STAY SAFE MN

Industry Guidance for Gyms and Fitness Centers

UPDATED SEPTEMBER 16, 2020

This guidance has been updated with information that clarifies cloth face covering requirements while exercising or while in the facility.

✓ Businesses and employers providing fitness and gym services must develop and implement a COVID-19 Business Preparedness Plan that addresses the requirements listed in this document.

✓ Businesses must assign a designated Plan administrator to ensure the Plan is evaluated, monitored, executed, and updated.

✓ Employers must ensure workers can access the Plan by posting the plan in all of the business's workplaces in readily accessible locations, as required.

Key Requirements

1. Develop and implement a COVID-19 Preparedness Plan.

2. Must ensure social distancing (6 feet between people) and limit occupant capacity to no more than 25%; not to exceed 250 people for indoors and outdoors settings each.

3. Both employees and customers must adhere to facial covering requirements. As of July 25, 2020, people in Minnesota are required to wear a face covering in all indoor business and public indoor spaces, per Executive Order 20-81. Additionally, the Executive Order requires workers to wear a face covering when working outdoors in situations where social distancing cannot be maintained. The Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to medical or mental health conditions or other reasons. There are also situations in which a face covering may be temporarily removed (such as when eating or drinking or when a person is alone in an office, room, cubicle with walls higher than face level, or other enclosed area), provided that social distancing is maintained between members of different parties.

Executive Order 20-81 also allows for temporary removal of a face covering during activities when a face covering would get wet (such as swimming or showering) or when exercising or participating in organized sports when the level of exertion makes wearing a face covering difficult. While businesses and venues may choose to have more protective face covering requirements than those in the Executive Order, **gyms and fitness centers are strongly discouraged from requiring that people wear face coverings during activities (such as swimming) where a mask will get wet**, as a

wet face covering may interfere with breathing. **Gyms and fitness centers are also discouraged from requiring that all people wear a face covering during exercise, as each person's fitness level and ability to tolerate a face covering while exercising is different.** People must still wear face coverings when not exercising—for example, when moving around the building, when in the lobby, when waiting for a fitness class to start, etc. For activities where patrons are allowed to remove their face coverings, it is particularly important for gyms to implement measures (e.g., occupancy controls, equipment placement, etc.) to ensure strict social distancing of 6 feet or greater, in addition to maximizing other infection control practices (e.g., greater ventilation and air exchanges, frequent disinfection) outlined in this guidance.

- More information about face covering requirements and exemptions is available on the MDH website at Masks and face coverings (www.health.state.mn.us/diseases/coronavirus/prevention.html#masks).

- You can also visit these webpages: Face Covering Requirements and Recommendations under Executive Order 20-81 (www.health.state.mn.us/diseases/coronavirus/facecover.html) and Frequently Asked Questions About the Requirement to Wear Face Coverings (www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).

4. Establish regular disinfection routine and train staff.

5. Ensure ≥6 feet of distancing between equipment; greater distancing should be implemented for treadmills and other aerobic activity that encourages high exertion.

6. Group exercise classes should only be offered if social distancing requirements can be maintained and with no person-to-person physical contact.

7. Additional requirements are as follows.

Worker Protections and Protocols for all Workplaces

For the purposes of this guidance, a "worker" includes all staff and employees associated with the facility. All artists, performers, contract or temporary employees, however categorized, who are present in the business as a condition of employment are required to be included in the COVID-19 preparedness plan. Volunteers are also to be included as a "worker." All workers must be properly trained on and adhere to the venue's policies, protocols, and practices as outlined within this guidance. A "worker" does not include customers, guest, clients, or patrons whose role is strictly that of a participant, audience member, or observer.

Ensure sick workers stay home

1. Establish health screening protocols for workers at the start of each shift (e.g. health screening survey, taking temperature). See the Minnesota Department of Health (MDH)'s Visitor and Employee Health.

   a. See the Minnesota Department of Health (MDH)'s Visitor and Employee Health Screening Checklist (www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf).

b. The checklist is also available in Hmong, Somali, and Spanish at Businesses and Employers: COVID-19 (www.health.state.mn.us/diseases/coronavirus/businesses.html).

2. **Workers with COVID-19 symptoms should be sent home immediately.** If they cannot be sent home immediately, isolate in a closed room until they can be sent home. Workers who have been in close contact with a household member with COVID should not be at work until their quarantine period is finished.

