

## **Phase Two Guidance** **Coronavirus 2019 (COVID-19): Guidance for Gyms and Fitness Activities**

This guidance is intended for gyms and fitness facilities during Phase Two. During Phase Two, businesses are required to adopt new behaviors and rigorous safeguards to reduce risk for all. This guidance applies to fitness facilities such as gyms, health clubs, yoga studios, dance and workout studios, including such facilities located in hotels, commercial buildings, apartments, condominiums, and cooperatives. This guidance also applies to private personal trainers. **The following measures must be implemented to help reduce the risk of COVID-19 transmission amongst employees, clients, and the community.** For additional information, visit [coronavirus.dc.gov](https://coronavirus.dc.gov).

Please note that any individual experiencing symptoms of COVID-19 or who is required to isolate or quarantine due to COVID-19 diagnosis or exposure<sup>1</sup> must not work in, or visit a gym or workout studio due to the risk of exposing others. Symptoms of COVID-19 may include: fever (subjective or 100.4 degrees Fahrenheit), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.

### **General Information**

- **UPDATE: Starting May 1, 2020 fitness facilities may increase their capacity to 50% (up from 25%) of their rated capacity as specified on their Certificate of Occupancy, or 250 persons (including staff), whichever is fewer, at any one time in the facility.**
- **UPDATE: Indoor group exercise classes may increase to a maximum of 25 people (up from 10 people), not including the instructor.**
- Outdoor group exercise classes of up to 50 people, not including the instructor, are permitted.
- Outdoor group exercise may be conducted in a facility with a ceiling or overhead covering, provided the structure has only one or fewer walls or flaps. Fully enclosed tents are not “outdoors” for purposes of this rule, nor does the opening of one retractable garage-door style wall transform an indoor structure to outdoor.
- Outdoor activities are preferred over indoor; however, interacting with more people in any setting raises one’s risk of exposure to COVID-19.

The following **remain closed during Phase Two:**

- Formal or informal games for medium-to-high contact sports (e.g., basketball, football).
  - For more information about sports, please see *Guidance for Playing Sports* at [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance).
- Showers, saunas, hot tubs, and steam rooms.

### **Employees and Patrons Must Practice Everyday Prevention Measures**

- **Get the COVID-19 vaccine. Find out more at [coronavirus.dc.gov/vaccine](https://coronavirus.dc.gov/vaccine).**
- **Stay at home if you feel unwell** or were recently exposed to someone with COVID-19<sup>1</sup>.
- **Practice social distancing. Keep 10 feet of distance while engaging in physical activity.**
- **Wear a cloth face covering** when in the facility. Masks protect the wearer and protect other people.
  - All individuals **must** wear a face covering while entering, exiting, or within the facility, including while exercising.
  - Masks are most effective if they fit snugly to the face and have 2-3 layers of tightly woven fabric.

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<sup>1</sup> For more information, including information about quarantine and testing exemptions, please see *Guidance for Quarantine after COVID-19 Exposure* at [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance)

- Don't shake hands, give high-fives, do elbow bumps, or touch others at the facility.
- Perform frequent hand hygiene (with soap and water or alcohol-based hand sanitizer if soap and water not available).
  - Key times to perform hand hygiene include
    - Before eating food;
    - After using the toilet;
    - Before and after putting on, touching, or removing cloth face coverings;
    - Before and after work shifts and work breaks;
    - Before and after using any equipment;
    - Before and after participating in fitness or workout activities;
    - After handling client belongings; and
    - After blowing your nose, coughing, or sneezing.
- For further information for the public regarding use of fitness facilities, see [cdc.gov/coronavirus/2019-ncov/daily-life-coping/activities.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/activities.html).

### **Employer Considerations to Encourage Employee and Patron Safety**

- Employers must evaluate the space and capacity of the facility to ensure clients can properly socially distance themselves at all times while in the facility, including areas that may be prone to congregation, such as equipment rooms, gym floors, entrances, exits, and other amenities.
- Implement options for online reservations and check-in systems.
- Employers must provide supplies to allow for frequent hand hygiene (soap and water or alcohol-based hand sanitizers with at least 60% alcohol) in client areas (e.g., check-in/check-out spaces, workout areas).
- Employers must provide staff with appropriate personal protective equipment based on their work tasks (e.g., masks, gloves) and cloth face coverings.
- Consider creating sanitization stations in multiple areas of the facility that is stocked with hand sanitizers and disinfecting supplies for easy access by the public and employees.
- Facilities with daycare, personal care services, spas, and food service facilities, must follow guidance appropriate to those specific areas. Refer to [coronavirus.dc.gov/healthguidance](https://www.coronavirus.dc.gov/healthguidance) for more information.
- Implement leave policies that are flexible and non-punitive, and that allow sick employees to stay home. Leave policies are recommended to account for the following
  - Employees who report COVID-19 symptoms,
  - Employees who were tested for COVID-19 and test results are pending,
  - Employees who tested positive for COVID-19,
  - Employees who are a close contact of someone who tested positive for COVID-19
  - Employees who need to stay home with their children if there are school or childcare closures, or to care for a sick family member.
- Encourage and support staff to get the COVID-19 vaccine by providing leave options to the get the vaccine and if they experience common side effects.
- Keep abreast of current law, which has amended both the DC Family and Medical Leave Act and the DC Sick and Safe Leave Law and created whole new categories of leave, like Declared Emergency Leave.
- Learn about and inform your employees about COVID-related leave provided through new federal law, the Families First Coronavirus Response Act (FFCRA) and all applicable District law relating to sick leave.
- Stagger employee start time and break times.
- Employers must educate employees about COVID-19. Refer to [coronavirus.dc.gov](https://www.coronavirus.dc.gov) for more information.

