

Requirements for Fitness Centers

In addition to the Healthy at Work [Minimum Requirements](#), **fitness centers** must meet the requirements below in order to reopen and remain open:

Social Distancing Requirements for Fitness Centers

- ❑ Fitness centers must limit the number of visitors present at their facility to a maximum of 60% of occupancy, not including employees. The facility or business should develop an organized scheduling system to minimize interactions between visitors and allows employees to sanitize commonly touched surfaces between visitors.
- ❑ Fitness centers must eliminate child services and use of child play areas until center-based, licensed childcare programs are reopened on June 15, 2020. Once reopened fitness centers with child care services must follow the Healthy at Work [Requirements for Childcare Programs](#).
- ❑ Fitness center must ensure all stationary fitness equipment (including, but not limited to treadmills, benches, platforms, power racks, machine-weights, elliptical) is spaced at minimum six (6) feet apart, as measured from the main operation of the specific piece of equipment, in order to ensure social distancing. Alternatively, they can close pieces of equipment to ensure six (6) feet of distance between active machines.
- ❑ Fitness centers must significantly adjust indoor, in-person group fitness classes. Fitness centers are encouraged to provide remote group classes where customers are separated by ten (10) feet or more. Individual or group outdoor fitness classes are also encouraged. Fitness centers holding indoor or outdoor fitness classes must follow the Healthy at Work Guidelines for [Groups of 10 People or Fewer](#) for those classes. Fitness centers should encourage customers participating in class training, do not arrive more than ten (10) minutes prior to class.
- ❑ Fitness centers must eliminate use of saunas and steam rooms where infectious particles can be re-aerosolized.
- ❑ Fitness centers must eliminate “lost and found” bins.
- ❑ Fitness centers should discourage customers from exercising in groups.
- ❑ Fitness centers should encourage customers to bring their personal mats, bands, and other equipment as appropriate.
- ❑ Fitness centers should discontinue use of water fountains to the greatest extent practicable. Fitness centers should encourage customers to bring their own water bottles.
- ❑ Fitness centers should eliminate vending stations.

Healthy at Work



- ❑ Fitness centers must eliminate use of high-contact sports/team sports areas (e.g. basketball courts, football fields, and soccer fields) until such time as requirements/guidance are issued for those activities.
- ❑ Fitness centers containing aquatic centers must follow the [Healthy at Work Requirements for Aquatic Centers](#).
- ❑ Fitness centers should, to the greatest extent practicable, close snack bars and dining areas. If a fitness center continues to operate a snack bar or dining area or allow one to operate on its premises, it must follow the [Healthy at Work Requirements for Restaurants](#).
- ❑ Fitness centers should provide services and conduct business via phone or Internet to the greatest extent practicable. Any employees who are currently able to perform their job duties via telework (e.g., accounting staff) should continue to telework.
- ❑ Fitness centers should eliminate the use of any waiting areas, and to the extent practicable, provide services by appointment only and communicate by phone or text when the visitor may enter the facility. These facilities or businesses must ensure visitors do not congregate in or around the premises before, during or after their visit.
- ❑ Fitness centers should, to the greatest extent practicable, modify traffic flow to minimize contacts between employees and visitors.
- ❑ Fitness centers should ensure employees use digital files rather than paper formats (e.g., documentation, invoices, inspections, forms, agendas) to the greatest extent practicable.
- ❑ Fitness centers should communicate with customers and receive payments through contactless payment options (e.g., phone or Internet), to the greatest extent practicable. For those facilities or businesses that cannot use contactless payments, the facility or business should install floor or wall decals for cashier queuing areas to demark safe waiting distances of a six (6) feet minimums.
- ❑ Fitness centers should discourage employees from sharing phones, desks, workstations, handhelds/wearables, or other work tools and equipment to the greatest extent practicable.
- ❑ Fitness centers must ensure that controls are established to ensure social distancing in locker rooms, including disabling lockers to enforce six (6) feet of social distancing. Fitness centers should discourage use of locker rooms or consider measures to socially distance customers (e.g. closing every other locker or groups of lockers in order to space out usage) and sanitize frequently.
- ❑ Fitness centers must discontinue use of public seating areas to the greatest extent practicable.

