



COVID-19 Guidance for Gyms and Fitness Centers – Outdoor Activities

According to the Secretary of Health's Directive on 3/20/20, Gyms and Fitness Centers have been closed due to COVID-19. Would outdoor activities be prohibited as well?

Gyms and Fitness Centers may allow outdoor exercise activities provided:

- The total number of participants, including instructor(s), does not exceed 10 persons.
- Due to the increased respiratory effort anticipated during exercise, participants must maintain a separation of at least ten (10) feet.
- Use of facility-owned exercise equipment including, but not limited to, treadmills, free weights, and rowing machines is prohibited. Individuals may bring their own equipment but may not share their equipment with others.
- Access to or use of any indoor amenities including, but not limited to, showers, lockers, saunas, and spas is prohibited.
- An alcohol-based hand sanitizer is provided for participant use.
- A sign or poster is displayed at the location informing all employees and participants that they should: avoid participation if they have a cough or fever; maintain a minimum ten (10) foot distance from one another, sneeze or cough into one's elbow; and not shake hands or otherwise engage in any physical contact.
- Individual training sessions inside the facility are prohibited.

Additional Resources:

Arkansas Department of Health COVID-19 website:

<https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>

United States Centers for Disease Control and Prevention COVID-19 website:

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>



For More Information Contact:

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