3. Establish communication protocols and steps to take when workers have been exposed to COVID-19 in the workplace.

4. Designate a person to maintain communication with and gather information from workers who may be ill, as to ensure the privacy of workers is maintained.

5. Establish worker sickness reporting protocols.

6. Establish protocols for workers to return to work, and follow MDH's COVID-19 and When to Return to Work (www.health.state.mn.us/diseases/coronavirus/returntowork.pdf).

7. Establish a process to identify contact between infected workers and other workers who may have been exposed. See CDC: Interim Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 (COVID-19), May 2020 (www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html).

8. Evaluate and adjust sick leave policies to reflect the need for isolation and incentivize workers who are sick to stay home.

9. Provide accommodations for "high risk" and vulnerable populations. See CDC's People Who are at Increased Risk for Severe Illness (www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).Vulnerable workers should be encouraged to self-identify, and employers should avoid making unnecessary medical inquiries. Employers should take particular care to reduce these workers' risk of exposure.

10. Clearly communicate sick leave policies to all workers.

Social distancing – Workers must be least six-feet apart

1. Maximize remote working – Workers who are able to work from home must work from home.

2. Stagger shifts and breaks; Extend work hours and create additional shifts to reduce number of workers per shift.

3. Evaluate traffic patterns and "choke points" to reduce crowding at entrances, in hallways, elevators, waiting areas, break areas, common areas, etc.

4. Limit collective gatherings of workers to 10 people or less indoors, and 25 people or less outdoors.

5. Limit the number of people in restrooms.

6. Ensure physical distancing in work areas, including at workstations, productions lines, break rooms, etc.

7. Limit worker interaction across floors, buildings, campuses, worksites, etc. unless at least 6-foot distance is maintained.

8. Increase physical space between workers and clients/ customers (e.g., drive-thru, partitions).

Worker hygiene and source controls

1. Ensure workers regularly wash their hands. Ensure handwashing and/or hand sanitizer facilities are readily available and appropriately stocked.

2. Provide recommended protective supplies, such as non-medical cloth face coverings, gloves, disinfectant, guards, shields, etc.

3. Post "handwashing" and "cover your cough" signs.

4. Require workers to wear face coverings in compliance with Executive Order 20-81. Refer to "Key Requirements" above for a summary of when face coverings are required and a link to additional resources.

5. Workers must wear face coverings when working outdoors in situations where it is not possible to maintain physical distance of 6 feet or greater from others.

6. Doors to multi-stall restrooms should be able to be opened and closed without touching the handles, opening devices, or powered door operators with the hand, whenever possible. If the door cannot be opened without touching the handle or door operator with the hand, the business must ensure a trash receptacle is placed by the door to ensure a paper towel can be readily disposed of when operating the door. The location and positioning of waste receptacles should not interfere with Life Safety requirements (e.g., egress, evacuation, emergency equipment) or any reasonable accommodations provided under the Americans with Disabilities Act.

7. Community drinking stations and water fountains should not be available/used. Touchless water filling stations may still be provided.

8. Food should not be shared communally.

9. Provide tissues for proper cough/sneeze etiquette and no-touch disposal bins.

Workplace building and ventilation protocols

General building conditions: Businesses must assess the status and capacities of the utility systems within the building (e.g., ventilation, water supply, sewer, gas), as well as potential issues associated with vermin, molds, and mildew, prior to putting the building into an operational status.

1. Follow established protocols for starting mechanical, electrical, plumbing, life safety, and other systems after non-use according to the Authorities Having Jurisdiction.

2. Assess the building for indications of pest and vermin infestation, and consult a pest control professional as appropriate.

3. See CDC's Guidance for Reopening Buildings After Prolonged Shutdown or Reduced Operation (www.cdc.gov/coronavirus/2019-ncov/php/building-water-system.html).

Ventilation system start-up: Businesses must evaluate the operational capacity, and increase, improve, and maintain ventilation provided throughout the building.

1. Increase the outdoor air percentage to increase dilution of contaminants, and eliminate recirculating, whenever possible, while maintaining indoor air conditions.

2. For heating, ventilation, and air conditioning (HVAC) systems that recirculate air, businesses need to improve central air filtration to at least the MERV-13 or the highest compatible with the filter rack (at least MERV-14 preferred), and seal the edges of filters to further limit bypass around the filters.

