



FITNESS AND GYMS

Gyms, Swimming Pools, Boutique Fitness Clubs

Applies to activities and businesses that typically attract groups and may involve elevated respiration in close quarters, such as fitness studios, independent sports and fitness training, group fitness, gyms, and multi-use indoor fitness facilities providing private instruction and access to personal fitness training and/or specialized equipment, including but not limited to weight and resistance training, cardio exercise equipment, martial arts, yoga, gymnastics, dance, climbing, and similar personal training, group, or independent fitness services.

REQUIRED SAFETY MEASURES

CAPACITY LIMITED

- Six feet (6 ft.) physical distancing while exercising shall be maintained at all times.
 - Gyms are encouraged to keep people ten feet (10 ft.) apart when exercising. Gyms that are maintaining ten feet (10 ft.) physical distancing are encouraged to advertise such for the public's information.
- Indoor group fitness classes require six feet (6 ft.) of physical distancing between participants at all times while exercising.
 - For class or group settings (whether indoor or outdoor), the facility should provide clear markings to indicate where each person should stand or sit to maintain the prescribed physical distance for that activity.

MASKS OR FACE COVERINGS REQUIRED AT ALL TIMES

- Masks or face coverings are required at all times for everyone, including all athletes, attendees, coaches, and employees at Fitness Facilities and Gyms.
 - Masks or face coverings should not be worn during water-based activities such as swimming, diving, or hot tubs.
 - The mask or face covering requirement should be applied in a manner consistent with the federal Americans with Disabilities Act and other applicable laws, which may require making an accommodation to the mask requirement for individuals with physical or mental disabilities that impair their ability to wear a mask while exercising.

PHYSICAL DISTANCING REQUIREMENTS

- Staff and customers must adhere to physical distancing protocols of six feet (6 ft.) between individuals while exercising.

GENERAL OPERATIONS REQUIREMENTS

- Signage prominently posted at the entrance stating, “No one may participate who is exhibiting symptoms of COVID-19.”

EMERGENCY ORDER 20 – ATTACHMENT E

- No participant may use the facility or join an outdoor activity within 72 hours of exhibiting a fever.
- No participant may use the facility or join an outdoor activity if they should be quarantining according to CDC guidelines due to close contact with a person with COVID-19.
- Exceptions may exist for individuals who are fully vaccinated or recently recovered from COVID-19 if the CDC does not recommend quarantine based on their status.
- Restrooms may be open but must be cleaned and disinfected regularly.
- Encourage athletes to change clothes prior to arrival and show up dressed to exercise.
- Facilities may allow access to an indoor bathroom and locker facilities to engage in hand hygiene, change, and utilize the restrooms.
 - Swimmers must follow appropriate pre-swim shower protocols before entering the pool. Swimmers shall shower with warm water and soap and shall rinse off all soap before entering the pool.
 - Jacuzzis/Hot Tubs, and Saunas are allowed to operate provided six feet (6 ft.) physical distancing between household groups is maintained.
 - Steam Rooms shall remain closed at this time.
- Employer must provide for hourly touch-point sanitization (e.g. workstations, water fountains, vending machines, equipment, screens, doorknobs, restrooms) throughout the site, for both indoor and outdoor applications.
- Businesses should utilize the [Centers for Disease Control guidance for Sports](#) to the maximum extent possible.
- Cleaning and disinfecting must be conducted in compliance with CDC protocols weekly or, in lieu of performing the CDC cleaning and disinfecting, the facility may shut down for at least 72 consecutive hours per week to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
 - CDC protocols for Cleaning and Disinfection can be found [here](#) and [here](#).
- Attachment B applies if there is a dine-in facility on site.

ALL EMPLOYEES AND STAFF

- Provide training for employees covering these requirements and recommendations and the COVID-19 Mitigation Plan for the business.
- Symptomatic or ill employees may not report to work.
- Employer must establish a plan for an Occurrence of COVID-19 in the workplace and a return-to-work plan following CDC guidance, which can be found [here](#).

COVID MITIGATION PLAN REQUIRED FOR ALL FITNESS BUSINESSES

- Develop COVID-19 Mitigation Plan that contains, at a minimum, the Operating Requirements in this document and other protocols to minimize direct contact between employees and customers, increase physical distancing, and protect staff and the public.
 - The COVID-19 Mitigation Plan must be kept on the business premises.

EMERGENCY ORDER 20 – ATTACHMENT E

- Develop protocols in the COVID-19 Mitigation Plan to minimize direct contact between employees and customers and increase physical distancing.

IN THE EVENT OF OCCURRENCE

- When an employee, customer, or other visitor tests positive for COVID-19, the business shall promptly identify and inform other employees, customers, or visitors who were close contacts of the infected individual. Individuals who are close contacts to an infectious individual should follow CDC quarantine or isolation protocols and must not return to the business until those periods have passed.
- When an active employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting must be performed in accordance with CDC protocols. In lieu of performing CDC cleaning and disinfecting, entertainment businesses may shut down for a period of at least 72 consecutive hours to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
- CDC protocols for Cleaning and Disinfection can be found [here](#).

RECOMMENDED MEASURES*

** Individual businesses may choose to be more restrictive.*

Alternate Registration and Transaction

- Implement and encourage cashless and receipt-less transactions.
- Reservations encouraged. Walk-ins are permitted.

Support and Promote Personal Mitigation Strategies

- High-risk populations are encouraged to stay home. Consider having reserved hours of operations limited to high-risk populations.

QUESTIONS?

- Email us with questions at: COVID-19-business@anchorageak.gov