

DRAFT

Health and Fitness:

This guidance applies to health and fitness centers such as gyms, personal and group fitness classes and studios (e.g., aerobics, yoga, gymnastics, dance, martial arts, etc.), and indoor playgrounds.

General Guidance to Protect Employees and Customers:

1. Review and follow the [Universal Guidelines](#).
2. If serving food, follow NH [Food Services Industry](#) guidelines
3. If serving retail (e.g., artist merchandise) follow NH [Retail Guidelines](#).
4. Review and follow CDC [guidance for businesses and employers](#).
5. Review and follow CDC [guidance for cleaning and disinfection](#).

Business Process Adaptations

1. Admissions to the facility should be limited by the ability to social distance, this includes group classes.
2. Fitness machines, benches, and weight-lifting and other equipment should be re-arranged to allow more than 6 feet of space between machines and work-out spaces.
3. Increase workout room and overall building ventilation if possible
4. Water fountains should be disabled but water bottle refill stations may remain available. Members and staff should be encouraged to bring their own water bottles.
5. Members are required to thoroughly clean and disinfected used equipment (machines, benches, bars, dumbbells, weights, sporting equipment, etc.) after each use.
6. Only clean equipment should be placed back on a storage rack or in a container to be ready for the next use.
7. Facilities must supply cleaning and disinfecting materials and make them readily available in each room with instructions on use.
8. Group fitness classes should limit attendance to the number of individuals where at least 8 feet of distance can be maintained between attendees/members at all times, taking into account movement during class sessions (e.g., Zumba, karate, etc.).
9. At least 10 minutes between classes to allow for appropriate ventilation of the fitness room and cleaning and disinfection of the floor and commonly touched surfaces. The room should be made off limits until this has occurred after each class has ended.
10. Personal training sessions that are allowed, social distancing protocols should be observed.

