



International Health, Racquet & Sportsclub Association

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Last Updated 5/3/21

State	Guidance Link	Capacity (Facility)	Capacity (Group Exercise)	Social Distancing	Equipment Spacing	Statewide Mask Requirement	Screening	Air Ventilation	Cleaning (Products for Consumers)	Cleaning (Facilities, bathrooms, lockers, etc.)	Cleaning (Equipment)	Contact Tracing	Locker Rooms	Pools
Alabama	https://www.alabama.gov	N/A	Less than 50% capacity, ensure 6ft of distance	6ft	N/A	No	Question customers regarding symptoms	Keep doors and windows open to maximize air circulation	Require customers to sanitize hands upon entry and exit of facility	Disinfect bathrooms and high-touch surfaces every 2 hours	Members use one machine at a time and clean after use	N/A	N/A	N/A
Alaska	https://covid19.alaska.gov	N/A	N/A	6ft	N/A	No	N/A	N/A	N/A	Clean facilities in accordance with CDC protocols	N/A	N/A	N/A	N/A
Arizona	https://www.azdhs.gov	N/A	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	N/A	maximize air circulation	Encourage customers to sanitize hands upon entry and exit of facility	Disinfect bathrooms and high-touch surfaces every 2 hours	Members use one machine at a time and staff clean after use	N/A	Maintain physical distancing while in locker rooms.	See guidance
Arkansas	https://arkansasreadiness.com	N/A	Must maintain 12ft of distancing	12ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	Question customers regarding symptoms	N/A	Make hand sanitizer available	Facilities should clean and disinfect locker rooms, showers, spas, and saunas frequently depending on usage.	Staff should ensure that all exercise machines and equipment are sanitized after each usage	N/A	Maintain physical distancing while in locker rooms.	See guidance
California	https://files.covid19.ca.gov	Variable based on severity of outbreak, see guidance	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	Temperature checks and symptom screening at door	Maximize air circulation, consider installing air purifiers	Provide additional soap, paper towels, and hand sanitizer when needed.	Create and post a cleaning schedule for the restroom facilities and locker rooms	Frequently disinfect commonly used surfaces, including equipment	Maintain log for contact tracing	Maintain physical distancing while in locker rooms.	Can open
Colorado	https://covid19.colorado.gov	Variable based on severity of outbreak, see guidance	Variable based on severity of outbreak, see guidance	6ft	N/A	Yes	Consider screening participants for fever, symptoms, or exposures before or at their arrival	Maximize air circulation	Make hand sanitizer available	Disinfect bathrooms and high-touch surfaces every hour	Ensure all equipment is cleaned and disinfected in between each use.	Maintain log for contact tracing	Maintain physical distancing while in locker rooms.	Recommended to limit to lap swimming
Connecticut	https://portal.ct.gov/	N/A	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	Consider screening participants for fever, symptoms, or exposures before or at their arrival	Maximize air circulation	Make hand sanitizer available	Disinfect bathrooms and high-touch surfaces every hour	Shared machinery and equipment shall be thoroughly cleaned after every use.	Maintain log for contact tracing	50% Capacity	Limit patrons in pool area to ensure social distancing
Delaware	https://business.delaware.gov	50%	15 participants	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	Screen employees daily	N/A	Make hand sanitizer available	Showers/locker rooms must be disinfected at the beginning or end of service day, and at least once in the middle of the open hours.	Employees must regularly clean all equipment, and customers must wipe down equipment after each use	Maintain log for contact tracing	N/A	See guidance



