

REOPENING GUIDANCE

Gyms and Indoor Exercise Classes

The following is intended as a plain language summary of rules for reopening in the Green Phase and does not replace the need to follow all applicable federal, state, and local laws and regulations.

See also:

[CDC Cleaning and Disinfecting](#)

Protections Needed

Masks

- Provide masks for employees.
- Require employees and clients to mask at all times while on-site.
- Masks are not required when clients are exercising outdoors if all clients can remain at least 6 feet apart. This can include outdoor exercise classes and/or use of fitness equipment outdoors. Consider increasing distance beyond 6 feet for greater safety.
- Note that masking may make some activities (e.g., high-intensity aerobic activity) impractical.

Barriers

- Install plastic barriers at reception areas to physically separate staff and clients.

Isolate

- Screen every staff member for symptoms each day and prevent them from remaining on-site if they have cough, shortness of breath, fever, chills, muscle pain, or new loss of taste or smell.
- Ask all clients to screen themselves for symptoms before entering the facility.
- It is not necessary to conduct on-site temperature measurements. If you measure temperatures, use a no-touch thermometer, and do not allow anyone with a temperature of 100.4 or higher to remain on-site.
- If a staff member or client develops COVID-19 infection or has a positive test, businesses and organizations must take additional precautions to stop the virus from spreading further, as described in [Guidance for Essential Businesses and Organizations During COVID-19](#). Required precautions include calling PDPH at 215-685-5488 to report positive cases.

Distance

- Clients must maintain a distance of at least 6 feet from all other clients and gym employees.
- Adjust work assignments to ensure employees can stay 6 feet from each other throughout their shifts.

- Cover or rope off equipment to ensure that clients remain at least 6 feet apart.
- Use floor decals or other visual cues to encourage spacing by clients.
- Use non-contact payment methods if possible.
- Increase circulation of outdoor air as much as possible.



Reduce crowds

- Limit entry to a maximum of 5 total staff and clients for every 1,000 square feet of public and non-public space in the facility.
 - Post this temporary occupancy limit publicly.
- Limit the number of people in group exercise activities (yoga, spin, exercises classes) to 10 and ensure that they remain at least 6 feet from each other and from the instructor.
 - Note that more vigorous exercise appears to be riskier. For more vigorous classes: increase the spacing of participants, be vigilant about mask use, and consider holding class outdoors.



Handwashing

- Place handwashing stations or hand sanitizer at entry and in each room with prominent signage promoting use.
- Give staff hourly handwashing breaks.



Clean

- Wipe down high-touch surfaces with disinfectant at least every 4 hours. See [CDC guidance](#) for details.
- Wipe exercise equipment with disinfectant between clients.



Ventilation

- If possible, increase ventilation in the building by either:
 - Opening windows and/or doors on opposite sides of the building and using fans to blow outside air through the building OR
 - Optimizing ventilation provided by the heating, ventilation, and air conditioning (HVAC) system by:
 - Having the HVAC system checked to assure that it is working properly. If it can be adjusted, the system should be set to provide at least 6 air exchanges per hour.
 - Maximizing the amount of outside air circulated by the system.
 - Installing filters with minimum efficiency reporting values (MERV) of 13, or the highest compatible with the filter rack. It is not necessary to use high-efficiency particulate air (HEPA) filters or ultraviolet light irradiation systems.
 - Checking that the external air inlet duct is not blocked and that it is at least 15 feet from people.



Communicate

- Educate staff and patrons about the symptoms and prevention of COVID-19.
- Post prominent signs at facility:
 - Mandating that all staff and participants wear masks.
 - Mandating physical distancing of at least 6 feet.
 - Asking people who are sick or who have had contact with someone with COVID-19 within the past 14 days not to enter.