

Gyms and Fitness Centers FAQs

How is my gym helping to slow the spread of COVID-19?

By implementing appropriate physical distancing measures, limiting capacity to 50 percent, requiring physical distancing and face coverings, and putting cleaning and disinfecting protocols in place.

Is my temperature going to be checked at the gym?

Yes, and you should always make use of available hand sanitizer, and wear a face covering when entering and exiting the gym. If you can wear the face covering while working out, please do so. If you feel sick, please stay home and do not go to the gym.

Do I need to wear a mask (or gloves) while I'm working out?

You are required to wear a face covering when at the facility except when engaged in physical exercise or while training.

How can I maintain physical distance at the gym?

Gyms will have to take measures to make sure you can stay at least six feet away from other people in the gym. You'll see signs, floor markings and gym equipment may be moved to allow for physical distancing. Staff will remind you to maintain physical distance from people who are not part of your household.

How often should gym equipment be cleaned?

Gyms will have to enhance their cleaning and disinfecting protocols for every area of the gym, including reception areas, locker rooms, restrooms, changing areas and showers.

Each piece of gym equipment must be cleaned before and after use, including mats, weights and machines.

Gyms may implement a check-out system for patrons for small equipment and accessories, such as exercise bands, ropes, foam rollers, to ensure there is a cleaning process in place.

Can I work out with a personal trainer?

Yes, but you and your trainer must maintain physical distance of at least six feet. Trainers must wear a face covering and it is encouraged that you wear one as well.

Can I take a group class?

Yes, but classes must be modified to ensure that there's at least six feet of physical distance between people in the class. For high aerobic classes such as aerobics, spin or conditioning or machines such as elliptical, tread or stair machines, it is advised that people be spaced 8 feet apart. No person-to-person contact is allowed.

Is COVID-19 transmitted by sweat?

There is no evidence that the virus can be spread through sweat. The virus is transmitted through droplets produced through coughing and sneezing, close personal contact, such as caring for an infected person and touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

How can I be certain the air in my fitness center is clean?

Gyms are encouraged to upgrade their ventilation. They could potentially install high-efficiency air cleaners, upgrade the building's air filters and make other modifications to increase the quantity of outside air and ventilation.

Can I swim at the gym?

Yes, pools will be open, but gyms must take additional cleaning and disinfection protocols based on the Centers for Disease Control and Prevention (CDC) guidelines.

Swimmers are encouraged to use and bring their own towels and equipment, for example goggles.

You must wear a face covering when not in the water.

Can I shower at the gym?

Showers may be used with appropriate physical distancing in place. Check with your gym to see if showers are open at the facility you use.

Are towels at the gym safe to use?

You should bring your own towel if possible. Gyms may have towels available, but it is not advisable that they do.

Can I use the sauna, steam room or hot tub?

No, saunas, steam rooms, and hot tubs will remain closed.

Can I get a massage?

No, massage and spa services are not yet open.

Are shared lockers safe?

Yes, but physical distancing must be followed and locker availability may be limited.

Are group sports like basketball, handball or racquetball allowed?

No, these activities typically involve participants who are not from the same household coming into close contact with each other. Gatherings with people who are not from your same household are still prohibited.

Is it ok to do yoga / do I need to bring my own mat?

Yes, but class sizes will be limited. Hot yoga classes where the temperature is more than 100 degrees are discouraged.

You should bring your own towels, mats and other equipment needed.

Can I do exercises on machines that are shared?

Yes, but use by following proper disinfecting protocols.

Can I use the lounging areas at my fitness studio?

No, lounging areas will not be available. Shared amenities such as magazines, books, self-serve water stations (unless touchless) will be removed.

Is childcare permitted?

No, childcare services aren't allowed yet. Also, fitness facilities with playgrounds must keep those areas closed until such facilities are allowed to resume operations.

Will the juice / snack bar at my gym be available?

Each facility will determine what elements of its operations it will reopen, but food service operations, including juice bars, snack bars, and other concessions may be open and should be operated in accordance with current health orders and guidelines.

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