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Florida	https://floridahealth.com	N/A	N/A	6ft	N/A	No	N/A	N/A	Provide patrons with sufficient cleaning materials, including disposable wipes.	Routinely clean and disinfect surfaces, particularly high-touch surfaces such as faucets, toilets, doorknobs, and light switches	Thoroughly clean and disinfect all equipment each day	N/A	N/A	N/A
Georgia	https://www.georgia.gov	N/A	Maintain 10ft of distance during group classes	6ft	Limit use of cardio machines to every other machine to maintain acceptable Social Distancing	No	Consider screening participants for fever, symptoms, or exposures before or at their arrival	N/A	Make hand sanitizer available	Clean and sanitizing high touch surfaces, bathrooms, and locker rooms regularly throughout hours of operation	Prohibit patrons from sharing equipment without cleaning and sanitizing between uses	N/A	N/A	N/A
Hawaii	No statewide guidance for gyms, please consult local regulations					Yes								
Idaho	https://rebound.idaho.gov	N/A	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	Consider screening participants for fever, symptoms, or exposures before or at their arrival	Make sure there is optimal ventilation for inside activities	Make hand sanitizer available	Clean and sanitizing high touch surfaces, bathrooms, and locker rooms regularly throughout hours of operation	Prohibit patrons from sharing equipment without cleaning and sanitizing between uses	Maintain log for contact tracing	N/A	Limit swimming to lap swimming only
Illinois	https://dceoresource.com	50%	Maximum 50 participants. Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing (3ft with barriers)	Yes	Consider screening participants for fever, symptoms, or exposures before or at their arrival	Maximize air circulation	Make hand sanitizer available	Clean and disinfect common areas frequently; every hour recommended for high-traffic areas	Members should clean and sanitize equipment before and after use	Maintain log for contact tracing	Locker rooms and showers should be configured with signage, tape, and other markings to ensure members can maintain 6-ft. of social distance	N/A
Indiana	https://backontrack.in.gov	Variable based on severity of outbreak, see guidance	Must maintain 6ft of distancing	6ft	One machine should be empty between guests when possible	No	Administer quick verbal health check at gym or facility entry	N/A	Provide sanitizing supplies near all equipment and exercising areas	Disinfect high-contact surfaces regularly	Ensure guests clean equipment after each use	N/A	N/A	See guidance
Iowa	https://governor.iowa.gov	50%	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	Consider screening participants for fever, symptoms, or exposures before or at their arrival	N/A	Make hand sanitizer available	Disinfect high-contact surfaces regularly	Members should clean and sanitize equipment before and after use	N/A	N/A	N/A



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Kansas	https://www.coronavirus.kansas.gov	36 sq. ft. per person	N/A	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	N/A	N/A	Make hand sanitizer available	Clean and disinfect high-contact surfaces according to CDC Guidelines	Ensure guests clean equipment after each use	N/A	N/A	N/A
Kentucky	https://chfs.ky.gov/about-us/newsroom/2020/05/03/covid-19-reopening-guidelines	50%	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	N/A	Maximize air circulation	Make hand sanitizer available	Ensure cleaning and sanitation of frequently touched surfaces with appropriate disinfectants	Ensure guests clean equipment after each use	Maintain log for contact tracing	Ensure restrooms and frequently touched surfaces are appropriately disinfected after each use	See guidance
Louisiana	https://opensafely.la.gov	N/A	N/A	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	Screen customers for symptoms before entry	N/A	Make hand sanitizer available	Ensure cleaning and sanitation of frequently touched surfaces with water and disinfectants	Ensure guests clean equipment after each use	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	See guidance
Maine	https://www.maine.gov/health/covid-19/reopening-guidelines	50% of permitted occupancy or 50 persons, whichever is greater.	Must maintain 6 ft of distancing with mask	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	Screen customers for symptoms before entry	Maximize air circulation	Provide patrons with sufficient cleaning materials, including disposable wipes.	Ensure cleaning and sanitation of frequently touched surfaces with appropriate disinfectants	Require members to disinfect equipment before and after each use	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	Limiting to only lap swimming is recommended
Maryland	https://commerce.maryland.gov/covid-19-reopening-guidelines	N/A	Limit to ensure social distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	Screen customers for symptoms before entry	N/A	Create sanitization stations stocked with hand sanitizers and disinfecting wipes	Ensure cleaning and sanitation of frequently touched surfaces with appropriate disinfectants	Ensure guests clean equipment after each use	N/A	Maintain physical distancing while in locker rooms.	N/A
Massachusetts	https://www.mass.gov/info-details/covid-19-reopening-guidelines	50%	Must maintain 6ft of distancing	6ft	Arrange all equipment so exercise areas are spaced out at least 14 feet apart. Spacing may be adjusted to at least 6 feet apart if barriers are installed	Yes	Screen customers for symptoms before entry	Open windows and doors to increase airflow where possible	Create sanitization stations stocked with hand sanitizers and disinfecting wipes	Clean commonly touched surfaces in restrooms frequently and in accordance with CDC guidelines	Conduct frequent cleaning of equipment	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	See guidance
Michigan	https://www.michigan.gov/covid-19-reopening-guidelines	30%	Limit to ensure social distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	Screen customers for symptoms before entry	Ensure ventilation systems operate properly	Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available	Regularly clean and disinfect public areas, locker rooms, and restrooms	Regularly disinfect exercise equipment, including immediately after use	Maintain log for contact tracing	N/A	50% Capacity



