



Information in this document has been archived and has since been replaced with more recent guidance.

Responsible RestartOhio

Gyms, Dance Instruction Studios, and Other Personal Fitness Venues



Universal Recommended Best Practices

Masking

- If you are not fully vaccinated* against COVID-19, wearing a mask that covers the nose, mouth, and chin will help protect yourself and others. You should wear a mask when:
 - In any indoor location that is not a residence.
 - Outdoors, if it is not possible to consistently maintain a distance of 6 feet or more between people who live in different homes/households.
 - Riding, driving, or operating public transportation, or a taxi, car service, or ride sharing vehicle. (This does not apply to members of a household sharing a private or rental vehicle.)
- Regardless of vaccination status, you may be asked to wear a mask in a health care setting.
- If you are fully vaccinated,* you may be asked to wear a mask in certain situations, such as when traveling on public transportation or if a business chooses to require masks.
- A mask should never be worn by/placed on anyone who:
 - Is younger than 2.
 - Cannot remove it without assistance.
 - Risks choking if wearing a mask.
 - Is sleeping/napping.
 - Is living with a medical condition that makes it unsafe to wear a mask. This includes respiratory conditions that restrict breathing, mental health conditions, or disabilities.
 - Is swimming. (Wet masks can cause difficulty breathing.)
 - Risks workplace health, safety, or job duty if wearing a mask.

Congregating, Social Distancing, and Sanitizing

- If you are not fully vaccinated:*
 - Maintain at least 6 feet of distancing from others when possible.
 - Avoid gathering in groups with other unvaccinated individuals when possible.
 - If you gather with other unvaccinated individuals, maintain groups of no more than 10 people, separated from other groups by at least 6 feet.
- For everyone:
 - Regularly clean high-touch surfaces.
 - Wash hands with soap and water for at least 20 seconds, or use hand sanitizer frequently.
 - Watch out for any symptoms of COVID-19. If you have fever, cough, or other signs of COVID-19, stay home and away from others.

Persons with COVID-19 or Exposure to Someone with COVID-19

- Anyone with signs or symptoms of COVID-19 should stay away from others and seek medical care if necessary.
- If possible, individuals with symptoms should get tested for COVID-19.
- If you have or likely have COVID-19, isolate from others for at least 10 days.
- Your local health district may contact you to obtain more information and to contact individuals who may be considered close contacts.
- If you are exposed to COVID-19 and not fully vaccinated,* quarantine as recommended by the local health district. Optimal quarantine is 14 days but, if recommended by the local health district, may be reduced to seven days if a viral test collected on or after day five has come back negative.
- If you are fully vaccinated,* quarantine or testing after exposure is generally not necessary unless symptoms develop.
 - There are some exceptions for specific settings. Always follow the direction of the local health district.

Other recommended best practices for gyms, dance instruction studios, and other personal fitness venues

Facilities

- If members/clients are not fully vaccinated* or status is unknown, consider limiting capacity based on available space and allowance for at least 6-foot social distancing, whenever possible.
- For class settings, consider setting up area allowing at least a 6-foot radius around participants.
- Consider reinforcing through member communication and signage the recommendation that anyone who is not fully vaccinated* practice social distancing.
- Consider removing excess seating throughout the facility to discourage lingering/congregating.
- Consider establishing log-in procedures for members/clients, and maintain that information for potential contact tracing.
- Consider providing space at entrance or in lobby area to allow spacing for coat racks and, when used, kiosks for check-ins.
- Where applicable, consider designating with signage, tape, or other means 6-foot spacing for clients in line to allow distancing.
- Consider making hand sanitizer and sanitizing products readily available throughout the site for employees and customers to sanitize hands and equipment before and after each use.
- Provide disinfectants approved by the U.S. Environmental Protection Agency (EPA), or disinfecting wipes, for use on equipment before and after use by clients. Consider having equipment cleaning backed up by employees.
- If possible, consider providing foot pedals to open doors, or prop doors open to avoid contact.
- Consider posting reminder signage for hand-washing, sanitization of equipment, distancing, etc.
- Consider posting clearly visible signage at entrances and elsewhere with the recommendation that anyone who is not fully vaccinated* should wear a mask whenever possible in the facility and practice social distancing. Signage is available for download on the [Posters and Signs page at coronavirus.ohio.gov](#). If printing assistance is required, contact the Ohio Department of Health Call Center at 1-833-4-ASK-ODH (1-833-427-5634).
- Consider posting directional signage to encourage separation of entrances and exits.
- Strive to maximize ventilation, including opening doors and windows, and employing filtration of MERV 13 or higher.

Locker Rooms and Public Restrooms

- Frequently clean and disinfect public areas and restrooms using EPA-registered disinfectants, with particular focus on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- Make sure supplies for handwashing, including soap and materials for drying hands, are fully stocked every time the bathroom is cleaned.
- Use appropriate temperatures when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Consider having employees wear gloves and face covering if they are not fully vaccinated* and handling towels.
- Consider disabling or marking every other or every third locker for non-use to allow 6-foot social distancing.
- Consider removing any casual seating, other than benches by lockers.
- If independent showers are available and used, consider having an attendant and cleaning between each use.
- Consider limiting the number of users at any one time in restroom facilities, based on the facility size and to allow social distancing.
- Review Centers for Disease Control and Prevention (CDC) recommendations for established restroom cleaning schedules.

Members/ Clients

- Consider requiring check in upon arrival at facility for contact tracing purposes if it becomes necessary.
- When participating in class training, consider asking participants to arrive no more than 10 minutes prior to class to avoid congregating.

Equipment

- Routinely clean and disinfect equipment and consider asking members/clients to use their own balls/racquets/paddles/equipment.
- If equipment is shared, clean and disinfect equipment after each use.

Pools

- Review the COVID-19 recommendations for [local/public pools and aquatic centers](#).

Restaurants, Smoothie Bars, and Vending Drink Stations

- Review the COVID-19 recommendations for [restaurants and bars](#).

NOTE: Employers, businesses, organizations, and event organizers may choose to require masking, social distancing, and/or other COVID-19 mitigation measures.

* You are fully vaccinated if at least two weeks have passed since you received the second shot of a two-dose vaccine (Moderna, Pfizer) or since you received a single-dose vaccine (Johnson & Johnson).