



Stay at Home 2.0

HEALTH AND FITNESS

COVID-19 REOPENING GUIDANCE

GOVERNOR'S ECONOMIC REOPENING TASKFORCE



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Health and Fitness – Phase 1

This guidance applies to health and fitness personal and group training classes (e.g., aerobics, yoga, gymnastics, dance, martial arts, etc.).

General Guidance to Protect All Staff and Athletes:

1. Review and follow the [Universal Guidelines](#) for All New Hampshire Employers and Employees.
2. Review and follow CDC [guidance for businesses and employers](#).
3. Review and follow CDC [guidance for cleaning and disinfection](#).
4. All staff and members must wear a reusable/washable cloth face coverings over their nose and mouth when in the facility and not actively engaged in workout where a face covering may make it difficult to breathe (e.g. sitting on bench, listening to instructions, resting, talking with others in work-out/fitness room, etc.). Exceptions to this policy on cloth face coverings use are outlined in the CDC guidance below, and includes younger children who may not be compliant with cloth face covering use or to whom cloth face coverings may pose a health risk.
 - a. Provide training and information on cloth face coverings based on CDC guidance for [Use of Cloth Face Coverings](#).
 - b. Review the NH DHHS information about [using cloth face coverings](#).
 - c. People wearing face coverings must not touch their eyes, nose, mouth, or face, or adjust their face covering without first sanitizing hands. After touching face or adjusting face covering, hands must be sanitized.
5. Alcohol-based hand sanitizer with at least 60% alcohol must be made readily available to staff and members at entrances and exits to the facility, within every work-out or training room, within hallways, and at the front desk. Members and staff are also encouraged to carry individual supplies of alcohol-based hand rub.
 - a. Frequent hand hygiene should be performed including, but not limited to, hand hygiene upon arrival at the facility, before and after going to the bathroom, between work-outs, before and after touching a person's face or face covering, and prior to leaving the event.
6. Commonly touched surfaces and areas should be frequently cleaned and disinfected according to [CDC guidance](#) throughout the day by staff. Shared equipment must be cleaned and disinfected between use by members and staff (if not cleaned by a member). Cleaning supplies must be made readily available in each fitness room for easy access and cleaning by members
7. Staff, members, and other attendees within the facility should be reminded to maintain a distance of at least 6 feet from others (note further distances outlined below in certain circumstances).
8. Assign a dedicated staff member (i.e., a safety officer) to be present at all times during normal business to monitor social distancing and compliance with protective actions, and to prompt other staff and members about social distancing, hand hygiene, and use of cloth face coverings.



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Employee Protection:

1. Staff must be provided education and training around safe practices as it relates to hygiene, cloth face covering use, social distancing, sanitation (cleaning and disinfection policies), and illness policies outlined in the [Universal Guidelines](#) and in this document.
2. Staff must stay at least 6 feet apart from other staff and members at all times.
3. Require all staff to report any symptoms of COVID-19 or close contact to a person with COVID-19 to a supervisor. Staff and members should not be present in the facility if they feel sick.
4. Staff should be screened on arrival asking if the individual:
 - a. Has any symptoms of COVID-19 (see [Universal Guidelines](#) for list of potential symptoms) or fever of 100.4 degrees F or higher.
 - b. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.
 - c. Traveled in the past 14 days either:
 - i. Internationally (outside the U.S.),
 - ii. By cruise ship, or
 - iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).
5. Person(s) with any COVID-19 symptoms, those who report close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors should **not** be allowed into the fitness class/training session:
 - a. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and [self-isolate](#) at home following the instructions below.
 - b. Asymptomatic persons reporting close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should [self-quarantine](#) for 14 days from their last exposure or return from travel.
6. Person(s) with suspect or confirmed COVID-19 must stay home until symptom-based criteria are met for [discontinuation of isolation](#):
 - a. At least 10 days have passed since symptoms first appeared
AND
 - b. At least 3 days (72 hours) have passed since recovery (recovery is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms)

Member Protection:

1. Members must be informed of new policies and procedures and provided instructions on hand hygiene, cloth face covering use, social distancing, sanitation (cleaning and disinfection policies), and illness policies.
2. Members must stay at least 6 feet apart from other members and staff at all times.



