



San Francisco Department of Public Health

Tip Sheet and Frequently Asked Questions: Outdoor Fitness Groups

June 15, 2020

AUDIENCE: Businesses, community groups, or any organized outdoor fitness group (e.g., outdoor boot camp, Pilates, yoga classes, dance, personal training session, no contact martial arts like Tai Chi) involving people from more than one household. This also applies to casual informal groups including friends that exercise outside together. Outdoor restaurant dining and other outdoor gatherings are addressed elsewhere (see www.sfdph.org/healthorders and www.sfdph.org/directives).

BACKGROUND: On June 11, 2020, the Health Officer issued [Appendix C-1 to the Stay-Safe-At-Home Order](#), posted at www.sfdph.org/dph/alerts/coronavirus-healthorders.asp, authorizing and providing guidance including Outdoor Fitness Groups. This document summarizes the main action items.

Structuring a Fitness Group

- People from different households may come together in a group **totaling** no more than 12 people, including the Instructor(s).
- The outdoor space used must allow everyone attending to remain at least 6 feet apart from those not in their household at all times.
- Fitness groups must be scheduled to last no longer than 2 hours.
- Fitness groups must occur completely outdoors, except to use bathrooms. This may include parks or other spaces where such activities are allowed.
- Sunshades, awnings, or similar outdoor structures may be used, but must be completely open on all sides to provide maximum ventilation.

Preventing Transmission of Viruses

- Do not participate in a Fitness Group if you have had COVID-19 within the past 10 days, had close contact with someone with COVID-19 in the past 14 days, or are currently feeling ill or experiencing any one of the following symptoms: fever, chills, repeated shaking/shivering, cough, sore throat, shortness of breath, difficulty breathing, feeling unusually weak or fatigued, new loss of taste or smell, muscle pain, headache, runny or congested nose, or diarrhea.
- Participants in Fitness Groups must always wear a Face Covering, except people who have a written exemption from face covering provided by a healthcare provider and others exempt from the face covering requirement under [Health Order No. C19-12b](#), posted at www.sfdph.org/directives.
- Participants may not move between simultaneous Fitness Groups.
- No contact sports (e.g., basketball, football, boxing) or sports with shared equipment (e.g. Frisbee, baseball, playing catch) are permitted among members of different households.
- Participants should bring their own equipment if possible (e.g. medicine balls, mats, weights, pads, gloves, blocks, yoga mats, resistance bands, etc.). If equipment is provided, it must be cleaned/sanitized and not shared among people from different households.
- Singing, chanting, or shouting are strongly discouraged – whether or not wearing a Face Covering – due to increased risk of spreading the virus during such activities.



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Preparing for a Fitness Group

- Review the [Tip Sheet for Safer Interactions](http://www.sfdcp.org/safersocial), posted at: www.sfdcp.org/safersocial.
- Members of vulnerable populations (those over age 60 or with chronic medical conditions) should carefully consider the risks before determining whether to participate.

