

## Safety Plan For All Persons Entering the GYM

### A. Physical Distancing

Responsible Parties must ensure that capacity within the gym or fitness center is limited to no more than 33% of the maximum occupancy for a particular area as set by the certificate of occupancy at any given time, inclusive of employees and patrons, both of whom must only be permitted entry into the gym or fitness center if they wear an acceptable face covering at all times, provided that the employee or patron is over the age of two and able to medically tolerate such covering;

For individuals who are unable to medically tolerate an acceptable face covering, Responsible Parties must ensure that such individuals wear a face shield at all times. However, the CDC “does not currently recommend use of face shields as a [sufficient] substitute for masks.” complete and pass a health screening, as described below on page 14 under Section III:

Processes, Subsection A: Screening and Testing; and o sign-in upon entering the facility (or prior via remote check-in), providing their

- full name,
- address,
- phone number for use in contact tracing efforts. ▪

The sign-in process may be conducted through any means that the Responsible Parties establish to collect the above contact information, including but not limited to a digital application, barcode reader, swipe card reader, and/or paper form.

The GYM must maintain a record of the aforementioned sign-in data for a minimum period of 28 days and make such data available to state and local health departments upon request. • The GYM must ensure that a distance of at least six feet is maintained among individuals, including employees and patrons, at all times, unless safety or the core activity requires a shorter distance (e.g., moving equipment, using an elevator, attending to a medical emergency). The core activity does NOT apply to exercise activity, which must always allow for at least six feet of distance between individuals. o Responsible Parties should discourage free weight exercises that require a spotter. However, if those exercises occur, an employee wearing a face covering should be available or the patron who is lifting the weights should have a member of their household or party who is wearing a face covering available to spot. In either case, spotting must be conducted within the least amount of time possible (i.e., no lingering or socializing). The GYM must ensure that all individuals, including employees and patrons, wear acceptable face coverings at all times, while at the gym or fitness center, unless they are eating (e.g., in a designated area, such as a café apart from the exercise area), drinking , they are able to medically tolerate such covering.

Acceptable face coverings for COVID-19 include, but are not limited to, cloth-based face coverings and disposable masks appropriate for exercise that cover both the mouth and nose. Bandanas, buffs, and gaiters are not acceptable face coverings for use in gyms and fitness centers. o However, cloth, disposable, or other homemade face coverings are not acceptable face coverings for workplace activities that typically require a higher degree of protection for personal protective equipment (PPE) due to the nature of the work. For those activities, N95 respirators or other PPE used under

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existing industry standards should continue to be used, in accordance with OSHA guidelines. o The face covering requirement must be applied in a manner consistent with the federal ADA and New York State and City Human Rights Laws, as applicable.

The GYM must modify the use of, reorganize, and/or restrict the number of available workout stations and exercise equipment (e.g., cardio equipment, free weights, cycles, mats) so that individuals are at least six feet apart in all directions (e.g., side-to-side and when facing one another) at all times. • Responsible Parties must ensure individuals are not sharing equipment without cleaning and disinfection between use. • When distancing is not feasible in non-workout related locations (e.g., reception desks), Responsible Parties should erect barriers (e.g., plastic shielding walls) in areas where they would not affect air flow, heating, cooling, or ventilation, or present a health or safety risk. o If used, physical barriers should be put in place in accordance with OSHA guidelines. o Physical barrier options may include strip curtains, cubicles, plexiglass or similar materials, or other impermeable dividers or partitions. • The GYM should prohibit the use of small spaces (e.g., storage closets, equipment checkout areas) by more than one individual at a time, unless all employees in such space at the same time are wearing acceptable face coverings. However, even with face coverings in use, occupancy must not exceed 33% of the maximum capacity of the space, unless it is designed for use by a single occupant.

The GYM must post signs throughout the gym or fitness center, consistent with DOH COVID-19 signage. Responsible Parties can develop their own customized signage specific to a workplace or setting, provided that such signage is consistent with the Department's signage. Signage should be used to remind individuals to

- Stay home if they are feeling sick
- Cover your nose and mouth with a face covering at all times, except while eating, drinking,
- Quarantine if they have recently been in a state with significant community transmission of COVID-19, pursuant to the DOH travel advisory.
- Properly store, clean, and, when necessary, discard PPE
- Adhere to physical distancing instructions.
- Report symptoms of or exposure to COVID-19, and how they should do so.
- Follow hand hygiene and cleaning and disinfection guidelines. o Follow appropriate respiratory hygiene and cough etiquette.
- Wipe down equipment with disinfectant wipes before and after usage

Please follow the rules so we can all stay safe and healthy