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Minnesota	https://www.health.state.mn.us/	50% or 250 people maximum	Maximum 25 participants, or allow a 6x6ft square per participant, whichever is less	6ft	Ensure ≥6 feet of distancing between equipment; greater distancing should be implemented for treadmills and other aerobic activity that encourages high exertion	Yes	Screen customers for symptoms before entry	Replace and upgrade air filters prior to re-occupancy	Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available	Regularly clean and disinfect public areas, locker rooms, and restrooms	Ensure guests clean equipment after each use	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	Limit members based on size of the pool
Mississippi		N/A	N/A	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	Screen customers for symptoms before entry	N/A	Customers must sanitize their hands when entering and exiting the gym and when they move between equipment	All high-touch areas, including all door handles shall be sanitized, at a minimum, once every two hours.	Ensure guests clean equipment after each use	N/A	N/A	N/A
Missouri	No statewide guidance for gyms, please consult local regulations					No								
Montana		N/A	N/A	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	N/A	N/A	Hand sanitizer must be made available	Wipe down frequently touched areas on a regular basis	Monitor gyms zones to ensure that users are wiping down equipment properly	N/A	N/A	N/A
Nebraska	No statewide guidance for gyms, please consult local regulations					No								
Nevada	https://nvhealthrespc.com/	50%	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	Yes	N/A	N/A	Hand sanitizer must be made available	Closed	Ensure guests clean equipment after each use	N/A	Closed	N/A
New Hampshire	https://www.covidguidance.nh.gov/	50%	Must maintain 6ft of distancing	6ft	Arrange equipment or block off from use to ensure appropriate physical distancing	No	Screen customers for symptoms before entry	Increase outdoor air ventilation	Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available	Wipe down frequently touched areas on a regular basis	Ensure guests clean equipment after each use	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	Maintain 6ft of distance
New Jersey	https://covid19.nj.gov/	50%	1 individual per 200sq ft	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	Increase outdoor air ventilation	Hand sanitizer and hand washing stations must be made available	Frequently (a minimum of three times daily) clean and disinfect high-touch surfaces	All equipment must be sanitized between uses	Maintain log for contact tracing	Locker room use will be limited to handwashing and restroom use	N/A