- ❑ Fitness centers must ensure limited use of restroom facilities users at any one time based on the facility size and current social distancing guidelines.

Cleaning and Disinfecting Requirements for Fitness Center

- ❑ Fitness centers should ensure that their facilities, including locker rooms, common areas, breakrooms and restrooms are properly cleaned and ventilated. Fitness centers are encouraged to open exterior doors and windows to increase ventilation.
- ❑ Fitness centers should provide hand sanitizer, handwashing facilities, tissues and waste baskets in convenient locations to the greatest extent practicable.
- ❑ Fitness centers must encourage visitors to properly wash their hands when they arrive at the facility. If visitors refuse to properly wash their hands, the facility or business may refuse access to the facility.
- ❑ Fitness centers should establish a policy as to whether to serve customers who do not adhere to the business's policy on requiring adherence to CDC guidelines.
- ❑ Fitness centers making restrooms or locker rooms available must ensure restrooms frequently touched surfaces are appropriately disinfected after each use (e.g., door knobs and handles). Fitness center customers may shower at the facility only if the facility or business can routinely adequately clean and sanitize the showers and locker rooms between visitors.
- ❑ Fitness centers should ensure disinfecting wipes or other disinfectant are available at shared equipment. Fitness centers should discourage customers from sharing towels or equipment that has not been properly disinfected.
- ❑ Fitness centers should encourage customers to wipe down equipment with disinfecting wipes immediately before and after use.
- ❑ Fitness centers must ensure cleaning and sanitation of frequently touched surfaces with appropriate disinfectants. Areas with frequently touched surfaces include changing/fitting rooms, doors, PIN pads, and common areas. Appropriate disinfectants include EPA registered household disinfectants, diluted household bleach solution, and alcohol solutions containing at least 60% alcohol.
- ❑ Fitness centers must establish a cleaning and disinfecting process that follows CDC guidelines when any individual is identified, suspected, or confirmed COVID-19 case.
- ❑ Fitness centers should ensure employees do not use cleaning procedures that could re-aerosolize infectious particles. This includes, but is not limited to, avoiding practices such as dry sweeping or use of high-pressure streams of air, water, or cleaning chemicals.

- ❑ Fitness centers should encourage visitors to touch only those retail items or products they intend to buy.
- ❑ Fitness centers should ensure any retail items or products that are touched by visitors but not purchased are set aside and appropriately cleaned prior to returning to sales shelves. Businesses should refer to CDC cleaning guidelines for guidance.

Personal Protective Equipment (PPE) Requirements

- ❑ Ensure, pursuant to Executive Order 2020-996 and 902 KAR 2010E, which are attached to this document, that all customers, vendors, contractors, and any other member of the public who enters the premises wear a face covering. All individuals inside such facilities must wear face coverings at all times, including while actively engaged in exercise, except while swimming or if a specific exemption applies.
- ❑ Inform any person attempting to enter the fitness center without a face covering of the requirement to wear a face covering. If the individual refuses and is not subject to any of the exemptions listed in the Executive Order, the individual must not be permitted entry onto the premises.
- ❑ Instruct any person who was previously wearing a face covering and removed it while on the premises and not subject to any of the exemptions listed in the Executive Order. If the individual refuses to do so, the fitness must not provide them service and must ask them to leave.
- ❑ Fitness centers who fail to follow these requirements of the Executive Order will be subject to a fine and may also be subject to an order from a local health department or the Labor Cabinet requiring immediate closure.
- ❑ Require employees to use face coverings whenever they are near other employees or customers so long as such use does not jeopardize the employees' health or safety. Employers should provide appropriate face coverings at no cost to employees and provide instruction on proper use of them.
- ❑ Fitness centers must ensure their employees wear face coverings for any interactions between visitors and co-workers or while in common travel areas of the business (e.g., aisles, hallways, stock rooms, breakrooms, bathrooms, entries and exits). Employees are not required to wear face coverings while alone in personal offices or if doing so would pose a serious threat to their health or safety.
- ❑ Fitness centers should ensure all swimmers should wear a face covering until they are entering the pool, and should wear the face covering after exiting the pool. Fitness centers should make face coverings available for visitors, however visitors may bring and use their own face covering. If visitors, suppliers or vendors refuse to wear coverings, the facility or business may refuse those individuals entrance to the facility.
- ❑ Fitness centers should establish a policy as to whether to serve visitors who do not adhere to the business's policy to adhere to CDC guidelines.
- ❑ Fitness centers must ensure employees use gloves, along with any PPE normally used for