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3. Signage must be prominently posted in all entry areas to the facility and fitness rooms to inform customers that if any of the following apply, they should not enter the facility and put other members and staff at risk:
 - a. Any symptoms of COVID-19 (see [Universal Guidelines](#) for list of potential symptoms) or fever of 100.4 degrees F or higher.
 - b. Close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.
 - c. Traveled in the past 14 days either:
 - i. Internationally (outside the U.S.),
 - ii. By cruise ship, or
 - iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).
4. Members should be asked to review information and signage at each check-in to the facility.

Business Process Adaptations:

Capacity, Spacing, and Social Distancing Requirements:

1. Admissions to the facility should be limited to at most 50% of the maximum licensed capacity, or the number where people can consistently maintain at least 6 feet of separation from others while in work-out rooms, whichever number is lower. Fitness class attendance should be limited as discussed below.
2. All staff and members should be clearly instructed to maintain a minimum of 6 feet or more between other people at all times while in the facility or work-out rooms.
3. Fitness machines, benches, and weight-lifting and other equipment should be exclusively used by one individual until cleaning regimen above can be completed and re-arranged to allow more than 6 feet of space between machines and work-out spaces.
4. If fitness class equipment or machines cannot be physically moved to accommodate spacing and distance requirements, then fitness class equipment or machines should be taken out of order, or a process should be developed to prevent adjacent machines that are 6 feet or closer from being used at the same time. Safety officers should strictly enforce these requirements.
5. No group recreational activities outside of structured classes are allowed (i.e., no pick-up games of racquetball, volleyball, basketball, group sparing sessions, etc.). People who are already close household contacts of each other (e.g. parents and children) may continue work-out and fitness activities together.
6. No sporting or competition events are allowed.
7. Indoor communal or common areas should be closed to discourage gatherings.
8. Facilities should evaluate their building ventilation system and engineering controls to increase work-out room and overall building ventilation, increase the number of air exchanges, increase outdoor air ventilation, limit internal air circulation, improve central air filtration to the highest compatible with the filter rack and seal



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edges of the filter to limit bypass, and routinely replace filters and perform other necessary maintenance.

9. Water fountains should be disabled but water bottle refill stations may be available. Members and staff should be encouraged to bring their own water bottles.
10. Members who do not comply with requirements should be asked to leave the facility. Repeat offenders should not have access the facility or classes until facility has returned to normal operations after COVID-19 has decreased to low levels of community transmission.

General Cleaning and Disinfection Guidance:

1. Class participants are required to thoroughly clean and disinfected used equipment (machines, benches, bars, dumbbells, weights, sporting equipment, etc.) after each use.
2. Only clean equipment should be placed back on a storage rack or in a container to be ready for the next use.
3. Facilities should supply cleaning and disinfecting materials and make them readily available in each room with instructions on use.
4. Staff should also develop a process and schedule to routinely and frequently clean and disinfect all frequently touched surfaces (e.g., door handles, pens, keyboards, etc.), common areas (e.g., bathrooms, locker rooms), and equipment at a minimum every 2 hours while facility is open and in operation.
5. Cleaning and disinfection should follow CDC [guidance for cleaning and disinfection](#).
6. Follow the cleaner and disinfectant instructions for use for appropriate wet time to ensure proper disinfection. Check that the product is not expired.

Check-in Process:

1. Plexiglas protective shields should be added to service desks as needed.
2. Check-in processes should involve non-touch self-scan cards or other automated systems that do not require close contact between individuals nor handling of an individual's keys, cards, etc. by staff members.
3. Avoid congregating in entry areas. Develop a process to avoid congregating in entry areas.
4. People should arrive to the facility wearing a cloth face covering as discussed above in the General Guidance.
5. A process should be developed to monitor building capacity and limit entry into the facility and work-out areas when that capacity has been reached.

Group Fitness Classes:

1. Conduct outdoor group fitness classes if possible with appropriate social distancing built in to classes.
2. Consider developing or maintaining online fitness classes in addition to the more limited in-person classes to accommodate demand and to give people options for remote fitness instruction.