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New Mexico	https://indd.adobe.com	Variable based upon Tier	25%	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	When possible consult with an HVAC engineer to improve ventilation	Hand sanitizer and hand washing stations must be made available	Clean locker rooms on an hourly basis, clean high-touch items every two hours.	All equipment must be sanitized between uses	Maintain log for contact tracing	N/A	Limit use of pools to lap swimming only
New York	https://www.governor.ny.gov	Variable based upon microcluster strategy	Must maintain 6ft of distancing	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	Ensure HVAC system meets highest rated filtration possible (minimum MERV-13)	Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available	Regularly clean and disinfect the gym or fitness center and conduct more frequent cleaning and disinfection for high risk areas used by many individuals	Ensure that shared equipment and machines are cleaned and disinfected by employees or patrons between every use	Maintain log for contact tracing	Put in place practices for adequate social distancing in small areas	See guidance
North Carolina	https://files.nc.gov	75%	Must maintain 6ft of distancing	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	Increase outdoor air ventilation	Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available	Perform ongoing and routine environmental cleaning and disinfection of high-touch areas	All equipment must be sanitized between uses	Maintain log for contact tracing	N/A	N/A
North Dakota	https://ndresponse.gov	Variable based on severity of outbreak, see guidance	Variable based on severity of outbreak, see guidance	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	No	N/A	N/A	Hand sanitizer must be made available	Regularly disinfect other high-touch surfaces	All equipment must be sanitized between uses	N/A	Close locker rooms and shower facilities to public for uses other than bathroom/restroom	N/A
Ohio	https://coronavirus.ohio.gov	Limit capacity to ensure 6ft of distancing	Limit capacity to ensure 6ft of distancing	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	N/A	Hand sanitizer must be made available	Routine disinfection of high-contact surfaces, desks, workstations, etc.	All equipment must be sanitized between uses	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	See guidance
Oklahoma	https://www.okcomr.com	N/A	N/A	6ft	N/A	No	N/A	N/A	Hand sanitizer must be made available	N/A	N/A	N/A	N/A	N/A
Oregon	https://sharedsystem.org	Variable based on severity of outbreak, see guidance	Limit capacity to ensure 6ft of distancing	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	Increase air circulation and ventilation as much as possible by opening windows and doors	Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available	Frequently clean and disinfect work areas, high-traffic areas, and commonly touched surfaces	Require employees or facility guests to wipe down all equipment before and after each use	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	See guidance
Pennsylvania	https://www.governor.pa.gov/covid-19/business-guidance/	75%	Limit capacity to ensure 6ft of distancing	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	N/A	N/A	Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available	Frequently clean and disinfect work areas, high-traffic areas, and commonly touched surfaces	Require employees or facility guests to wipe down all equipment before and after each use	Maintain log for contact tracing	N/A	



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Rhode Island	https://reopeningri.com	1 person every 50sq ft	Limit capacity to ensure 6ft of distancing (14 ft without masks)	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart (14 ft preferred)	Yes	Screen customers for symptoms before entry	Open windows or doors when possible to improve ventilation in indoor spaces	Required to provide hand-sanitizer containing at least 60% alcohol and disposable wipes	High-touch surfaces and shared objects must be cleaned in accordance with the general business guidance document	No mutual contact on equipment is permitted without thorough sanitation in-between uses.	Maintain log for contact tracing	N/A	See guidance
South Carolina	https://sccommerce.com	N/A	Suggested to designate a 10x10' area for each member and limit movement	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	No	Screen customers for symptoms before entry	N/A	Medical-grade cleaning products and hand sanitizers available throughout facility	Full facility will be cleaned thoroughly a minimum of every 2 hours with medicalgrade product	Pre-use and post-use wipe down protocol on all equipment	N/A	N/A	N/A
South Dakota	No statewide guidance for gyms, please consult local regulations					No								
Tennessee	https://www.tn.gov/g	Limit capacity to ensure 6ft of distancing	maintain 6ft of distance	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	No	Screen customers for symptoms before entry	Keep doors and windows open where possible to improve ventilation	Hand sanitizer must be made available	Staff to conduct regular (i.e., every 2 hours) disinfecting of high-touch surfaces and common areas	Require customers to clean equipment using disinfecting wipes before and after each use	N/A	Locker rooms, showers and lockers may be utilized, but sanitization of such areas should be increased	Encourage lap swimming only
Texas		N/A	N/A	6ft	N/A	No	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Utah	https://coronavirus-d	N/A	N/A	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	No	Screen customers for symptoms before entry	N/A	Make chemical disinfectant supplies available throughout the establishment	Increased cleaning regimen of high-touch areas	post signs encouraging patrons to thoroughly disinfect equipment after use	Maintain log for contact tracing	N/A	Open plunge operates at a reduced capacity that enables appropriate physical distancing to be maintained between groups
Vermont	https://accd.vermont	N/A	N/A	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	N/A	N/A	Deep cleaning of all equipment by cleaning crew each night	All members must clean equipment before and after every use	Maintain log for contact tracing	N/A	N/A
Virginia	https://www.governor.virginia.gov/media/governorviriniagov/governor-of-virginia/pdf/4_20_21-Forward-Virginia-Guidelines.pdf	75%	Maintain 10ft of distance	10ft	Arrange all equipment so exercise areas are spaced out at least 10 feet apart	Yes	Screen customers for symptoms before entry	N/A	Promote frequent and thorough hand washing	Practice routine cleaning and disinfection. Surfaces frequently touched by multiple people should be cleaned and disinfected at least daily	Equipment should be cleaned and disinfected before each use	N/A	N/A	See guidance (page 23)



