

Pool Guidelines

CDC.gov guidelines

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

NJ Department of Health

[https://nj.gov/health/ceohs/documents/phss/Guidance for Operating Pool Bathing Facilities During COVID-19.pdf](https://nj.gov/health/ceohs/documents/phss/Guidance%20for%20Operating%20Pool%20Bathing%20Facilities%20During%20COVID-19.pdf)

Governor Murphy's Executive order No. 153 (Pools)

<https://nj.gov/infobank/eo/056murphy/pdf/EO-153.pdf>

Gyms – Indoor and outdoor - What rules or safety guidance must they follow (this is a summary)

<https://covid19.nj.gov/faqs/nj-information/reopening-guidance-and-restrictions/are-gyms-open-what-rules-or-safety-guidance-must-they-follow>

Full order No. 157 (outdoor spaces)

<https://www.nj.gov/infobank/eo/056murphy/pdf/EO-157.pdf>

08/27/2020

TRENTON – Governor Phil Murphy today signed Executive Order No. 181, which permits gyms and health clubs, as well as amusement and water parks, to reopen their indoor premises to the public on Tuesday, September 1 at 6:00 a.m., provided these facilities comply with the health and safety standards issued by the Department of Health.

“Gyms are among the most-challenging indoor environments to prevent the transmission of COVID-19,” **said Governor Murphy**. “Given where we are in this fight and the overwhelming personal responsibility demonstrated by gym owners and gym members over the past several months, we can confidently take this important step on our road back.”

“Exercise is very important for the body and the mind, but it needs to be done in a healthy environment to protect not only those in the facility, but the community at large,” **said Health Commissioner Judith Persichilli**. “Given the potential for transmission indoors, this guidance provides strict guidelines for staff and customers to follow closely to stay healthy while enjoying their workout or class.”

Under the Department of Health’s Executive Directive, gyms and health clubs who reopen will be required to adhere to the health and safety standards listed in the "Guidance for Health Clubs/Gyms/Fitness Centers". These standards, which will also apply to other recreational businesses that offer fitness classes and activities, include the following, among others:

- Limit occupancy of any indoor premises to 25 percent of the stated maximum capacity;
- Conduct a temperature screening and questionnaire of staff and clients upon entrance to the facility;
- Limit indoor group activities (e.g., classes) to no more than 1 individual per 200 square feet of accessible space or less, with all individuals being able to maintain 6 feet of distance from other individuals during the entire class;
- Require workers and customers to wear cloth face coverings at all times, except where doing so would inhibit that individual’s health, such as when in the water and in other situations where the presence of a mask would pose a risk to the individual's health, or where the individual is under two years of age;

- Demarcate six feet of distance between equipment, or blocking off equipment (e.g. every other machine) to maintain six feet of distancing between individuals using equipment;
- Require that reservations, cancellations and pre-payments be made via electronic or telephone reservation systems to limit physical interactions;
- Limit occupancy in restrooms to avoid over-crowding;
- Inform clients to arrive dressed to workout/train and bring their own hand towel, water, yoga mat, boxing gloves, and any other equipment;
- Not permit the use of showers, with the exception of gyms with pools, which can have individually partitioned showers or communal showers with installed barriers/partitions at least six feet apart;
- Limit locker room use to hand washing and restroom use only; and
- Adopt infection control practices and enhanced sanitization protocols.

Activities such as swimming in an indoor pool, tanning, outdoor dining, pick-up of food or beverage, and retail sales, which are otherwise permitted but which are not governed by the guidance, remain subject to applicable standards outlined in Executive Orders, Executive Directives and guidance.

For a copy of Executive Order No. 181, please click [here](#).

For a copy of the Department of Health's Executive Directive, please click [here](#).

For a copy of the Department of Health's Guidance for Health Clubs/Gyms/Fitness Centers, please click [here](#).

Are gyms open? What rules or safety guidance must they follow?