### **Avoid Close Contact and Reduce Touchpoints**

- **Workout areas (including outdoor group exercise classes) must ensure at least 10 feet in all directions between patrons and between patrons and staff.**
- Outdoor training classes are preferred over indoor when possible and virtual training remains the safest option.
- Group classes must have least **10 feet** between each attendee, stationary apparatus, or other piece of equipment in all directions, including the instructor.
- Workstations, common areas, and break rooms must be arranged to ensure at least 6 feet between patrons and/or employees.
- Transparent shields or other physical barriers must be installed where social distancing is not an option, such as between front desk staff and patrons checking in.
- Use visual cues to help prevent congregating in waiting areas or checkout areas. Remove chairs from waiting areas to ensure people do not sit close together or wait in groups.
- Prohibit outdoor group exercise class participants from congregating before and after classes.
- Facilities must restrict access to areas where social distancing cannot be followed.
- Require different entry and exit points to the facility, where possible.
- Require clients to use one piece of equipment at a time (i.e., no circuits or “super setting”) so that machines can be cleaned by staff after each use.
- Prohibit the use of equipment requiring more than one person to operate, unless those operating are from the same household (e.g., free weights when it requires a spotter).
- Remove facility equipment that cannot be cleaned, sanitized, or disinfected between use, such as resistance bands, climbing rope, and weightlifting belts.
- Require clients to bring their own towels, exercise mats, and water bottles.
- Retail inventory must be moved to “no-touch” areas (i.e., behind a counter).
- Limit or eliminate vending machines or other high-touch stations.
- Implement touchless payment (e.g. digital platforms) and check-in methods, as much as possible. Use of fingerprint ID/scanners is prohibited.
- High-touch items that are not able to be cleaned or disinfected from the service areas of the business (e.g., magazines, newspapers) must be removed.

### **Locker Rooms**

- Locker rooms may be used to change clothes, or to access the toilets/restrooms provided that:
  - Social distance of at least 6 feet is strictly maintained and monitored frequently to limit congregating of patrons.
  - Frequently touched surfaces (e.g. such as benches, chairs, and sinks) are cleaned and disinfected at least every 4 hours.
  - Face masks are required at all times.
- Mark or block off space in seating areas to encourage social distance between patrons.
- Use of lockers to store personal items is only allowed for lockers that are used by a single patron. Lockers must not be available for temporary use by patrons and must not be shared between patrons.
- Showers must remain closed.

### **Pools**

- Access to pools in gym and fitness facilities must be restricted to members only.
- For detailed information about operation of pools, please see *Guidance for Pools and Aquatic Facilities* at [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance).

### **Screening and Monitoring for Symptoms**

- Businesses must perform screening (e.g., symptom questionnaires) of employees daily, prior to entering the business, over the phone or in person.

- For **Screening Tool Guidance**, visit [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance).
- Facilities must place signage at the business entrance to inform staff and clients of screening procedures.
- Employees who report symptoms or testing positive for COVID-19 must not enter the business.
- If an employee or patron develops any symptoms of COVID-19 while in the building, there must be a plan in place for that individual to immediately isolate, notify their supervisor, and leave the building.
- Business must maintain a daily record of individuals who have visited the business for at least 30 days to assist with contact tracing. Information collected must include name, date and time of visit, phone number, and email (if available). This information must be provided within 24 hours if requested by DC Health if a case of COVID-19 occurs at your establishment, in order to assist with contact tracing.

