaning and disinfecting during hours of operations, clean and disinfect the entire facility at the close of business or before the facility opens to the public.		
Employee Protection Requirements	YES	NO
1. Employees not engaged in exercise activities or instruction must wear facial coverings. Any employee 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.		
2. The manager (or designee) must ask every employee the following health screening questions before each shift to help identify any symptoms of COVID-19: have you experienced a fever ≥ 99.5 degrees, cough, sore throat, shortness of breath or breathing difficulties, fatigue, chills, muscle pain, headache, or loss of taste or smell since your last shift?; have you come into contact with anyone who has at least two of the symptoms listed above since your last shift?; have you come into contact with anyone who has tested positive for COVID-19 since your last shift?		



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<p>3. Any establishment that has an on-site employee or contractor who tests positive shall close the shorter of: the time needed for staff who were in contact with the positive employee or contractor to be tested and cleared by a medical professional as being COVID-19 free and the establishment to be deep-sanitized; 14 days from the date such employee or contractor was last on-site at such establishment, if deep sanitization is not performed.</p>		
<p>4. An establishment shall be deemed to have complied with the above if, after deep-sanitizing, employees who were in contact with the positive employee or contractor do not report to work in 14 days after the date the positive employee or contractor was last on-site.</p>		
<p>5. Where an establishment has multiple floors or structures or square footage of more than 10,000 feet, only those structures, floors o areas where the infected person was present are required to be sanitized as a condition of re-opening, and only those employees working in such structures, floors or areas must be tested. All employees who came into personal contact with the positive employee must be tested or, in the absence of a test, be excluded from the premises for 14 days after the date the positive employee was last onsite.</p>		
<p>6. Under no circumstances shall an employee or contractor who tested positive report to work at an establishment until that employee is cleared by a medical professional as being COVID-19 free.</p>		