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All gyms and fitness centers may reopen indoor and outdoor spaces so long as they follow required social distancing and other safety protocols. This also applies to health club facilities located in hotels, motels, condominiums, cooperatives, and corporate offices.

What To Expect in Outdoor Spaces of Gyms

The following summarizes some of the protocols contained in [Executive Order No. 157](#). However, this summary is not a replacement for fully complying with the terms of [Executive Order No. 157](#) and businesses should read the full guidance carefully to ensure full compliance.

Gyms and fitness centers must institute the following policies:

- Limit total capacity of any outdoor area to a number that ensures that all individuals can remain six feet apart
- Require workers and customers to wear face coverings while indoors and in outdoor areas when social distancing is difficult to maintain, except where doing so would inhibit that individual's health
- If a customer refuses to wear a face covering for non-medical reasons, then the business must decline the individual entry into the indoor premises
- Limit occupancy in restrooms that remain open to avoid overcrowding and maintain social distancing through signage and, where practicable, the utilization of attendants to monitor capacity

- Require frequent sanitization of high-touch areas
- Limit the use of equipment rented or otherwise to one person at a time, excluding immediate family members, caretakers, household members, or romantic partners, and sanitize such equipment before and after use
- Require reservations, cancellations and prepayments be made via electronic or telephone reservation systems to limit physical interactions

What to Expect in Indoor Spaces of Gyms

The following summarizes some of the protocols contained in [Executive Order No. 181](#) and the [Department of Health's guidance for health clubs/gyms/fitness centers](#). However, this summary is not a replacement for fully complying with the terms of Executive Order No. 181 and the Department of Health's guidance for health clubs/gyms/fitness centers, and businesses should read the full guidance carefully to ensure full compliance.

Gyms and fitness centers must institute the following policies:

- Limit occupancy of any indoor premises to 25 percent of the stated maximum capacity, if applicable, at one time, excluding staff.
- In addition to capacity restrictions, indoor group activities (e.g., classes) can occur but must limit to no more 1 individual per 200 square feet of accessible space or less, AND all individuals must be able to maintain a minimum of 6 feet of distance from other individuals during the entire class.
- Conduct a temperature screening and questionnaire of staff and clients upon entrance to the facility.
- If individuals attending outdoor classes enter the center premises, whether to use a restroom or otherwise, they must be included in the capacity limit indicated above.

- Require workers and customers to wear face coverings while in the indoor portion of the premises, except where doing so would inhibit that individual's health or where the individual is under two years of age.
- If a customer refuses to wear a face covering for non-medical reasons and if such covering cannot be provided to the individual by the business at the point of entry, then the business must decline the individual entry into the indoor premises.
- One-on-one personal training can occur assuming 6 feet of distance can be maintained for the majority of the training session.
- Individual or pair activities which do not involve contact (e.g., racket ball, handball) can also occur.
- Keep doors and windows open where possible and utilize fans to improve ventilation.
- Inspect and evaluate the heating, ventilation and air conditioning (HVAC) unit to ensure that the system is operating within its design specifications
- Limit locker room use to hand washing and restroom use
- In gyms with pools, limit shower use to individually partitioned showers or communal showers with installed barriers/partitions; in other gyms, showers are not permitted
- Shared saunas and steam rooms are not permitted.

Guidance For Employees

Gyms and fitness centers must implement safety policies for employees that include, but are not limited to:

- Require employees with symptoms of COVID-19 be sent home
- Require all employees to wear face coverings while indoors, except where doing so would inhibit the individual's health
- Provide all employees with face coverings free of charge

- Provide employees break time for repeated handwashing throughout the workday
- Provide sanitization materials, such as hand sanitizer and sanitizing wipes to staff

For a full list of social distancing policies safety requirements, refer to sections 7,8, and 10 beginning on page 13 of [Executive Order No. 157](#).

Source: [Executive Order No. 157](#); [Executive Order No. 163](#); [Executive Order No. 181](#), [Department of Health guidance for health clubs/gyms/fitness centers](#); [Administrative Order 2020-21](#)

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