3. Replace and upgrade air filters prior to re-occupancy.

4. Run systems on full economizer as outside air-conditions allow.

5. Consult an HVAC professional to ensure proper ventilation is maintained.

Day-to-day operations: Once systems are in a safe operational status, businesses should ensure the following practices and protocols are maintained:

1. Continuously maximize fresh air into the workplace, and eliminate air recirculation.

2. Maintain relative humidity levels of RH 40-60%.

3. Keep systems running longer hours (24/7 if possible) to enhance the ability to filter contaminants out of the air.

4. Add a flush cycle to the controls of the HVAC system, and run HVAC systems for 2-hours before and after occupancy.

5. Check and rebalance the HVAC system to provide negative air-pressure whenever possible.

6. Supplement ventilation-system with the use of portable HEPA filter units whenever possible.

7. Minimize air flow from blowing across people.

8. Consult an HVAC professional or the American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) to ensure proper ventilation is provided, and ventilation-systems are properly maintained. See COVID-19 Response Resources from ASHRAE and Others (www.ashrae.org/technical-resources/resources).

Workplace cleaning and disinfection protocols

1. Establish a documented sanitation schedule and checklist, identifying surfaces/equipment to be sanitized, the agent to be used, and the frequency at which sanitation occurs.

2. Routinely clean and disinfect all areas, such as offices, restrooms, locker and changing rooms, common areas, shared electronic equipment, machinery, tools, controls, etc.

3. Frequently clean all high-touch items, such as doorknobs, countertops, barriers, railings, handles, and other surfaces.

4. Electronic devices (e.g., light switches, circuit breakers) should not be sanitized with a liquid agent. Consider covering switches/devices with a poly-covering that allows the user to manipulate the device without touching the switch, and change out the poly-covering frequently. Electronic devices must be sanitized only when disconnected from the power source, and sanitized in accordance with the listing/labeling requirements.

5. Personal equipment, tools and phones should not be shared or, if shared, should be disinfected after each use.

6. Implement immediate cleaning and disinfecting of the workplace if a worker, client or visitor becomes ill with COVID-19. See CDC's Cleaning and Disinfecting Your Facility (www.cdc.gov/coronavirus/2019-ncov/ community/disinfecting-building-facility.html).

7. Select appropriate and ensure the needed supply of disinfectants – consider effectiveness and safety. The U.S. Environmental Protection Agency's (EPA) List N has identified a list of products that meet EPA's criteria for use against SARS-CoV-2. See EPA's List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19) (www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).

8. Review product labels and Safety Data Sheets, follow manufacturer specifications, and use required personal protective equipment for the product.

Drop-off, pick-up and delivery practices and protocols

1. Receive deliveries via a contactless method whenever you can.

2. Businesses must provide for contactless deliveries that promote for delivery at a doorstep, where people maintain a distance at least 6 feet away while verifying receipt of the delivery between the worker and the delivery person. Whenever possible, businesses should attempt to do everything electronically (e.g., app, phone) to eliminate the need for close contact between workers and delivery personnel.

3. Workers must maintain a distance 6 feet or greater from others during interactions while receiving or exchanging deliveries.

4. Workers must minimize the unnecessary exchanging or sharing of scanners, pens, or other tools with delivery personnel.

Communications and training practices and protocol

1. All workers and members of management must be trained regarding COVID-19 exposure, as well as applicable policies, procedures, practices, and protocols.

2. Businesses must ensure the COVID-19 Business Preparedness Plan is posted at all of the business's workplaces in readily accessible locations, and is shared with and reviewed by all workers.

3. Businesses must ensure the necessary or required rules and practices are communicated to workers, and adequately enforce their provisions.

4. Workers must ensure they comply with and follow established rules and practices.

5. Communication to educate customers/clients about the steps being taken for their protection to mitigate the spread of COVID-19 is encouraged. Protective measures should be communicated to clients prior to, and at the start of, the appointment to both educate clients as well as inform them of their role in protecting the workers and other clients.