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3. Group classes requiring close contact or physical between non-household individuals (e.g., ballroom dancing), are not allowed.
4. Group fitness classes should limit attendance to the number of individuals where at least 8-10 feet of distance is present between attendees/members at all times, taking into account movement during class sessions (e.g., Zumba, karate, etc.). Greater distances (8-10 feet of separation) is preferred given that the physical exertion and heavy breathing involved in workout activities may lead to respiratory droplets being propelled longer distances putting surrounding individuals at risk.
5. Group classrooms should be well ventilated with outdoor air circulation as discussed above.
6. Attendance at classes should be by appointment only and scheduled prior to the class.
7. Scheduling should be accomplished electronically or by phone utilizing a reservation system prior to arrival.
8. Physical distances during class should be marked using tape or decals on the floor or walls to denote where members should stand to ensure appropriate distancing.
9. There should be enough space to allow people to enter and exit without coming into close contact with others (i.e., create a buffer zone for ingress and egress).
10. Fitness instructors should be tasked with ensuring appropriate physical distancing, but the facility's safety officer should also monitor group fitness classes to ensure appropriate precautions are being taken.
11. Multiple classes should be scheduled and spaced out so that so that one group is not exiting one class at the same time another group is attempting to enter.
12. There should be at least 30-60 minutes between classes to allow for appropriate ventilation of the fitness room and cleaning and disinfection of the floor and commonly touched surfaces. The room should be made off limits until this has occurred after one class has ended.
13. Avoid congregating outside of fitness classrooms with people putting on shoes or equipment. People should arrive at the fitness class dress and prepared with appropriate shoes and individual gear (e.g. floor mats).

Cleaning and Disinfection after Group Fitness Classes:

1. Door handles and music displays will be cleaned and disinfected by the instructor at the end of each class.
2. Microphones will be used only by the instructor and should be cleaned and disinfected after each use.
3. Members are required to clean all equipment and weights used in class with disinfectant provided. Members should bring their own mat for each visit if necessary for group class (e.g., yoga).
4. Younger children may require assistance with cleaning and disinfection, so a process should be developed for children to deposit used equipment in a "dirty" area for cleaning and disinfection by adult staff before moving to "clean" areas.
5. Instructors will direct members to gather equipment and return equipment one by-one to avoid grouping near the equipment storage space.



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6. Floor should be cleaned and disinfected after everybody has exited and before next class.
7. Instructors will enforce guidelines in each space to ensure proper cleaning.

Personal Training:

1. Personal training sessions that require physical contact are not allowed.
2. Personal training sessions that can be done with at least 6 feet of separation between trainer and trainee is allowed with appropriate precautions.
3. If one-on-one instruction by facility staff is conducted, the staff member should observe and give instruction from at least 6 feet away and should not make physical contact with the member.
4. Staff should wear a cloth face covering while interacting and giving instruction to a member, even if 6 feet or more away.

Locker Rooms (including shower and sauna):

1. Locker room facilities can be used for changing clothes, showering, and toileting. Members should preferably practice wear-in/wear-out cloths.
2. Saunas and steam rooms are closed.
3. Alcohol-based hand sanitizer should be made available at entrances to locker rooms and changing facilities.
4. Members should bring their own locks for lockers. Locks that are provided by the facility for use should be cleaned and disinfected before handing back in.
5. Facility hairdryers stations must be removed or taken out of operation.
6. Pools:
7. Public or "open swim" times will not be allowed.
8. Swim lanes may be scheduled utilizing a reservation system prior to arrival.
9. Pool fitness classes (i.e. water aerobics) can continue as long as able to abide by above fitness class recommendations.
10. People must maintain a distance of at least 6 feet from others at all times even while in the pool.

Tennis Courts:

1. Use of tennis courts is limited to small group or team-based training activities. No competition sporting events are allowed. Review guidance for amateur and youth sports.
2. Group size is to be limited to 4 total people or less on the court at a time.
3. Individuals should stay at least 6 feet away from others at all times (unless individuals are close household contacts).
4. Multiple groups of 4 or less are allowed to play on multiple courts as long as the separate groups do not mix or interact in any way.

