



## **Tip Sheet and Frequently Asked Questions for Businesses Offering Outdoor Gym Services**

**09/09/2020**

The following Tip Sheet and FAQ was developed by the San Francisco Department of Public Health for use by local facilities and will be posted at <http://www.sfdcp.org>. Information may change.

**AUDIENCE:** Businesses offering outdoor gym services during COVID-19 pandemic.

**BACKGROUND:** On September, 09, 2020 the Health Officer issued directive No. 2020-27 (found at the [www.sfdph.org/directives](http://www.sfdph.org/directives)) authorizing and providing guidance for businesses offering Outdoor Gym services.

**PURPOSE:** This document addresses major points in, but does not replace, the Directive.

### **Tips for opening Outdoor GYMS**

This Tip sheet is a summary. It is highly advised for Business Owners to read the Public Health Directive.

**Gyms can open outdoors. Now what? Here are tips for opening a gym space outdoors while complying with the Health Officer issued Directive No. 2020-27.**

**Prepare, post and implement the following:**

- Health and Safety Plan (see Exhibit B of Directive No. 2020-27, posted at [www.sfdph.org/directives](http://www.sfdph.org/directives))
- Social Distancing Protocol (see Appendix A of the Shelter in Place Health Order, posted at [www.sfdph.org/healthorders](http://www.sfdph.org/healthorders))

**All gym services must be provided outdoors including, but not limited to, therapy or other services unless such services are permitted under the [Ambulatory Care Directive](#).**

- Indoor spaces such as locker rooms, shower facilities, changing areas, lounges and lobbies must remain closed to customers and the general public.
  - Customers may enter an establishment to:
    - use the restroom. Outdoor gyms should encourage customers to use the restroom before coming to the gym. Customers must not use the restroom solely to wash their hands and must sanitize their hands before entering the facility;
    - reach an outdoor space that is only accessible by traveling through the establishment;
    - access space that currently qualifies as an In-Store Retail business. Must comply with all applicable Health Officer Orders.



- Outdoor Gyms may, subject to any applicable permit requirements, conduct their operations under a tent, canopy, or other sun or weather shelter, but only so long as not more than one side is closed, allowing sufficient outdoor air movement. Ventilation is key to mitigating the spread of COVID-19.
- Outdoor Gyms must address potential hazards and comply with state and local laws, regulations and permitting requirements.
- For more information about setting up your outdoor space please visit San Francisco's Shared Spaces Program at <https://sf.gov/shared-spaces>.
- Outdoor Gyms must be in compliance with the [Cal/OSHA Guide to Electrical Safety](#) and the [Cal/OSHA standards for heat illness prevention](#).

### Physical Distancing:

- Customers and personnel must maintain physical distancing of at least six feet from people outside their household at ALL TIMES.
  - Evaluate the outdoor space to determine the number of people (including customers and personnel) who may safely fit in the Outdoor Gym area.
  - Whenever possible set up work-out stations so customers are facing **away** from each other.
  - It is highly recommended that Outdoor Gyms create a reservation system to manage capacity for gym access and high-use equipment.
  - Gyms are responsible for maintaining the six-foot separation between customers and personnel. Using signage, floor tape and/or directional guidance can help to ensure physical distancing as personnel and customers move around the space.
- Customers should engage in self-directed fitness, for example, customers may individually use treadmills, free weights or other fitness equipment.
- Outdoor Gyms are encouraged to set aside spaces or times for use by community members who are vulnerable to poor health outcomes from COVID-19.

### Screening:

- Customers must be verbally screened before entering the Outdoor Gym and if they answer yes to any of the following, they must **not** enter the Outdoor Gym. See the Screening Document here: <https://www.sfdph.org/dph/alerts/covid-guidance/covid-screening.pdf>
  - Have you tested positive or have come in close contact with a person who has tested positive for COVID-19 in the past 14 days?
  - Have you recently felt feverish or had other COVID-19 symptoms which are new or not explained by a pre-existing condition that day or within the preceding 24 hours, such as cough, shortness of breath, sore throat, nausea, vomiting, diarrhea, tiredness, chills, headache, muscle/body aches, confusion or loss of taste/smell?



**Facial Coverings:**

- Customers and personnel must wear a Face Covering at all times they are present at an Outdoor Gym. If anyone refuses, the Outdoor Gym must refuse service and request the customer leave the facility for the day. See [Health Order C19-12c](#), the Face Covering Order, for more information and exemptions.

**Sanitation Requirements:**

- Outdoor Gyms must develop a plan and implement sanitation requirements that **exceed** standard industry requirements.
  - Must provide a washing station or hand sanitizer or sanitizing wipes for customers and personnel.
  - Require personnel to regularly clean and disinfect high touch areas and surfaces, fitness machines, gear, accessories, sanitation stations and other equipment throughout the day following CDC guidelines found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
  - Require customers to disinfect any fitness machine, accessories or other equipment before and after each use. Make disinfectant spray and wipes available for customers at convenient locations. Ensure that lined, non-touch trash receptacles are available. Post signage to remind customers of this requirement.
  - Disinfecting products must be approved for use against COVID-19. An approved list can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
  - Wherever possible, install touchless, automatic water dispensers for use with personal, reusable water bottles or single-use, disposable paper cups. Display signage reminding Personnel and customers that the bottle or cups should not touch the water dispenser. If a touchless water dispenser is not feasible, remind workers and patrons to wash their hands or use proper hand sanitizer before and after touching the water release button on drinking fountains.

## Frequently Asked Questions

**I've created the plans, so am I done now?**

At least on a weekly basis, think about how your business and personnel are doing, how well you are complying with your Health and Safety Plan and your Social Distancing Protocol, and what changes are needed to improve your response to the COVID-19 pandemic. Look for new guidance from the SFDPH Communicable Disease Control and Prevention site ([www.sfdcp.org/covid19](http://www.sfdcp.org/covid19)) or the frequently updated page on sf.gov with [comprehensive resources for businesses during the COVID-19 pandemic](#).

**What if someone at my Outdoor Gym tests positive for COVID-19?**

People may be able to transmit the virus 48 to 72 hours before they develop symptoms of COVID-19. Some people **never** develop symptoms and can still transmit the virus.



See SFDPH guidance [What to do if Someone at the Workplace Has COVID-19](#). A list of personnel and customers from the organization will help SFDPH with contact tracing.

**Some of our customers use gloves for weightlifting and other exercise activities. Are they allowed?**

Customers may wear their gloves while working out but should be reminded about disinfecting and hand washing. Gloves do not replace disinfecting, hand washing or other sanitizing protocols.

**What about towels?**

Encourage guests to bring their own towels. If your establishment decides to provide towel service, used towels will need to be stored in a lidded container. Personnel who handle dirty laundry should wear gloves. Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely. Towels, whether provided by the establishment or brought by the guests do not replace the requirement to disinfect fitness machines, accessories, or other equipment used by the customers.

**What if our guests want to be spotted when they are lifting weights? Can gym personnel spot them?**

NO. Guests can only be spotted by someone from their own household.

## Resources

- Printable resources available in the COVID-19 toolkit.
  - <https://sf.gov/outreach-toolkit-coronavirus-covid-19>
- San Francisco Department of Public Health (SFDPH)
  - <https://www.sfdcp.org/covid19>
- San Francisco Department of Public Health – Health Orders
  - <https://www.sfdph.org/dph/alerts/coronavirus-health-directives.asp>
- Centers for Disease Control and Prevention (CDC)
  - List of Guidance documents  
<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html>