COVID-19 Preparedness Plan
Guidance: Requirements for Gyms, Studios, and Fitness Centers

03/12/2021

Executive Order (EO) 21-11 will begin Monday, Mar. 15 at 12p.m. (noon) and does not have an end date. Effective March 31, 2021 at 11:59 p.m., larger venues, restaurants, gyms, and pools will be able to expand their occupancy per the Stay Safe Guidance (staysafe.mn.gov/industry-guidance/index.jsp). Gyms, studios, and fitness centers must comply with the requirements set forth in EO 21-11, along with the requirements provided in this document, to mitigate the risk of transmission of COVID-19.

The Stay Safe MN website may be updated with Frequently Asked Questions about the Governor’s Executive Orders and related industry guidance. These Frequently Asked Questions may also include clarifications to the requirements and recommendations in Executive Orders and guidance. See Frequently Asked Questions about Stay Safe MN (https://mn.gov/covid19/for-minnesotans/stay-safe-mn/faq.jsp) or Stay Safe Guidance for Businesses and Organizations (https://staysafe.mn.gov/industry-guidance/index.jsp)

Updates to this document include eliminating a maximum number of workers for in-person indoor meetings (See Page 2), increasing the maximum number of persons in classes from 25 to 50 persons (See Page 3), increasing the maximum occupancy within a pool area from 25% to 50% (See Page 4), removing the reservation requirements for persons entering the facility (See Pages 4 and 11), updated criteria for determining the maximum occupant capacity for facilities (See Pages 9-10), and removing the restrictions against community drinking stations (See Page 13).

Requirements under EO 21-11

The full executive orders (EO) with requirements can be found at Executive Orders from Governor Walz (mn.gov/governor/news/executiveorders.jsp).

✓ Social gatherings limited. Social gatherings are limited as described on the Social Gatherings webpage (staysafe.mn.gov/individuals-families/social-gatherings.jsp). Most commercial activities are not considered social gatherings, so this limit will not impact most industries.
Masks and face coverings required. EO 20-81, requiring face coverings in certain settings, remains in full force and effect, except as amended by EO 21-11. See Face Covering Requirements and Recommendations (www.health.state.mn.us/diseases/coronavirus/facecover.html). In addition, Executive Order 20-81 allows industry guidance to establish additional face covering requirements for each sector, so businesses must comply with additional face covering requirements set forth in this document and other applicable industry guidance.

People at higher risk. All people currently living within the State of Minnesota who are at higher risk of severe illness from COVID-19, as defined by Executive Order 20-55, are strongly urged to stay at home or in their place of residence and follow the provisions of Executive Order 20-55.

Work from home. Work from home. Through April 14, 2021 all people who can work from home must continue to do so. Effective April 15, 2021, working from home is strongly recommended, and businesses are strongly encouraged to provide reasonable accommodations under existing federal and state law for at-risk employees or employees with one or more members of their household who have underlying medical conditions and are not yet eligible for vaccination. Business and activities are affected differently. For a full listing of all business and activity requirements and limitations, see the full executive order at Executive Orders from Governor Walz (https://mn.gov/governor/news/executiveorders.jsp). Please review the guidance below for industry-specific requirements and applicable COVID-19 Preparedness Plan Requirements Guidance.

For the duration of EO 21-11, gymnasiums, fitness centers, recreation centers, indoor sports facilities, indoor climbing facilities, indoor and outdoor exercise facilities, martial arts facilities, and dance and exercise studios must operate in compliance with the requirements of this guidance and EO 21-11, which are required to mitigate the risk of transmission of COVID-19 at these facilities.

Through April 14, 2021, workers who can work from home must do so. Effective April 15, 2021, working from home is strongly recommended.

Meetings and training sessions must be held virtually whenever possible through April 14, 2021, and in-person meetings and training sessions must be limited to workers only and involve as few workers as possible. Effective April 15, 2021, virtual alternatives to in-person meetings and training sessions are strongly encouraged.

