



## Safer at Home Phase Three Fitness and Exercise Guidelines

### Use of Face Coverings

All patrons in the Commonwealth aged ten and over shall when entering, exiting, traveling through, and spending time inside the settings listed below cover their mouth and nose with a face covering, as described and recommended by the CDC:

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[Executive Order #65](#) as it pertains to gymnasiums, recreation centers, sports facilities, and exercise facilities. Northern Virginia moves into Phase Three on Wednesday, July 1, 2020.

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the "Guidelines for All Business Sectors" document. Virginia Department of Health and Virginia Department of Agriculture and Consumer Services regulated facilities must continue to follow requirements related to prohibiting sick employees in the workplace, strict handwashing practices, and procedures and practices to clean and sanitize surfaces.

### Mandatory Requirements

If businesses choose to offer fitness and exercise services, they must adhere to the following additional requirements for operation:

- Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- Post signage to provide public health reminders regarding physical distancing, gatherings, options for high risk individuals, and staying home if sick (samples at bottom of this document).
- Occupancy must be limited to no more than 75% of the lowest occupancy load on the certificate of occupancy, if applicable, while maintaining a minimum of ten feet of physical distancing between all individuals as much as possible.
- Facilities should separate fitness equipment to ensure ten feet of separation between patrons, members, and guests using such equipment.
- Facilities should screen patrons for COVID-19 symptoms prior to admission to the facility. Patrons should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health

condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

- Instructors and all participants of group exercise and fitness classes must maintain at least ten feet of physical distancing between each other at all times.
- The total number of attendees (including both participants and instructors) in all group exercise and fitness classes cannot exceed the lesser of 75% of the minimum occupancy load on the certificate of occupancy or 250 persons.
- Personal trainers must maintain at least ten feet of distance between themselves and their clients.
- Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using CDC Use of Cloth Face Coverings guidance. Lifeguards responding to distressed swimmers are exempt from this requirement.
- Provide hand sanitizing stations, including at the entrance/exit and where shared fitness equipment is utilized.
- Employers must ensure cleaning and disinfection of shared equipment after each use.
- Facilities must prohibit the use of any equipment that cannot be thoroughly disinfected between uses (e.g., climbing rope, exercise bands, etc.). Facilities must also 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).
- Hot tubs, spas, saunas, splash pads, spray pools, and interactive play features must be closed. Basketball courts and racquetball courts may operate provided patrons maintain ten feet of physical distancing while utilizing such courts. Swimming pools may operate in accordance with the Guidelines for Swimming Pools.

### **Best Practices**

In addition to the requirements provided above, establishments are encouraged to utilize the following best practices to the extent they are feasible:

- When protective equipment such as face coverings are used, launder daily and wash hands after touching/adjusting face covering while working.
- Use disposable towels and linens where possible. All reusable towels, linens and other porous fabric should be laundered after single use. Store towels and linens in a closed, covered container prior to use.