

California Safe Fitness Plan

Contact tracing in states from Colorado, Massachusetts, Washington, Louisiana, and more has shown that fitness centers are not major spreaders of COVID-19. With the reopening of indoor fitness in New York data shows that fitness centers account for just 0.06 percent of community spread — which is lower than retail stores, salons, and auto dealerships.

The science and data have demonstrated that indoor fitness can reopen safely and that the industry is of critical importance of mental and physical health.

Most Californians do not have the ability to create a home gym. Millions of Californians live in apartments with their families, live on busy streets with little access to parks, and do not have the weather or air quality to exercise safely outside.

Below you will find our recommended protective measures we believe could help ensure users of fitness centers remain safe in Purple Tier Counties. If implemented, the California Safe Fitness Plan would represent the most stringent requirements on fitness centers in the United States.



DOUBLE DISTANCING

For fitness centers allowed to operate in the Purple Tier, we recommended doubling the distancing requirement to 12 feet. This is double the Centers for Disease Control and Prevention (CDC) and California Department of Public Health (CDPH) recommended social distancing requirements and double the distancing requirement for fitness centers in the Red Tier.

OCCUPANCY

A maximum occupancy of 10 percent for all fitness centers in the Purple Tier.

OVERNIGHT CLOSURE FOR DEEP CLEANING

We recommend fitness centers operating in the Purple Tier to be closed between 10:00pm and 5:00am for deep cleaning of all surfaces and equipment pieces using an electrostatic sprayer disinfectant system.

INCREASED CLEANING DURING OPERATING HOURS

While ensuring proper cleaning between each use will remain, we recommend additional cleaning of each piece of equipment every 20 minutes. This ensures a constant rotation of disinfectant being applied to each equipment piece in our facilities.

VENTILATION

Fitness centers operation in Purple Tier Counties must ensure central HVAC system filtration meets a minimum MERV-13 or greater standard.

CLOSURE OF LOCKER ROOMS

Require the closure of locker room facilities for facilities in the Purple Tier, which would include the closure of shower amenities.

CONTACT TRACING

All facilities operating in the Purple Tier must operate a contact tracing system, which captures the name, contact information, date, and time for each visitor.

MASKS

Mandatory mask usage at all times inside the fitness centers.