Limits on numbers of people allowed at one time in a facility.

- Facilities must follow the requirements under “Managing Access and Occupancy” for occupant capacities, including how to determine the maximum occupancy for the facility. Effective March 31 at 11:59 p.m., allowable occupancy for certain larger establishments will increase, subject to the requirements in this guidance.

- The occupancy of all gymnasiums, fitness centers, recreation centers, indoor sports facilities, indoor climbing facilities, indoor and outdoor exercise facilities, martial arts facilities, and dance and exercise studios must be further limited to ensure required social distancing can be maintained between all people at all times.
For example, if a facility’s rated occupant capacity is 80 persons, but to maintain required social distancing only 15 people may be exercising in the facility at one time, the number of occupants must be limited to only 15 people even though 50% percent of the rated occupancy is 40 people.

**In all areas of the facility**, all people, including workers, trainers, members, and visitors, must maintain a social distance of at least 6 feet from others. Even people from the same household must comply with these social distancing requirements.

Workers, including personal trainers, may assist people with physical exercise and similar activities if at least 6 feet of social distancing is maintained between the worker and the person they are assisting and all people are wearing face coverings. These social distancing requirements do not prevent a facility from allowing an adult to provide support to a person who, by reason of age, medical condition, or disability, needs assistance with activities (e.g. exercise, changing, using the restroom, etc.).

Youth and Adult Organized Sports activities must comply with the guidance for [Organized Sports on the Stay Safe Minnesota website](staysafe.mn.gov/industry-guidance/organized-sports.jsp). Gyms, fitness centers, sports facilities, and similar establishments hosting organized sports activities should monitor the Organized Sports page on the Stay Safe Minnesota website for changes to guidance on organized sports activities. All other sports activities are currently prohibited if they cannot be conducted in a way that guarantees 6 feet of social distancing is maintained between individuals.

**In-person group classes, sessions, and other activities (“classes”)** must adhere to the following criteria:

- Each class must be held in a designated, separate, self-contained space that physically separates the group activities from all other activities at the facility.
- Classes cannot exceed 25 people when held indoors, and 50 people when held outdoors, which include all participants, instructors, and people in the class area. Businesses must use the following calculation to determine the maximum number of people allowed in the area where the class is being held.
  - **Step 1**: Determine the total area (in square-feet) of space within the facility where the class is being conducted.
  - **Step 2**: Divide the total area by 36 (i.e., 6-foot by 6-foot square for each person).
  - **Step 3**: If the number is less than 25 (indoors) or 50 (outdoors), then the resulting calculation is the maximum number of people allowed within the designated space. If the number is greater than 25 for classes held indoors, the number of people may not exceed 25 at any given time. If the number is greater than 50 for classes held outdoors, the number of people may not exceed 50 at any given time.

- A reservation system must be established for each class.
- Access into the class area must be restricted to members of the class with a reservation, or an instructor. Other people, including other workers, members, observers, or spectators are not permitted into the class area while the class is in progress.
- Workers are permitted in the class area to film or facilitate remote or virtual classes, sessions, and activities, but must be included when determining the maximum number of people.

- During classes, all people within the class must maintain distancing of at least 6 feet from others. Individual areas for each person must be identified and demarcated in the class area to ensure social distance of at least 6 feet is maintained. Examples include taping the floor with 6 foot squares, providing stanchions or partitions, or pre-positioning mats. Physical contact between people is not permitted.

- When classes are not occurring (e.g., before class, when setting up, or when exiting), social distance of 6 feet must be maintained between individuals at all times.

- Face coverings must be worn by all people in the class at all times.

- Consumption of food or beverage is not permitted in the class area. People may remove their face coverings briefly to hydrate, but members of the class must not be engaged in any activities involving physical exercise or exertion while doing so and must ensure they are socially distanced from others.

- Virtual group classes, sessions, and other activities are strongly encouraged over in-person group classes, sessions, and other activities.