routine job tasks, when cleaning equipment, workspaces, and high-touch areas of the business.

- Fitness centers must ensure gloves are available to employees engaging in high-touch activity to the greatest extent practicable provided that they do not create additional hazards while being worn.
- Fitness centers must ensure employees wear gloves while handling products during shipping and receiving.

Training and Safety Requirements

- Fitness centers must train employees to properly dispose of or disinfect PPE, inspect PPE for damage, maintain PPE, and the limitations of PPE.

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- ❑ Fitness centers must train employees to use PPE. This training includes: when to use PPE; what PPE is necessary; and how to properly put on, use, and remove PPE.
- ❑ Fitness Center must establish log-in procedures for members/clients, and maintain that information for potential contact notification.
- ❑ Fitness centers must place conspicuous signage at entrances and throughout the store alerting staff and customers to the required occupancy limits, six feet of physical distance, and policy on face coverings. Signage should inform employees and customers about good hygiene and new practices.
- ❑ Fitness centers should, to the greatest extent practicable, implement hours where service can be safely provided to customers at higher risk for severe illness per CDC guidelines. These guidelines are available at: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Higher-Risk>
- ❑ Fitness centers should ensure employees are informed that they may identify and communicate potential improvements and/or concerns in order to reduce potential risk of exposure at the workplace. All education and training must be communicated in the language best understood by the individual receiving the education and training.



ANDY BESHEAR
GOVERNOR

EXECUTIVE ORDER

Secretary of State
Frankfort
Kentucky

2020-996
December 3, 2020

STATE OF EMERGENCY

WHEREAS, the novel coronavirus (COVID-19) is a respiratory disease causing mild to very severe illness, including death, and many cases of COVID-19 have been confirmed in the Commonwealth; and

WHEREAS, I declared on July 9, 2020, through Executive Order 2020-586 that Kentuckians were required to wear face coverings in many public places to fight the continued spread of COVID-19 for the reasons set forth in that Order; and

WHEREAS, I renewed that Order: on August 8, 2020, through Executive Order 2020-651; on September 4, 2020, through Executive Order 2020-750; on October 6, 2020, through Executive Order 2020-856, and; on November 4, 2020, through Executive Order 2020-931; and

WHEREAS, data from the University of Oxford show an inverse correlation between the number of COVID-19 mitigation measures taken by a state, such as a face covering mandate, and the seriousness of the virus's third spike within that state;

WHEREAS, the Centers for Disease Control and Prevention conducted a study of Kansas's face covering mandate, wherein the 24 counties who complied with the mandate experienced a 6% decrease in new COVID-19 infections but the 81 counties who opted out of the mandate experienced a 100% increase in new COVID-19 cases;

WHEREAS, the Kentucky Constitution and Kentucky Revised Statutes, including, but not limited to, KRS Chapter 39A, empower me to exercise all powers necessary to promote and secure the safety and protection of the civilian population; and

WHEREAS, under those powers, I declared by Executive Order 2020-215 on March 6, 2020, that a State of Emergency exists in the Commonwealth and the State of Emergency continues:



ANDY BESHEAR
GOVERNOR

EXECUTIVE ORDER

Secretary of State
Frankfort
Kentucky

2020-996
December 3, 2020

NOW, THEREFORE, I, Andy Beshear, Governor of the Commonwealth of Kentucky, by virtue of authority vested in me pursuant to the Constitution of Kentucky and KRS Chapter 39A, do hereby Order and Direct the following:

