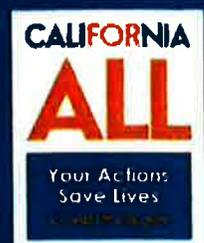




# COVID-19 INDUSTRY GUIDANCE: Fitness Facilities

**October 20, 2020**

*This guidance is designed to address sectors and activities opening statewide. However, local health officers may implement more stringent rules tailored to local epidemiological conditions, so employers should also confirm relevant local opening policies.*



## OVERVIEW

On March 19, 2020, the State Public Health Officer and Director of the California Department of Public Health issued an order requiring most Californians to stay at home to disrupt the spread of COVID-19 among the population.

The impact of COVID-19 on the health of Californians is not yet fully known. Reported illness ranges from very mild (some people have no symptoms) to severe illness that may result in death. Certain groups, including people aged 65 or older and those with serious underlying medical conditions, such as heart or lung disease or diabetes, are at higher risk of hospitalization and serious complications. Transmission is most likely when people are in close contact or in a poorly ventilated area with an infected person, even if that person does not have any symptoms or has not yet developed symptoms.

Precise information about the number and rates of COVID-19 by industry or occupational groups, including among critical infrastructure workers, is not available at this time. There have been multiple outbreaks in a range of workplaces, indicating that workers are at risk of acquiring or transmitting COVID-19 infection. Examples of these workplaces include hospitals, long-term care facilities, prisons, food production, warehouses, meat processing plants, restaurants, and grocery stores.

As stay-at-home orders are modified, it is essential that all possible steps be taken to ensure the safety of workers and the public.

Key prevention practices include:

- ✓ physical distancing to the maximum extent possible,
- ✓ use of face coverings by workers (where respiratory protection is not required) and fitness facility patrons,
- ✓ frequent handwashing and regular cleaning and disinfection,
- ✓ training workers on these and other elements of the COVID-19 prevention plan.

In addition, it will be critical to have in place appropriate processes to identify new cases of illness in workplaces and, when they are identified, to intervene quickly and work with public health authorities to halt the spread of the virus.

## PURPOSE

This document provides guidance for fitness facilities to support a safe, clean environment for workers, customers, and the public. Businesses must identify and monitor the County Risk Level for the county the business is operating in and make required adjustments to their operations:

- **Purple – Widespread – Tier 1:** Only outdoor operations are permitted. Outdoor operations may be conducted under a tent, canopy, or other sun shelter as long as no more than one side is closed, allowing sufficient outdoor air movement. Outdoor pools can open. Outdoor hot tubs can open only for use by household groups or in cases where six feet of distancing can be maintained. Indoor pools, hot tubs, saunas, and steam rooms must remain closed. Gyms and fitness centers must follow this guidance.
- **Red – Substantial – Tier 2:** Indoor operations are permitted but must be limited to 10% capacity. Indoor pools, hot tubs, saunas, and steam rooms must remain closed. Gyms and fitness centers must follow this guidance.
- **Orange – Moderate – Tier 3:** Indoor operations are permitted but must be limited to 25% capacity. Indoor pools can open when physical distancing can be maintained for non-household groups. Indoor pools do not include any indoor water parks or water rides. Indoor hot tubs, saunas, and steam rooms must remain closed. Gyms and fitness centers must follow this guidance.
- **Yellow – Minimal – Tier 4:** Indoor operations are permitted but must be limited to 50% capacity. Indoor pools, hot tubs, saunas, and steam rooms can open but physical distancing must be maintained for non-household groups. Indoor pools do not include any indoor water parks or water rides. Gyms and fitness centers must follow this guidance.

For the most updated information on county status, visit [Blueprint for a Safer Economy](#). Please note that local health departments can have more restrictive criteria and different closures. Find [your county's local information](#).

**NOTE:** Fitness facilities may have a number of operational aspects and service offerings available in other guidance on the [Industry Guidance to Reduce Risk](#) website. Operators must review and adhere to the modifications in the guidance. Such operations include:

- Food service, snack or juice bars, and concessions (Restaurant guidance)
- Gift shops and retail operations (Retail guidance)
- Child care (Child Care guidance)
- Non-professional and amateur sports (Higher Education guidance)
- Youth sports (Youth Sports guidance)
- Outdoor recreation (Campgrounds, RV Parks, and Outdoor Recreation guidance)