- Pools, Hot-Tubs, and Similar Facilities: Under EO 21-11, public pools - including pools, hot tubs, and whirlpools in gyms, studios, fitness centers, and similar facilities - are allowed to be open, subject to the following requirements:


  - Occupants of pools must be factored into the overall capacity of the facility.

  - All saunas, steam-rooms, and similar facilities must be closed and their use not permitted.

- Locker Rooms: Locker rooms may be open and used only if the following conditions are maintained. If the conditions below cannot be maintained, locker-rooms must be closed and their use not permitted.

  - Social distancing of at least 6 feet is maintained in between people at all times;

  - Partitions are established, queuing is maintained, or seating is arranged to provide for required social distancing; and

  - Face-coverings are required to be worn at all times, except when showering.

- Social Distancing

  - Social distancing must be maintained between all persons in all areas of the facility. Social distancing requirements apply to all people, including members of the same household.

  - Machines, equipment and stations (e.g. weight benches, treadmills, exercise bikes) must be arranged to ensure that the person(s) using station, machine, or equipment maintains at least 6 feet of distance from others at all times. If machines, equipment, and stations
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cannot be positioned or configured to allow for the required social distancing, they must be blocked off and their use prohibited.

✓ Required face coverings

▪ Face coverings must be worn by all people at all times. Notwithstanding EO 20-81, individuals are not permitted to remove their face coverings during activities that involve a high level of exertion.

▪ Face coverings are not required and should not be worn when participating in activities that involve submerging or soaking a face covering in water—such as swimming or showering.

▪ For guidance on when an individual refuses to wear a face covering, or is unable to wear a face covering due to a disability, medical, or mental health condition, please see Frequently Asked Questions About the Requirement to Wear Face Coverings (www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).

✓ Food and beverages may only be offered or consumed on-site between the hours of 4:00 a.m. and 11:00 p.m. Food and beverage service must comply with the requirements found in the COVID-19 Preparedness Plan: Requirements for Restaurants and Bars found on Stay Safe Guidance for Restaurants and Bars (staysafe.mn.gov/industry-guidance/restaurants-bars.jsp).

✓ People may remove their face coverings briefly to hydrate in areas not designated for eating or drinking (including after 11:00 p.m. or before 4:00 a.m.). They must not be engaged in any activities involving physical exercise or exertion while doing so and must ensure they are socially distanced from others by at least 6 feet.

✓ Plan Guidance requirements

▪ To the extent businesses in gyms, studios, and fitness centers are operating activities that are allowed by EO 21-11, these facilities must follow requirements in the “COVID-19 Preparedness Plan Requirements Guidance for Gyms, Studios, and Fitness Centers” below unless revised or modified by the above provisions. If the requirements set out below have been revised or modified by the above provisions, the above provisions must be followed.
COVID-19 Preparedness Plan Guidance: Requirements for Gyms, Studios, and Fitness Centers

These requirements apply to businesses and employers primarily engaged in offering physical fitness and exercise facilities. These facilities include fitness studios, gyms, exercise centers, weight-training centers, health clubs, dance-studios, martial-arts studios, and racquetball/handball facilities. These requirements also apply to shared or communal facilities serving more than a single household, regardless of whether such facilities are open or available to the public, including but not limited to those facilities located in apartment buildings, condominiums, housing complexes, hotels, motels, and resorts.

Prevent the spread of COVID-19

The requirements and recommendations in Preparedness Plans will help reduce the spread of COVID-19 and are based on the core principles below. Following the requirements and recommendations will reduce the risk of exposure to COVID-19 but will not eliminate it. COVID-19 is primarily spread through respiratory droplets produced when an infected person coughs, sneezes, or talks. Anytime people gather, the risk of spreading COVID-19 increases for everyone.