1. For the purposes of this order, a “face covering” is a material that covers the nose and mouth and is secured to the head with ties, straps, or loops over the ears, or is wrapped around the lower face. It can be made of a variety of materials, including cotton, silk, or linen, and ideally has two or more layers. Face coverings may be factory-made, homemade, or improvised from household items such as scarfs, bandanas, and t-shirts. Guidance on how to make a face covering at home is available at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>.
2. The provisions of this Order shall apply to members of the public in Kentucky. Existing sector specific requirements mandating face coverings for employees of entities in the Commonwealth remain in effect and are available online at: <https://healthyatwork.ky.gov>.
3. People in Kentucky must cover their nose and mouth with a face covering when they are in the following situations that represent a high risk of COVID-19 transmission:
 - a. While inside, or waiting in line to enter, any: retail establishment; grocery store; pharmacy; hair salon/barbershop; nail salon/spa; tattoo parlor; child care facility; restaurant or bar (when not seated and consuming food or beverage); health care setting, or; any other indoor public space in which it is difficult to maintain a physical distance of at least six feet from all individuals who are not members of that person’s household;
 - b. While waiting for or riding on public transportation or paratransit, or while riding in a taxi, private car service, or ride-sharing vehicle, or driving any of the above while customers are present; or
 - c. While in outdoor public spaces in which the person cannot maintain a physical distance of six feet from all individuals who are not members of



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the person's household and is not otherwise covered by previously issued guidance.

4. The following are exempt from wearing face coverings:
- a. Children who are age 5 or younger;
 - b. Any person with disability, or a physical or mental impairment, that prevents them from safely wearing a face covering;
 - c. Any person who is deaf or hard of hearing and is actively communicating, or any person who is actively communicating with someone who is deaf or hard of hearing, and is able to maintain a safe distance of six feet from all individuals who are not members of that person's household;
 - d. Any person engaged in work that a state or federal regulator has concluded would make wearing a face covering a risk to their health or safety;
 - e. Any person who is seated and actively consuming food or beverage at a restaurant, bar, or other establishment that offers food or beverage service;
 - f. Any person who is obtaining a service that requires temporary removal of the face covering in order to perform the service;
 - g. Any person who is required to temporarily remove their face covering to confirm their identity or for security or screening purposes;
 - h. Any person who is giving a speech or broadcast to an audience and is able to maintain a safe distance of six feet from all individuals who are not members of the person's household;
 - i. Any person who is in a swimming pool, lake, or other body of water;
 - j. Any person who is exempt from wearing a face covering under guidance provided by the



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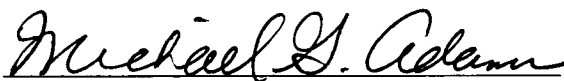
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Kentucky High School Athletics Association or
under guidance for athletic activities at
institutions of higher education;

- k. Any person who is engaged in a lawful activity where federal or state law prohibits wearing a face covering.
- 5. Failure to follow the requirements provided in this Order and any other Executive Order and any Cabinet Order, including but not limited to the Orders of the Cabinet for Health and Family Services, is a violation of the Orders issued under KRS Chapter 39A and must result in a loss of access to a business's services. Failure to follow the requirements could also subject a person or entity to penalties as authorized by law.
- 6. All local, county, and city government offices and agencies are encouraged to adopt or incorporate the requirements provided in this Order.
- 7. Nothing in this Order should be interpreted to interfere with or infringe on the powers of the legislative and judicial branches, or other constitutional officers to perform their constitutional duties or exercise their authority. However, the legislative and judicial branches, and other constitutional officers, are encouraged to adopt or incorporate the requirements provided in this Order.
- 8. This Order is effective at 5:00 p.m. on December 3, 2020, for a period of 30 days, and is subject to renewal.



ANDY BESHEAR, Governor
Commonwealth of Kentucky



MICHAEL G. ADAMS
Secretary of State

RECEIVED AND FILED

DATE

12/4/2020

MICHAEL G. ADAMS
SECRETARY OF STATE

COMMONWEALTH OF KENTUCKY

BY

Sarah M. Dugan