### Clean and Disinfect

- Facilities must develop a comprehensive plan for increased routine cleaning (and disinfection as needed) of common spaces and frequently touched surfaces within the facility (e.g., exercise equipment, counters, payment kiosks, workstations, computers, door handles, light switches).
  - Ensure that any other group that uses the facility follows this cleaning protocol.
- Cleaning procedures throughout the facility must be developed in advance of opening and shared with staff. Management must properly train staff on cleaning procedures and monitor cleaning schedules to ensure compliance.
- If the facility has been closed, it must be thoroughly cleaned prior to re-opening.
- Frequently touched surfaces should be cleaned at least daily.
- Clean any shared objects frequently, based on level of use.
- Restrooms must be cleaned and disinfected at least every 4 hours, with special attention to high-touch surfaces (such as faucets, toilets, stall doors, door handles, countertops, diaper changing tables, and light switches). Restrooms should be appropriately marked and monitored to ensure social distancing guidelines are followed (neighboring stalls may be used). Ensure an adequate supply of soap and paper towels is present at all times.
- Use disposable gloves when handling trash bags. Once done handling trash, dispose of gloves in a lined trash can. Do not reuse gloves. Perform hand hygiene after removing gloves.
- DC Health (or DCRA if appropriate) will conduct unannounced inspections of the facilities/studios to determine compliance with the cleaning and sanitation criteria/standards that are outlined in this guidance.
- For comprehensive guidance on cleaning and disinfection, please see the following DC Health guidances at [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance):
  - *Guidance on Cleaning and Disinfection for Community Facilities with Suspected or Confirmed COVID-19*
  - *Guidance on Routine Cleaning and Disinfection for Community Facilities*

### Building Considerations

- Consider making the following improvements to improve building ventilation ([cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](https://cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)):
  - Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Use fans to increase the effectiveness of open windows.
    - Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling, triggering asthma symptoms).
  - Ensure ventilation systems operate properly and provide acceptable indoor air quality for the current occupancy level for each space.
  - Decrease occupancy of spaces with poor ventilation.

- Improve central air filtration to the highest level compatible with the filter rack, and seal edges of the filter to limit bypass.
- Check filters to ensure they are within service life and appropriately installed.
- Turn off any demand-controlled ventilation (DCV) controls that reduce air supply based on occupancy or temperature during occupied hours.
- Consider portable high-efficiency particulate air (HEPA) fan/filtration systems to help enhance air cleaning (especially in higher risk areas).
- Keep systems running longer hours, 24/7 if possible, to enhance air exchanges in the building space.
- Consult with a specialist to see what works for your building.
- If the building was closed for an extended period of time, ensure all water systems are safe to use. For more information, see CDC's Guidance for Reopening Buildings after Prolonged Shutdown or Reduced Operation: [cdc.gov/coronavirus/2019-ncov/php/building-water-system.html](https://www.cdc.gov/coronavirus/2019-ncov/php/building-water-system.html).

### Establish a Plan for COVID-19 Exposure

- Establish a plan in the event an employee or patron is diagnosed with COVID-19.
- Identify a point of contact at the establishment that an employee or patron can notify if they test positive for COVID-19 and choose to disclose this information.
- If an employee chooses to report to the establishment that they are positive for COVID-19, the establishment must have a notification process to share the following with staff:
  - Education about COVID-19, including the signs and symptoms of COVID-19
  - Referral to the Guidance for Contacts of a Person Confirmed to have COVID-19, available at [coronavirus.dc.gov](https://www.coronavirus.dc.gov)
  - Information on options for COVID-19 testing in the District of Columbia, available at [coronavirus.dc.gov/testing](https://www.coronavirus.dc.gov/testing)
- Refer to the guidance "*First Steps for Non-Healthcare Employers when Employees Test Positive for COVID-19*" at [coronavirus.dc.gov/healthguidance](https://www.coronavirus.dc.gov/healthguidance).
  - A close contact is someone who was within 6 feet of a person who tested positive for COVID-19 for at least 15 minutes over a 24-hour period, during that person's infectious period.
  - The infectious period starts two days before symptom onset and typically ends 10 days after symptom onset (or test date for people who do not have symptoms).
- Establishments must notify DC Health when:
  - An employee who frequently interacts with patrons notifies the establishment they **tested positive for COVID-19** (not before results come back)
  - OR**
  - if a patron notifies the establishment they **tested positive for COVID-19**
  - AND**
  - the person was in the building or participated in fitness activities **during their infectious period**.
- Notify DC Health by submitting an online form on the DC Health COVID-19 Reporting Requirements website [dchealth.dc.gov/page/covid-19-reporting-requirements](https://dchealth.dc.gov/page/covid-19-reporting-requirements):
  - Submit a **Non-Healthcare Facility COVID-19 Consult Form**.
- An investigator from DC Health will follow-up within 24 hours to all appropriately submitted notifications. Please note this time may increase as cases of COVID-19 increase in the District.

The guidelines above will continue to be updated as the outbreak evolves. Please visit [coronavirus.dc.gov](https://www.coronavirus.dc.gov) regularly for the most current information.