The best way to reduce your risk of getting sick from or spreading COVID-19 is to:

✓ wear a well-fitting face covering,
✓ keep at least 6 feet of physical distance from people not in the same household,
✓ people who are sick or exposed to someone with COVID-19 must stay home, and
✓ wash hands often.

Covid-19 vaccination is being administered across Minnesota. Get vaccinated when it is your turn. Even after a person has recovered from COVID-19 or is fully vaccinated they should still continue to stay distanced, wear a mask that fits well, wash their hands often, and follow other precautions. For more information, see the MDH COVID-19 Vaccine webpage (www.health.state.mn.us/diseases/coronavirus/vaccine/index.html).

Definitions

When used in this document the following terms have the following meaning:

Indoors

A space is “indoors” if the space is:

- Between the ground or other natural surface or a floor or similar surface and an overhead barrier, including but not limited to: a canopy, cap, awning, ceiling, roof, retractable barrier, or similar structure, whether opened or closed, and
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- Bounded by a physical barrier, including but not limited to walls, partitions, retractable dividers, doorways, garage doors or windows, whether opened or closed, that cover more than 50% of the combined surface area of the vertical planes constituting the perimeter of the space.

Indoor spaces may be temporary or permanent, finished or unfinished. A physical barrier bounding a space may be made of natural and manufactured materials. A 0.011 gauge window screen with an 18 by 16 mesh count is not a barrier. Examples of spaces that are or can be indoor spaces include, but are not limited to, buildings, towers, stadiums, arenas, theaters, rotundas, domes, tents, pavilions, gazebos, igloos, trailers, and other enclosures.

Potentially Infectious

A worker or person who is “potentially infectious” includes a worker or person who:

1. Is experiencing symptoms of COVID-19 and has not completed their isolation period;
2. Is residing in a location with someone who is experiencing symptoms of COVID-19 and has not completed their quarantine period, or has tested positive for COVID-19, and has not completed their isolation period;
3. Has been in close contact with or directly exposed to a person who is experiencing symptoms of COVID-19 or has tested positive for COVID-19, and has not completed their quarantine period since the close contact or direct exposure;
4. Has tested positive for COVID-19 and has not completed their isolation period; or
5. Has been tested for COVID-19 because they meet one or more of the conditions set out in 1, 2, or 3 and are waiting for the test results.

For information specific to different situations, refer to the MDH Close Contacts and Tracing: COVID-19 (www.health.state.mn.us/diseases/coronavirus/close.html).

Venue

A “venue” is a physical space or area used to perform activities or conduct events. A venue may be space or area that is public or private, indoors or outdoors, with defined or undefined perimeters and accessible with or without a cost to an attendee. A physical space or area is a venue if the actions, conduct, or decisions of a business or other entity, including an event organizer, result in members of the public assembling or gathering in a space or area for a common or collective activity or event.

COVID-19 Preparedness Plans

As required by the Executive Orders (also referred to as “EOs”) issued by Governor Tim Walz under the Peacetime Emergency, all businesses, both critical or non-critical, and other entities identified in the EOs, are legally required to develop and implement COVID-19 Preparedness Plans (also referred to as “Plan” or “Plans”). Under the EOs, a “business” and “businesses” include entities that employ or engage workers, including private-sector entities, public-sector entities, non-profit entities, and state, county, and local governments. “Worker” and “workers” are broadly defined by the EOS to include owners, proprietors, employees, contractors, vendors, volunteers, and interns.
For purposes of this Plan Guidance, “other entities” includes those entities identified in the EOs that are not covered by the definition of a “business” but are also required by an EO to develop and implement Plans. Other entities include places of public accommodation, establishments, institutions, facilities, venues and organizers identified in the EOs. Plan Guidance is designed to protect workers, customers and other members of the public from the transmission of the virus that causes COVID-19.