Organizing a Fitness Group

- ***The following rules apply to Business and Community Groups. Persons informally organizing friends for fitness in a park or other setting are encouraged to follow these rules as appropriate.***
- Documentation:
 - Business/Instructor(s) must develop a [Social Distancing Protocol](#) that includes, among other requirements, a plan to clean and disinfect high touch surfaces such as equipment and other surfaces before each Fitness Group. See [Appendix A of the Shelter in Place Health Order](#), posted at www.sfdph.org/dph/alerts/coronavirus-healthorders.asp.
 - Business/Instructor(s) should also develop a [Health and Safety Plan](#) that covers all of the Best Practices issued [Appendix C-1 to the Stay-Safe-At-Home Order](#), posted at www.sfdph.org/dph/alerts/coronavirus-healthorders.asp (Fitness Groups are addressed on Page 13-15). This should be available for participants, provided to Fitness Personnel, and posted at the site where the Fitness Group meets.
 - Business/Instructor(s) are encouraged to maintain for 3 weeks a list of Personnel and Participants willing to voluntarily provide their name to assist in contact tracing efforts if a participant develops COVID-19.
- Business/Instructor(s) must screen and not include in the Fitness Group any persons who had COVID-19 within the past 10 days, had close contact with someone with COVID-19 in the past 14 days, or are currently feeling ill or experiencing any one of the following symptoms: fever, chills, repeated shaking/shivering, cough, sore throat, shortness of breath, difficulty breathing, feeling unusually weak or fatigued, new loss of taste or smell, muscle pain, headache, runny or congested nose, or diarrhea.
- Business/Instructor(s) must provide face coverings, hand sanitizers or handwashing stations, and cleaning supplies to Fitness Personnel.
- If a Business/Instructor provides enough equipment for each participant, that equipment must be disinfected after each use, following federal, state, and local protocols. It must not be shared during the class.
- Business/Instructor(s) must prohibit Participants from congregating at the end of Fitness Groups.
- An instructor can hold 1 Outdoor Fitness Group at a time.
- Outdoor Fitness Groups are directed at adults. Educational and recreational programs for children are governed by separate rules (see the [Stay-Safe-at-Home Order](#), Section 15.f.xxvi, posted at www.sfdph.org/dph/alerts/coronavirus-healthorders.asp).
- Instructors may participate in sequential Fitness Group in the same day. If hosting sequential Fitness Groups, the Business/Instructor(s) must also:
 - Ensure at least 20 minutes between Fitness Groups for Participants to leave and for Personnel to clean and sanitize all high-touch areas.
 - Ensure Personnel thoroughly wash hands and clean, sanitize, or replace any items or clothing that have come in contact with Participants or equipment.



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Frequently Asked Questions

Should We Greet One Another as Usual? Shaking Hands, Kissing Cheeks, etc.?

- Identify how your community may greet one another in ways that reduce any spread of viruses, including COVID-19. For example, provide direction to replace hugs with elbow touches or hand signals like a peace sign or the American Sign Language sign for "I Love You." Greeters at all gatherings should refrain from offering handshakes and "model hospitality with words."

How do I know how far 6 feet is to ensure "social distancing"?

- Bring a tape measure, if possible to measure distance between chairs, or other seating assignments, ahead of time.
- If no tape measure is available, 6 feet is approximately the distance of 2 long strides. Most chairs are approximately one and a half feet wide and long. The distance between chairs to the sides, in back and in front of chairs should fit 4 other chairs.

Can I hold fitness groups for children?

- Outdoor Fitness Groups do not include classes directed to children under 18 years of age, which are governed by separate rules. Educational and recreational programs for children must be in stable groups of 12 or fewer children by a provider or instructor that remains solely with a single group of children for at least 3 weeks. The provider/instructor cannot interact with more than one stable group of children, and the group of children must be the same each day and not attending any other program, throughout the 3-week period.
- For more information, see the [Stay-Safe-at-Home Order](#), Section 15.f.xxvi (page 15), posted at www.sfdph.org/dph/alerts/coronavirus-healthorders.asp.

I am having a gathering of just family. Do we need to follow these rules?

- If you all live together, you must still wear face covering in public, and follow this guidance if you will interact with anyone outside of your household.
- Interactions amongst members of the same household are not otherwise subject to rules regarding the social distancing between members of your household, sharing and touching of objects or each other.

I'm a Host. How do I make sure Personnel are not sick when they work?

- Please see SFDPH guidance on [Asking COVID-19 Screening Questions](#), posted at www.sfdcp.org/screen.

What if someone at my Fitness Group tests positive for COVID-19?

- People may be able to transmit the virus 48 hours before they develop symptoms of COVID-19.
- As a Host, please see SFDPH guidance [What to do if Someone at the Workplace Has COVID-19](#), posted at www.sfdcp.org/covid19-positive-workplace.
- A list of Personnel and Participants from the Host will help SFDPH with contact tracing.