Helping clients, customers, and visitors minimize transmission

Requirements

1. Post signage at the entry into the business, and provide additional messaging (e.g., websites, advertisements, marketing), that if customers/clients do not feel well or have any symptoms compatible with COVID-19, they must refrain from coming to the business and are strongly encouraged to stay home. They must also refrain from coming to the business, and are encouraged to stay home, if they have a household member experiencing symptoms compatible with COVID-19. Refer to CDC's [If You are Sick or Caring for Someone (www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)](www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html).

2. If customers, clients, or visitors begin to feel unwell while in the business, they must leave immediately. If a customer, client, or visitor is a member of a household group at the business, the household group must also leave. See CDC's [Interim Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 (COVID-19), May 2020 (www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)](www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html).

3. Advise customers, clients, and visitors to wash and/or sanitize their hands upon entering the business, and to regularly wash and/or sanitize their hands while at the business.

4. Require patrons and visitors wear a face covering, when required by Executive Order 20-81. As explained in the "Key Requirements" section of this document, gyms and fitness centers are **strongly discouraged from requiring people to wear face coverings during activities where a mask will get wet, such as swimming,** as wet face coverings may restrict breathing. Additionally, gyms and fitness centers are **discouraged from requiring that all people wear a face covering when exercising,** due to individual differences in fitness level and the ability to tolerate a face covering during physical exertion. In these situations, gyms and fitness centers should focus on controls that ensure strict social distancing of at least 6 feet (greater than 6 feet is preferred) and other infection control measures (including greater ventilation and air exchanges, frequent disinfection) outlined in this document.

   Individuals must wear face coverings when not exercising or participating in activities that would get their face covering wet—for example, when moving around the building, when in the lobby, when waiting for a fitness class to start, etc.

   More information about face covering requirements and exemptions is available on the MDH website at [Masks and face coverings (www.health.state.mn.us/diseases/coronavirus/prevention.html#masks)](www.health.state.mn.us/diseases/coronavirus/prevention.html#masks). You can also visit these webpages: [Face Covering Requirements and Recommendations under Executive Order 20-81 (www.health.state.mn.us/diseases/coronavirus/facecover.html)](www.health.state.mn.us/diseases/coronavirus/facecover.html) and [Frequently Asked Questions About the Requirement to Wear Face Coverings (www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html)](www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).

   Face coverings are NOT a substitute for maintaining a physical distance of 6 feet from other people. For additional information about cloth face covering and how to make, wear and wash them, refer to CDC's [Use of Masks to Help Slow the Spread of COVID-19 (www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)](www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).

5. Make sure each piece of equipment is wiped down before and after each use by a customer, client, or visitor, and dispose of the wipe accordingly.

Recommendations

1. Limit the number of people accompanying the customer/client while in the business and/or at the time services are being provided.

2. Limit the equipment, products, or items touched by the customer, client, and visitors while in business.

3. Advise and encourage customers, clients, and visitors to conduct a self-check of their body temperature the day of their appointment and/or prior to arriving to the business.

4. Unless otherwise required by other sector-specific guidance (See "Personal Care Services"), encourage customers/clients to review a screening survey that checks for COVID-19 symptoms, close contacts with confirmed cases and quarantined cases, and out of state travel. The questions would be the same as those completed by workers. MDH's Visitor and Employee Health Screening Checklist (www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf).

5. Post signage at the entry into the business and provide additional messaging (e.g., websites, advertisements, marketing) advising customers, clients, and visitors at "high risk" for severe COVID-19 infection to strongly consider postponing their service or refraining from coming to the business. People who may be at higher risk for severe illness should consider delaying seeking or providing these services. See People Who Are at Increased Risk for Severe Illness (www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).

Additional protections and protocols

Businesses should add any additional measures that may be specific to their type of business as in the topics listed below.

Additional protections and protocols for receiving or exchanging payment

1. Contactless payment should be used whenever possible. Utilize an electronic fund transfer service or credit card payment method that allows the patron to fully initiate and complete the payment transaction remotely, or while separated from the worker.

2. When contactless payment is not possible, payment must be made in a manner that allows for at least 6 feet of distance between the worker and patron.

3. Install barriers at the check-in and payment counter.

4. During check-in and check-out, the configuration at the payment stations, and the space between the worker and the patron must allow for physical distancing of at least 6 feet, or a physical barrier must be installed.