This Plan Guidance constitutes the “Plan Guidance” referred to in EO 21-11 and applies to all identified businesses and other entities. Businesses and other entities must develop and implement COVID-19 Preparedness Plans that address the following:

- The requirements of EO 21-11,
- The requirements included in the Requirements for All Businesses and Other Entities found at Stay Safe Guidance for All Business Entities (staysafe.mn.gov/industry-guidance/all-businesses.jsp), and
- The requirements included in this Plan Guidance that are applicable to their business or entity.

Unless clearly indicated that an action is recommended and included under “Recommendations,” businesses and other entities should understand that the Plan Guidance imposes legally enforceable requirements. In instances where a requirement uses language “to the extent possible,” the action is required, to the extent it is possible for the business or entity to implement the requirement.

Depending on the activities engaged in by a business or other entity, it may be required to comply with additional industry or activity specific plan guidance, such as plan guidance applicable to bars and restaurants, if the facility serves food and beverages or plan guidance applicable to businesses that provide personal services, if the facility has a hair salon.

Frequently Asked Questions have been posted to respond to questions about provisions of Executive Orders and Plan Guidance. The following is a link to current Frequently Asked Questions about Stay Safe MN (mn.gov/covid19/for-minnesotans/stay-safe-mn/faq.jsp).

**Required Plan Sections**

Follow the requirements included in the Requirements for All Businesses and Other Entities found at Stay Safe Guidance for All Business Entities (staysafe.mn.gov/industry-guidance/all-businesses.jsp) and the following:

1. Health screening
2. Managing Occupancy
3. Maintain social distance
4. Hand hygiene practices
5. Consumption of food and beverages
6. Use of face coverings
7. Cleaning and disinfecting

Requirements and Recommendations

1. Health Screening and “Stay at Home”

Requirements

✓ Establish and implement health screening for all people entering the business, entity, or venue, including workers, patrons, members, guests and visitors, and establish and implement procedures for addressing people who are potentially infectious (see definition above).

▪ Track attendance to account for the people who were present at the facility each day.

▪ Require all people to review and respond to screening-survey questions upon arrival and check-in, and verify that they are not potentially infectious.

▪ People whose responses to a health screen indicate they are potentially infectious must be advised to immediately leave the location.

Recommendations

▪ If a business or entity is contacted by public health (Local Public Health, Minnesota Department of Health, etc.) regarding cases at the facility and concerns about transmission in the facility, it is strongly recommend that the business or entity inform its membership that there have been COVID-19 cases at the facility.

▪ Notification to members will instruct them to get tested should they develop symptoms, and not return to the business or entity while they are potentially infectious.

2. Managing Access and Occupancy

A Venue Occupancy Calculator and a COVID-19 Venue Capacity Guide are tools available to determine occupant capacity on the Stay Safe Guidance for Entertainment and Meeting Venues webpage (staysafe.mn.gov/industry-guidance/entertainment.jsp).

Requirements

✓ **Occupant Capacity:** Unless otherwise expressly permitted under these requirements, businesses must reduce the occupant capacity for the entire facility to that which is necessary to allow for the required social distancing and required under Executive Order 21-11.

▪ To calculate the permitted maximum occupancy for the facility, businesses must begin with the rated occupant capacity of the facility whenever required or established by applicable state or local authorities in accordance with established codes and requirements. A business may not use other metrics (e.g. average daily attendance) as a basis for determining rated occupant capacity unless expressly provided within this document. If a business is unsure of its rated occupant capacity, the business must consult with the applicable state or local authorities with jurisdiction.
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- **Before April 1, 2021:** Occupancy cannot exceed 50% of the rated occupant capacity for the facility or 250 persons at any time, whichever is fewer.

- **Effective April 1, 2021:** Occupancy cannot exceed the maximum number of persons as determined by the following:

  - **Less than 500 persons:** If the rated occupant capacity of the entire facility is 500 persons or less, then the occupancy for the facility cannot exceed 50% of the rated occupant capacity or 250 people at any time, whichever is less.

