

Revised Operational COVID Guidelines for Fitness Centers



This guidance is intended to assist Calvert County residents, business owners, workers and visitors at this moment in time. Our guiding principles are as follows:

Marylanders should continue to practice physical distancing.

Marylanders should continue to wear face coverings or masks in indoor public places, and outdoors when physical distancing is not possible.

As vaccines become available, every eligible person should get inoculated to speed our community's return to normal.

It is important that all of our actions in the near future are consistent with these guiding principles:

- » Exercise equipment should be spaced at least 10 feet apart due to the force of exhalation during exercise.
- » Guests and staff should wear face coverings at all times when inside a facility. When exercising outdoors, face masks are encouraged, but optional as long as participants are spaced at least 10 feet apart.
- » An EPA registered disinfectant is available to properly clean any high contact surfaces.
- » Disinfectant must be available at all times for patrons to wipe down equipment.
- » Provide signage and queues for guests indicating proper social distancing and proper hand washing, including restrooms and locker rooms.
- » Consider contactless check-ins.
- » Encourage guests to bring their own water bottle.
- » Implement symptom screening for staff prior to entering the building. These records will be maintained for 30 days.
- » Staff are trained on the safe use of disinfectants and personal protective equipment.
- » Racquetball courts, saunas, and other confined locations that do not allow proper social distancing should not be utilized by guests unless from the same household.
- » For activities that require a partner at close distance (martial arts, ballroom dancing, etc.), guests should be paired with the same partner from class to class whenever possible. Anyone who is >60 years old or has serious, chronic medical problems should be advised to abstain unless their partner is a household member.
- » Facilities should try to keep guests in the same exercise group for aerobics, dance routines, spin class, etc. whenever possible.
- » Consider creating specific hours for older adults with admittance by reservation only.
- » Develop a response plan for staff to follow should a staff member be exposed to COVID-19 or test positive for COVID-19.

**Requirements may change at any point contingent on health necessities or new directives from the Governor's Office.*