Additional protections and protocol for managing occupancy

1. Facilities must reduce occupant capacity to no greater than 25%, not to exceed 250 occupants, and that which is necessary to allow for the required social distancing:

a. Facilities must defer to the occupant capacities as established by applicable state or local authorities.

b. If the occupant capacity for a facility is based upon the entire facility, then the facility must reduce occupant capacity for the entire facility.

c. If separate occupant capacities are provided for individual areas within a single facility (e.g., multiple arenas within an amusement complex), then the facility must reduce occupant capacity to 25% for each individual area.

d. If the number of occupants, including both patrons and workers, creates congregation, congestion and bottle-necking that does not allow for proper social distancing and consistency with this guidance, the facility must further reduce the number of patrons it allows to a level that achieves consistency with this guidance.

2. Limit the number of customers/clients allowed within the business at one time.

3. If venue occur outdoors and off-site, adhere to social distancing guidance and outdoor social gathering limits; for venues occurring outdoors and on-site, venues must adhere to social distancing guidance and occupant capacity limits for the venue, but not to exceed 250 participants in each of the indoor and outdoor areas.

4. Advertise business protocols so that current and potential clients are aware of changes.

5. Advise customer/clients of the added COVID-19 precautions that will be taken prior to arrival at the site. Use websites, social media, pre-appointment phone calls and confirmations, and other outlets to educate clients on the steps being taken for their protection and the protection of workers.

6. Encourage customer/clients of "high risk" to consider postponing from the service. People who may be at higher risk for severe illness should consider delaying seeking or providing these services. See CDC's People Who Are at Increased Risk for Severe Illness (www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).

7. Post signage at the business entrance outlining established protocols.

8. Advise customers/clients to conduct a self-check of their body temperature on the day of their appointment.

9. Email or text a screening survey on the day of the appointment/reservation and/or post screening questions at the establishment.

10. Have customer/clients respond to the screening survey questions upon arrival and check-in, and verify that they have read the screening survey and can respond "no" to all questions.

11. Decline to provide services to a customer/client if there is any suspicion that they are sick or symptomatic, and advise them to leave the facility.

Additional protections and protocol for distancing and barriers

1. Provide hand sanitizer or handwashing stations at the entrance, point of purchase, and prominent locations for customers/clients.

2. Check-out/in areas and other areas of congestion should be marked to provide for physical distancing of at least 6 feet, including floor markers for distance, lane lines, and marking of adjacent areas where customers/clients may be waiting for business access.

3. Space, configuration, and flow of the establishment should be evaluated to allow for physical distancing of at least 6 feet by all workers and customers/clients.

Additional protections and protocols specific to fitness and gym environment

1. Use social media and other communication channels such as physical signage, email, or text lists to educate clients on the distancing guidelines and other new procedures in the facility.

2. Mark distances off using tape/markers/paint/signage of distancing for clients to demonstrate physical distancing measures.

3. Note that in addition to signage and physical/ engineering controls, the facility must train staff to monitor and enforce the enhanced safety precautions.

4. Consider using reservation/appointment systems for clients in order to limit, control, and meter the number of people in the facility to the allowed capacity (including clients and staff) and maintain 6 feet of physical distance between all people in all interactions.

5. Consider developing online sign-up systems with set duration workout periods.

6. Consider creating specific hours for reservation-only admittance to people at higher risk for severe COVID-19 complications including older adults; consider offering virtual services to these clients.

    a. Use signage to encourage people who are experiencing symptoms compatible with COVID-19 to not enter the facility. See, for example, the See the MDH's Visitor and Employee Health Screening Checklist (www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf). The checklist is also available in Hmong, Somali, and Spanish at Businesses and Employers: COVID-19 (www.health.state.mn.us/diseases/coronavirus/businesses.html).

7. A variety of printable signs are available from CDC's Print Resources (www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html) and MDH's Posters and Signs (www.health.state.mn.us/diseases/coronavirus/materials/index.html#posters).

8. If clients or staff begin experiencing symptoms while in the facility, encourage them to leave immediately. CDC has guidance for cleaning a facility where someone was sick at Cleaning and Disinfecting Your Facility (www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html). Refer to CDC guidance for how long someone who is sick should stay away from others at If You Are Sick or Caring for Someone (www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html).

9. Utilize self-check-in or places barriers/partitions between front desk staff and clients, so 6 feet of physical distance between all people is maintained.