  - **Greater than 500 persons:** If the rated occupant capacity of the entire facility is greater than 500 persons, then the business must use the following calculation to determine the maximum occupancy for the entire facility:
    - Step 1: Start with the rated occupant capacity for the entire facility, and subtract 500.
    - Step 2: Take the difference and multiply it by 10% (0.10).
    - Step 3: Take the number and add 250.
    - Step 4: If the sum is less than 1,500, then the resulting calculation is the maximum number of persons allowed within the facility at any given time. If the sum is greater than 1,500, then the maximum number of people may not exceed 1,500 at any given time.

  - Example: An indoor fitness center maintains an occupant capacity of 3,000 members. The maximum capacity permitted is 500 members (3,000 – 500 = 2,500; 2,500 x 0.10 = 250; 250 + 250 = 500).

- If a facility does not maintain a rated occupant capacity that is required or established by applicable state or local authorities (e.g. outdoor field, parking lot), the business must use the following calculation to determine the occupant capacity allowed for the facility:
  - Step 1: Determine the total area (in square-feet) of space within the facility that is accessible to, and may be occupied by, members while at the facility.
  - Step 2: Divide the total area by 113 (i.e. 113 square-feet per person; See
  - Step 3: Referring to the requirements provided in Executive Orders or this document for occupant capacity, complete the following: If the number is less than the maximum number permitted in the requirements (i.e. 1,500 persons), then the resulting calculation is the maximum number of people allowed for the facility. If the number is greater than the maximum number permitted (i.e. 1,500 persons), the number of people may not exceed the maximum number permitted (i.e. 1,500 persons) at any given time.

- The number of workers for the business does not need to be included when considering occupant capacity for the purposes of these requirements.

- Dividing up a Facility: A business may not divide itself or operate in any manner that exceeds the facility’s maximum occupancy. The maximum number of people allowed for a facility applies to the entire facility (indoors and outdoors combined) unless otherwise expressly permitted within these requirements.
Social Distancing Must Be Maintained: Under all circumstances, if the allowable number of people creates congregation, congestion and bottle-necking that does not allow for proper social distancing and consistency with these requirements, the business must further reduce the number of people it allows to a level that achieves consistency with these requirements.

Managing Access: Businesses must monitor and manage the access and occupancy of the business to ensure the maximum occupancy is not exceeded.

- Control access into the business to limit the number of people allowed within the business at one time to ensure the facility remains at or below its allowable maximum occupancy.
- Businesses must prevent uncontrolled access of people into the facility.
- Limit access into the facility to only workers, trainers, instructors, and members.

Communication of Capacity: Venues must ensure the maximum number of patrons allowed within the venue, as determined by the venues’ compliance with these requirements and the relevant Executive Orders, is expressly stated in the written COVID-19 Preparedness Plan for the venue, as well as all rated occupant capacities, social distancing calculations, and other factors used to derive the capacity used by the venue.

Recommendations

- Encourage people to use online gym/fitness services, particularly if the people are of higher risk for severe COVID-19 complications.
- Establish specific hours for admittance for people at higher risk for severe COVID-19 complications; consider offering virtual services to these members.

3. Social Distancing

Requirements

- Implement a process to manage the number of people in the facility to maintain required social distancing in rooms and areas including restrooms and locker rooms, taking into consideration the number of people present, level of exertion for activities, and duration of individual activities.
- Implement and maintain required social distancing between individuals in areas where people gather and provide queuing (e.g. signage, markings, barriers, paint, tape, flags) for social distancing.
- Evaluate locations and activities to implement required social distancing of at least 6 feet.
  - Evaluate scheduling, size of rooms/areas, use of restrooms/locker rooms, number of members, level of exertion, duration of group classes and individual activities to allow for the required social distancing.
  - Evaluate the layout and configuration of equipment to allow for the required social distancing.
- Implement and maintain social distancing of at least 6 feet.
Ensure that workers and patrons are supervised to guarantee required social distancing practices are followed.

Social distancing of at least 6 feet must be maintained between people engaged in exercise or other activities involving physical activity.

