



Using Gyms, Fitness Centers, or Studios

Updated 12/31/2020 from the CDC

Exercising and [physical activity](#) are important for physical and mental health and should be continued for healthy living, especially during the coronavirus crisis. However, it is necessary to take precautions to reduce exposure to and transmission of COVID-19. The main way by which people are infected with COVID-19 is through exposure to respiratory droplets carrying infectious virus. COVID-19 has been shown to spread at gyms, fitness classes, and studios.

Considerations for gyms, fitness centers, and studios

There are multiple factors that increase the risk of COVID-19 spread in gyms, fitness centers, and studios (dance, karate, spin, etc.). There are ways to reduce this risk:

- Proximity: maintain at least 6 feet of separation (about 2 arm lengths) and avoid [close contact](#) with other people.
- Mask use: select a facility that requires all staff and attendees to wear a mask that covers their mouth and nose at all times.
- Exertion level: limit high-intensity activities to the outdoors.
- Ventilation: look for gyms, fitness centers, or studios that have high ceilings and use [ventilation practices](#) such as opening doors and windows and use portable air cleaners that have HEPA filters.
- Frequently touched surfaces: wipe down frequently touched surfaces, such as machines and equipment, with disinfecting wipes before and after use.

- Clean hands: wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol before and after using machines.
- Number of people: go during off-peak times to avoid crowding.
- Duration: if choosing to stay indoors, keep your workouts as brief as possible to avoid prolonged exposure.

Do not visit a gym, fitness center, or studio if:

- The facility does not have any mitigation measures in place, such as requirements for [masks](#) and [physical distancing](#).
- You have tested positive for COVID-19.
- You are showing any [symptoms](#) of COVID-19.
- Any of the people in your household or close contacts have tested positive for COVID-19 or are showing symptoms of COVID-19.
- You have been recently [tested](#) for COVID-19 and are waiting on test results.

Prepare before you go

- Use options for online reservations and check-in systems when available.
- Go to the gym, fitness center, or studio during low-usage times.
- Be aware of any extra prevention practices being implemented by the facility, such as new plexiglass barriers, mask policies, and closing of shared locker room space.
- Be prepared to not use the locker room in order to reduce the risk of being in close proximity to others in a small space. Arrive in work-out clothes and shower at home to avoid using shared locker room and bathrooms.

Limit activity indoors, especially group activities

- Use facilities with outdoor space or options for virtual classes and training sessions as much as possible.
- Limit attendance at high intensity activities such as indoor group training sessions. If you do attend such a session, maintain as much

distance as possible- at least 6 feet –between yourself and other individuals, and be sure to wear a mask covering your mouth and nose. If this is not possible, consider an outdoor training session instead.

- If you need to be indoors, open windows to increase airflow throughout the space.

Choose low-intensity activities over high-intensity activities when indoors

- Limit high-intensity activity when indoors, such as vigorous dancing, pick-up basketball, running, racquetball/squash, and spinning.
- Lower-intensity activities, such as yoga or walking, are safer indoor options. However, make sure to use physical distancing, limit physical contact, take extra precautions with shared equipment, and wear a mask.

Use physical distancing and limit physical contact

- Maintain at least 6 feet of separation as much as possible in areas that may lead to [close contact](#) (within 6 feet) among other people, such as weight rooms, group studios, pools and saunas, courts and fields, walking/running tracks, locker rooms, check-in areas, parking lots, and routes of entry and exit.
- Increase distance for high-intensity activities.
- Don't shake hands, give high-fives, do elbow bumps, or touch others because [close contact](#) increases the risk of acquiring COVID-19.

Take extra precautions with shared equipment

- Ensure equipment is [clean and disinfected](#). Wipe down machines and equipment with disinfecting wipes and use hand sanitizer that contains at least 60% alcohol before using machines.
- Do not share items that cannot be cleaned, sanitized, or disinfected between use, such as resistance bands and weightlifting belts.
- [Wash your hands](#) with soap and water or use hand sanitizer that contains at least 60% alcohol before and after using shared equipment.

Wear a mask

- Cover your mouth and nose with a [mask](#) when interacting with other people to minimize the risk of transmitting the virus.
 - Wearing both a mask and physical distancing is important. Do any vigorous-intensity exercise outside when possible, stay at least 6 feet away from other participants, trainers, and clients, and wear a mask. If the intensity of the exercise makes it difficult to wear a mask, it is especially important to do that activities outdoors away from others.
 - [Wash your hands](#) before adjusting your mask—review information about [proper use, removal, and washing of masks](#).
- For healthy people, wearing masks during exercise has not been shown to be harmful. However, individuals affected by lung disease, such as asthma or COPD, or heart disease, should be evaluated by a healthcare provider before attempting exercise with any mask.
- Remove your mask if it gets moist from sweat and replace it with a clean mask while exercising. Have more than one mask on hand so that you can easily replace a moist mask with a dry one.