10. Eliminate seating in lobby/waiting areas unless seating can be arranged to keep people 6 feet apart.

11. Take into consideration physical distance guidelines for equipment layout and activities.

12. If equipment cannot be moved to facilitate physical distancing, it should be blocked off from being used.

13. Ensure there is distancing of equipment at least 6 feet apart with greater distancing for treadmills and other aerobic fitness equipment where high exertion is common. With high exertion and breathing, the potential for more respiratory droplets to be released in the air is increased. Therefore, greater distancing should be implemented for those parts of the facility.

14. Aerobic fitness equipment can be arranged in a "X" pattern to provide greater distancing.

15. Physical barriers should be considered to create distancing or segregate exercise areas.

16. Consider offering planned circuit-type workouts that facilitate distancing and allow for wiping/disinfection of equipment during recovery between exercises. Otherwise, encourage customers to use only one piece of equipment at a time (no circuits or 'super setting').

17. Establish one-way traffic flow, to the extent possible, for equipment circuits, tracks, etc. Use signs or other physical markers to direct one-way flow of traffic into, out of, and within the facility. Do not block egress for fire exits.

18. Use cleaners/disinfectants included on the EPA-approved list for the virus that causes COVID-19. Refer to CDC cleaning guidance at Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes (www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html) and Cleaning and Disinfecting Your Facility (www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html).

19. Provide materials for clients to wipe/disinfect equipment before and after exercise at each location/station/piece of equipment. If feasible, consider providing "ready to clean" tags that members can access and place on equipment after use. Trained staff can then ensure that equipment is disinfected in a timely manner.

20. Establish a disinfection routine for staff. Ensure disinfection protocols follow proper instructions for disinfectant application and contact time. Contact surfaces should be disinfected frequently. Consider using a checklist or audit system to track how often cleaning and disinfection is conducted. Refer to CDC cleaning guidance Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes (www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html) and Cleaning and Disinfecting Your Facility (www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html).

21. Group exercise classes should only be offered if distancing requirements can be maintained and if there is no person-to-person physical contact.

22. Get fresh air into the facility (using doors and windows if possible) and properly utilize the ventilation system.

23. Encourage outdoor activity and classes to the extent feasible. Maintain physical distancing of 6 feet when outdoors as well as indoors.

24. Use dedicated equipment for class participants, consider limiting contact training and contact sports.

25. Consider closing basketball courts, racquetball courts, and other areas involving physical contact unless play can be modified to safely increase distance between players.

26. Saunas and steam rooms should be closed; adequate ventilation in these close environments is difficult.

27. Staff should monitor physical distancing requirements in large whirlpools or swimming pools in outdoor or well-ventilated spaces, and based on the size of the pool, limit the number of members. See Reopening of Public Swimming Pool and Aquatic Facilities (www.health.state.mn.us/diseases/coronavirus/poolreopen.pdf).

28. Personal trainers and staff assisting members with exercise should observe 6 feet of physical distancing to the extent possible and must follow the face covering requirements in Executive Order 20-81. However, face coverings are NOT a substitute for social distancing.

29. Clients should bring their own water bottles; any refill stations should be contact-free to the extent possible.

30. Post signage requiring "before and after" workout and locker room hand hygiene (handwashing or use of hand sanitizer containing at least 60% alcohol) for all customers and staff.

31. Provide handwashing stations at the front of the facility or alternatively, hand sanitizer stations.

Additional Protocols and Procedures Restrooms/showers/locker rooms

1. Doors to multi-stall restrooms should be able to be opened and closed without touching handles, if at all possible. Place a trash can by the door if the door cannot be opened without touching the handle.

2. For single restrooms, provide signage and materials (soap, paper towels and trash cans) for people to use without touching handles, and consider providing a key so distancing near the restroom door and disinfection measures can be better monitored and controlled.

3. Provide paper towels in restrooms and disconnect or tape off hand air dryers.

4. Post signage reminding those in the facility to wash their hands.

5. Only allow shower and locker room use if there are partitions or else place signage to maintain proper physical distancing of 6 feet. Reinforce distancing in these areas with posted signs. If partitions or proper physical distancing of 6 feet is not possible, these facilities should remain closed. If showers, locker rooms, and lockers are closed, ask customers to use a small gym bags to store personal belongings and provide a secure area monitored by staff.

