

Guidelines for Reopening Fitness Centers



This guidance is intended to convey the message of Governor Hogan and the Maryland Strong: Roadmap to Recovery as it relates to Calvert County residents, business owners, workers and visitors at this moment in time. The Roadmap lays out important guiding principles:

Marylanders should continue to wear face coverings or masks in indoor public places.

Marylanders should continue to practice physical distancing.

It is important that all of our actions in the near future are consistent with these guiding principles. Re-opening or changing the way a business or venue operates is a major undertaking. Below we have a collection of general ideas that businesses or owners should take into consideration when developing business-specific plans for re-opening or alteration of operations:

- » The total number of persons permitted cannot exceed 50% of the maximum occupancy.
- » Exercise equipment should be spaced at least 10 feet apart due to the force of exhalation during exercise.
- » 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.
- » Increase disinfectant stations throughout the facility.
- » Provide “wipe down” directions for guests to follow after using shared equipment.
- » Guests should be advised to wash their hands with soap and water upon entry to the facility.
- » Hand sanitizer, disinfectant wipes, or hand washing stations are readily available at all times.
- » Provide signage and queues for guests indicating proper social distancing and proper hand washing, including restrooms and locker rooms.
- » Guests should wear face coverings upon entry, exiting, interacting with employees, or other guests. When exercising, guests are encouraged to wear face coverings if able to do so safely.
- » 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.
- » Assign staff to monitor and disinfect high contact areas (door handles, counters, restrooms/locker rooms, equipment, etc.) frequently.
- » Staff are trained on the safe use of disinfectants and personal protective equipment.
- » Staff shall wear face coverings when interacting with the other staff and guests. Masks shall cover both mouth and nose.
- » 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.
- » All food service areas should follow the guidelines for restaurants and bars.
- » 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.*