ALLEGHENY COUNTY HEALTH DEPARTMENT

COVID-19 GUIDANCE

FOR GYMS AND FITNESS FACILITIES

INDOOR EXERCISE

Anyone exercising indoors at a gym or fitness facility MUST wear a face covering.

50%

Indoor occupancy limited to 50%

GROUP LIMIT 25

Limit group size to 25

OUTDOOR EXERCISE

Gyms should prioritize outdoor exercise activities.

Anyone exercising outdoors MUST wear a mask if keeping at least 6 feet from others is not possible

GROUP LIMIT 50

Limit group sizes to 50

STRONGLY RECOMMENDED

Encourage employees and patrons to stay home when sick

Provide hand sanitizer throughout gym

Frequently sanitize equipment, locker room areas, countertops and hard surfaces

STOP THE SPREAD OF GERMS

Use visuals to remind customers and employees of requirements and guidance

Offer online bookings for fitness classes and touchless payment methods

Wash hands frequently, especially after using equipment

Do not touch your eyes, nose, or mouth and cover coughs and sneezes

Arrange equipment and limit group exercise class size to allow for 6 feet between people

Install plastic barriers at reception areas to physically separate staff and clients

Limit hours of operation to allow for proper cleaning and sanitization