Additional protocols and procedures that customers can do to minimize the transmission of COVID-19

1. Use online gym/fitness services where possible, particularly if at higher risk for severe COVID-19 complications.

2. Pre-plan workout routines to avoid lingering and socializing to allow other members to workout due to reduced occupancy and maintaining physical distancing of 6 feet. Consider limiting workout length to avoid unnecessary exposure and crowding and to allow the facility time for additional cleaning and disinfection.

3. Do not enter the facility if you or anyone in your household is experiencing symptoms compatible with COVID-19. Refer to CDC guidance, including recommendations for how long someone who is sick should stay away from others, at If You Are Sick or Caring for Someone (www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html).

4. Wear a cloth face covering in the facility and when entering and exiting the facility. Refer to "Key Requirements", above for a summary of when face coverings are required and links to additional resources. Cloth face coverings are NOT a substitute for maintaining a physical distance of 6 feet from other people.

5. Limit items touched in facility to only the items needed.

6. Avoid sharing lifting gloves and other items that are difficult to clean and disinfect between users.

7. Make sure each piece of equipment used is wiped down before and after your use and dispose of the wipe accordingly.

8. Practice frequent handwashing with soap and water or use hand sanitizer. Avoid touching one's face with unwashed hands.

Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) (www.cdc.gov/coronavirus/2019-nCoV)

Minnesota Department of Health (MDH): Coronavirus (www.health.state.mn.us/diseases/coronavirus)

State of Minnesota: COVID-19 Response (https://mn.gov/covid19)

Businesses

CDC: Businesses and Workplaces (www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html)

CDC: General Business Frequently Asked Questions (www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html)

CDC: Interim Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 (COVID-19), May 2020: (www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)

MDH: Businesses and Employers: COVID-19 (www.health.state.mn.us/diseases/coronavirus/businesses.html)

MDH: Visitor and Employee Health Screening Checklist (www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)

MDH: Materials and Resources for COVID-19 Response (www.health.state.mn.us/diseases/coronavirus/materials/index.html)

Minnesota Department of Employment and Economic Development (DEED): COVID-19 Information and Resources (https://mn.gov/deed/newscenter/covid/)

Minnesota Department of Labor and Industry (DLI): Updates Related to COVID-19 (www.dli.mn.gov/updates)

Federal Occupational Safety and Health Administration (OSHA) (www.osha.gov)

AIHA: Back to Work Safely (www.backtoworksafely.org)

Handwashing

MDH: Videos for COVID-19 Response (www.health.state.mn.us/diseases/coronavirus/materials/videos.html)
Handwashing videos translated into multiple languages

Respiratory etiquette: Cover your cough or sneeze

CDC: How to Protect Yourself & Others (www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

CDC: Coughing and Sneezing (www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

MDH: Protect Yourself & Others: COVID-19 (www.health.state.mn.us/diseases/coronavirus/prevention.html)

Face Coverings

MDH: Face Covering Requirements and Recommendations under Executive Order 20-81 (www.health.state.mn.us/diseases/coronavirus/facecover.html)

MDH: Frequently Asked Questions About the Requirement to Wear Face Coverings (www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html)

MDH: Best Practices for Masks: Considerations for People with Disabilities and Special Health Needs (www.health.state.mn.us/diseases/coronavirus/guidemasks.pdf)

CDC: Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 (www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)

Housekeeping

CDC: Cleaning and Disinfecting Your Facility (www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)

CDC: Cleaning And Disinfecting Your Home (www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

CDC: Cleaning and Disinfection for Community Facilities (www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)

Environmental Protection Agency (EPA): List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19) (www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

Employees exhibiting signs and symptoms of COVID-19

CDC: What to Do If You Are Sick (www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

MDH: Symptoms and Testing: COVID-19 (www.health.state.mn.us/diseases/coronavirus/symptoms.html)

MDH: Visitor and Employee Health Screening Checklist (www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)

MDH: COVID-19 and When to Return to Work (www.health.state.mn.us/diseases/coronavirus/returntowork.pdf)

State of Minnesota: Should I Get Tested for COVID-19 (https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp)

Training

CDC: Prepare your Small Business and Employees for the Effects of COVID-19 (www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html)

Federal OSHA: Guidance on Preparing Workplaces for COVID-19 (www.osha.gov/Publications/OSHA3990.pdf)

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