



Responsible RestartOhio

Gyms, Dance Instruction Studios, and Other Personal Fitness Venues



Facilities

Mandatory

Spacing, Capacity, Numbers

- Limit capacity (employees and members/clients) based on available space and ability to social distance with 6 feet between members/clients, except in facilities where instructor/student must be in close proximity (i.e., dance instruction, swimming, personal training, etc.).
- Set facility up for social distancing by spacing equipment to provide a 6-foot radius (as measured from the center of the main operation of the specific piece of equipment) or by disabling equipment (bike, treadmill, elliptical, etc.) to provide a 6-foot radius.
- For class settings, set up work areas before arrival of students, allowing at least a six foot radius around users.
- Reinforce spacing through training with employees, and reinforcement with members/clients.
- Remove excess seating throughout the facility to discourage lingering.
- Reduce class sizes, if necessary, to accommodate the required 6 feet of social distancing.
- Eliminate lost and founds.
- Establish log-in procedures for members/clients, and maintain that information for potential contact tracing.

Sanitization

- Implement hand-washing or sanitization upon entry to facility.
- Use sanitizer products that meet the Centers for Disease Control and Prevention (CDC) guidelines.
- Have sanitizer available throughout the facility for employees and members/clients.
- Provide disinfectants approved by the U.S. Environmental Protection Agency (EPA), or disinfecting wipes for sanitizing equipment before and after use by clients, with equipment cleaning backed up by employees.
- Routinely disinfect high-contact surfaces, desk workstations, restrooms, and pool ladders, as well as equipment.
- Deep clean after hours, or during low-use times for 24-hour facilities.

Signage

- In entry, post signs requiring social distancing and recommending face coverings.
- Post reminder signage for hand-washing, sanitization of equipment, distancing, etc.

Air Circulation

Recommended Best Practices

Spacing, Capacity, Numbers

- When applicable, set aside specific hours for vulnerable populations.
- Provide space at entrance or in lobby area to allow spacing for coat racks, and when used, kiosks for check-ins.

Sanitization

- If possible, provide foot pedals to open doors, or prop doors open to avoid contact.

Signage

- Post sign with COVID-19 screening questions.
- Post directional signage to encourage separation of entrances and exits.

Air Circulation

- Limit use of fans.
 - If fan use is necessary, place fans to blow away from members/clients.
- Open exterior doors when possible.
- If available and owner has access, open fresh air handlers.

Locker Rooms and Public Restrooms

Mandatory

- Disable, or mark every other or every third locker for non-use to enforce 6-foot social distancing requirement. Facilities in which lockers are assigned to members are not required to disable lockers but must enforce social distancing requirement.
- Remove any casual seating other than benches by lockers as necessary.
- Clean and disinfect public areas and restrooms every two hours using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- If independent showers are available and used, they must be attended and sanitized between each use.
- Disable or close off communal style showers except for rinsing before and after any pool activity.
- Make sure supplies for hand-washing, including soap and materials for drying hands, are fully stocked every time the bathroom is cleaned.
- Disable or close off steam rooms and saunas.
- If towels are provided, they are to be stored in covered, sanitized containers that are clearly delineated clean versus soiled. Appropriate temperatures are to be used when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Employees handling towels must wear gloves and face covering.
- Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines. These facilities should be cleaned/sanitized per CDC recommended protocol along with established restroom cleaning schedules.

Recommended Best Practices

- Discourage use of locker rooms – encourage members/clients to arrive dressed for a workout and clean up at home.

Employees

- Provide instruction/education on COVID-19 prevention.
- Encourage employees to take their temperature and perform a self-assessment and not report to work if they are ill or exhibiting symptoms of COVID-19.*
- Businesses must require all employees to wear facial coverings, except for one of the following reasons:
 - Facial coverings in the work setting are prohibited by law or regulation.
 - Facial coverings are in violation of documented industry standards.
 - Facial coverings are not advisable for health reasons.
 - Facial coverings are in violation of the business' documented safety policies.
 - The employee works alone in an assigned work area.
 - There is a functional (practical) reason for an employee not to wear a facial covering in the workplace.

(Businesses must provide written justification to local health officials, upon request, explaining why an employee is not required to wear a facial covering in the workplace. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.)

- Maintain at least 6 feet from other employees and members/clients unless instruction makes it impractical.

- Screen for temperature, history, exposure in accordance with CDC recommendations every work period (if symptomatic for illness, do not allow to work).
- Stagger shifts, breaks, and lunches to avoid mass entry/exit.
- Wear gloves when appropriate and possible. Dispose of clothes between interactions with members/clients.

*Per the CDC, COVID-19 symptoms include fever or 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, and diarrhea.

Members/ Clients

Mandatory

- Check in upon arrival at facility.
- Members/clients must conduct self-assessment and not enter a facility if they are exhibiting symptoms or have been exposed to COVID-19.
- Wear a mask whenever possible. According to the state facial coverings/masks order, masks must be worn by anyone older than 10. There are exceptions for people actively engaged in exercise in a gym or indoor facility or actively participating in athletic practice, scrimmage, or competition. For a full list of exemptions, see the [Director's Order for Facial Coverings throughout the State of Ohio](#).
- When participating in class training, do not arrive more than 10 minutes prior to class.
- No socializing or extra-curricular activities.
- Maintain 6-foot social distancing, except when instruction requires close interaction with instructor/coach.
- Partners exercising together and sharing equipment must maintain group segmentation from others exercising.
- At child-centric training/instruction, limit parents/guardians to one individual.

Recommended Best Practices

- Provide option to screen for temperature, history, and exposure.
- Provide training/instruction by appointment.
- Encourage members/clients to bring their own mats, bands, and/or equipment, when appropriate.
- In martial arts training, consider elimination of drills done with a partner.
- At child-centric training/instruction, request parent/guardian wait in parking lot.

Indoor Sports

- Social distancing of 6 feet will be adhered to unless drills and personal instruction require less separation.
- Members/clients will use their own balls/racquets/paddles/equipment.
- If balls are passed, they must be disinfected after the training session.
- See other guidance documents for game play and contact competition sports.

Pools

- Follow COVID-19 protocols as established by the state for local pools and aquatic centers.

Restaurants, Smoothie Bars, Vending, Drink Stations

- Businesses with food service operations must also follow protocols for [restaurants, bars, and banquet and catering facilities/services](#).
- Remove or disable water fountains, but allow bottle filling stations, if they are no-touch stations. If the station requires pushing a button or lever, or pushing the bottle against the dispenser, they must be disabled or sanitized after each use.

- Encourage members/clients to bring their own water bottles.
- Limit or eliminate grab-and-go stations/vending machines. If vending machines are available, they must be sanitized after each use.

Child Care

- Follow COVID-19 protocols established by the state for child care facilities.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms while at the facility.
- Shut down space for deep sanitation, if possible.
- Individuals who are not required to quarantine due to exposure occurring in a classroom setting under the [school-based exposure guidance](#) are permitted to participate in organized sports activities and extracurricular activities as long as they remain symptom-free and follow applicable guidance.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.