Requirements

Gyms, dance instruction studios, and other personal fitness venues must follow Ohio mandates for social distancing, masking, congregating, and responding to confirmed cases of COVID-19 as outlined in the Director's Order for Social Distancing, Facial Coverings and Non-Congregating. Guidance on the order is available at the Responsible Restart Ohio: Social Distancing, Masking, and Congregating page, available at coronavirus.ohio.gov.

Gyms, dance instruction studios, and other personal fitness venues must follow all relevant mandates in the order, including:

- Masks are required, with some exceptions. Among those exempt are anyone actively engaged in exercise in a gym or indoor facility where people are at least 6 feet apart and anyone actively participating in athletic practice, scrimmage, or competition.
- Routinely disinfect high-contact surfaces, workstations, restrooms, and equipment.

Below are additional recommended best practices for gyms, dance instruction studios, and other personal fitness venues.

Facilities

- Limit capacity (employees and members/clients) based on available space and ability to social distance with 6 feet between members/clients, except in facilities where instructor/student must be in close proximity (i.e., dance instruction, swimming, personal training, etc.).
- For class settings, set up work areas before arrival of students, allowing at least a 6-foot radius around users. Reinforce spacing through training with employees and reinforcement with members/clients.
- Remove excess seating throughout the facility to discourage lingering.
- Reduce class sizes, if necessary, to accommodate the required 6 feet of social distancing.
- Eliminate lost and founds.
- Establish log-in procedures for members/clients, and maintain that information for potential contact tracing.
- When applicable, set aside specific hours for vulnerable populations.
- Provide space at entrance or in lobby area to allow spacing for coat racks, and when used, kiosks for check-ins.
- Provide disinfectants approved by the U.S. Environmental Protection Agency (EPA), or disinfecting wipes for sanitizing equipment before and after use by clients, with equipment cleaning backed up by employees.
- Deep clean after hours, or during low-use times for 24-hour facilities.
- If possible, provide foot pedals to open doors, or prop doors open to avoid contact.
- Post reminder signage for hand-washing, sanitization of equipment, distancing, etc.
- Post signage with COVID-19 screening questions.
- Post directional signage to encourage separation of entrances and exits.
- Disable, or mark every other or every third locker for non-use to enforce 6-foot social distancing requirement.
- Remove any casual seating other than benches by lockers as necessary.
- Clean and disinfect public areas and restrooms every two hours using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- If independent showers are available and used, they should be attended and sanitized between each use.
- Make sure supplies for hand-washing, including soap and materials for drying hands, are fully stocked every time the bathroom is cleaned.
- If towels are provided, they should be stored in covered, sanitized containers that are clearly delineated clean versus soiled. Appropriate temperatures are to be used when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Employees handling towels must wear gloves and face covering.
- Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines. These facilities should be cleaned/sanitized per CDC recommended protocol along with established restroom cleaning schedules.
Members/Clients
- Require check in upon arrival at facility.
- Provide option to screen for temperature, history, and exposure.
- Provide training/instruction by appointment.
- When participating in class training, participants should not arrive more than 10 minutes prior to class.
- Partners exercising together and sharing equipment should maintain group segmentation from others exercising.

Equipment
- Members/clients should use their own balls/racquets/paddles/equipment.
- If balls are passed, they must be disinfected after the training session.

Pools
- Follow COVID-19 guidance established by the state for local pools and aquatic centers.

Restaurants, Smoothie Bars, Vending Drink Stations
- Follow COVID-19 guidance established by the state for restaurants and bars

Child Care
- Follow COVID-19 guidance established by the state for child care facilities.

Confirmed Cases
- Immediately isolate and seek medical care for any individual who develops symptoms while at the facility.
- Shut down space for deep sanitation, if possible.
- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.