Social distancing of at least 6 feet must be maintained between users of machines, equipment and stations (e.g., weight benches, treadmills, exercise bikes). If equipment, machines or stations cannot be positioned or configured to allow for required social distancing, they must be blocked off and their use prohibited.

- Personal Trainers: Personal trainers and workers assisting members with exercise must maintain the required social distancing of 6 feet.

- Eliminate congestion areas, bottlenecks and choke points.
  - Establish one-way traffic flow for tracks, equipment circuits to the extent possible.
  - Use queuing (e.g. signage, physical markers) to direct one-way flow of traffic into, within, and out of the facility.

- These social distancing requirements do not prevent a facility from allowing an adult to provide support to a person who, by reason of age, medical condition, or disability, needs assistance with activities (e.g. exercise, changing, using the restroom, etc.).

**Recommendations**

- Offer planned “circuit-type” workouts that facilitate physical distancing and allow for cleaning and disinfecting of equipment during recovery between exercises or encourage members to use only one piece of equipment at a time (no circuits or super sets).

- Encourage members to pre-plan workout routines to avoid lingering and socializing.

- Consider limiting workout length to avoid unnecessary exposure and crowding and to allow the facility time for additional cleaning and disinfection.

- Offer activities outdoors, as opposed to indoors, whenever possible.

**4. Hand Hygiene Practices**

**Recommendations**

- Provide additional hand washing facilities and hand sanitizer throughout the facility to encourage hand-washing and minimize crowding, congestion, and lines.

**5. Consumption of food and beverages**

**Requirements**

- Restrict eating and drinking

  - When individuals consume food and beverages, they must be seated in an area designated for eating and drinking that is separated from where people are exercising or
otherwise engaged in physical activity, and ensures that people can maintain a social
distance of at least 6 feet from others.

▪ Food and beverage service must comply with the requirements applicable to

Recommendations

▪ Strongly discourage communal serving or sharing of food.

▪ Turn off community drinking stations and water fountains unless protocols are implemented to
  ensure frequent sanitation between users. Touchless water-filling stations may still be
  provided.

▪ Provide individual water-bottles in lieu of community drinking stations.

6. Use of face coverings

Requirements

✓ Require workers, including staff and trainers, to wear a face covering that covers their mouth
  and nose in accordance with Executive Orders 20-81, as amended by EO 21-11. These Executive
  Orders require everyone—including workers—to wear a face covering in indoor businesses and
  indoor public spaces. Additionally, the Executive Order requires workers to wear face coverings
  when working in outdoor settings in situations where social distancing of at least 6 feet cannot
  be maintained. See Face Covering Requirements and Recommendations
  (www.health.state.mn.us/diseases/coronavirus/facecover.html)

✓ All people must wear face coverings at all times when in the facility, including when exercising,
  entering and exiting the facility, moving throughout the building, using locker rooms and
  restrooms.

✓ Face coverings are not required and should not be worn when participating in activities that
  involve submerging or soaking a face covering in water, such as swimming and showering.

7. Cleaning and Disinfecting

Requirements

✓ Disinfect each machine and piece of equipment, including but not limited to weight-benches,
  treadmills, cycles, ellipticals, step machines, weights and strength training equipment, portable
  mats, racquets, balls, between use by each person.

✓ Do not permit the sharing of equipment or items that are difficult to clean and disinfect
  between users (e.g. weight-lifting gloves).

✓ Train workers on how to clean and disinfect equipment and instruct workers to clean and
  disinfect equipment in accordance with cleaning and disinfection procedures in a timely
  manner.
Provide supplies for people to clean and disinfect machines and equipment before and after exercising at each location, station, or piece of equipment.

**Recommendations**

- Minimize sharing of work stations, machinery, and equipment.
- Provide “needs cleaning” tags that people can access and place on machines and equipment after use.
- Encourage members to bring, provide, and use their own equipment whenever possible.