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Washington	https://www.governo	50%	50%	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	Keep doors and windows open where possible and utilize fans to improve ventilation. Use MERV-13 filter if possible	Soap and running water shall be abundantly provided for frequent handwashing.	Ensure restrooms are frequently cleaned and appropriately disinfected throughout the day	Equipment will be sanitized immediately after each use	Maintain log for contact tracing	N/A	See guidance
West Virginia	https://governor.wv.g	N/A	maintain 6ft of distance	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	Yes	Screen customers for symptoms before entry	Keep doors and windows open where possible to improve ventilation	Increase the availability of hand sanitizer, disinfectant wipes, and other DIY cleaning products	Regularly and frequently clean and disinfect any regularly touched surfaces	In addition to frequent cleaning of equipment by staff during shifts, require thorough cleaning and sanitization of all equipment at the start and finish of any staffed hours	N/A	Limit locker room use such that the 6-foot distancing can be provided	N/A
Wisconsin	https://wedc.org/wp-	N/A	Limit capacity to ensure 6ft of distancing	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	No	Screen customers for symptoms before entry	Clean HVAC intakes and returns daily	Maintain an adequate supply of paper towels, soap and hand sanitizer	Increase cleaning frequency for restrooms, showers and locker rooms	Provide materials for members to wipe/disinfect equipment before and after exercise	Maintain log for contact tracing	Only allow shower and locker room use if partitions are in place or signs have been posted to specify physical distancing requirements.	See guidance
Wyoming	https://health.wyo.gc	N/A	N/A	6ft	Arrange all equipment so exercise areas are spaced out at least 6 feet apart	No	Screen customers for symptoms before entry	N/A	Handwashing stations or hand sanitizer must be available for all patrons	Lockers must be cleaned after each use	Equipment shall be cleaned by staff in between each use	Maintain log for contact tracing	Limit locker room use such that the 6-foot distancing can be provided	1 person per 120sq ft in pool area
Washington DC	https://coronavirus.d	Limit to ensure social distancing	Limit to ensure social distancing	10ft	Arrange all equipment so exercise areas are spaced out at least 10 feet apart	Yes	Screen customers for symptoms before entry	Increase circulation of outdoor air as much as possible by opening windows or exterior doors	Handwashing stations or hand sanitizer must be available for all patrons	Clean and disinfect high-touch surfaces regularly	Ensure that cleaning and disinfecting of shared equipment occurs after each use	Maintain log for contact tracing	Locker rooms should be closed (except in cases where locker room entry is the only access to the restroom)	Limit capacity to ensure social distancing in pool and on deck