





For shared open areas, such as dance and exercise studios, establish temporary floor markings to define the required spacing per individual.

Assign specific monitoring personnel who can monitor the physical distancing adherence within the gyms.

Review how people move their way through the gym and consider how to reduce congestion and contact between individuals (e.g. queue management or one-way flow, where possible).

4. Use of masks

Individuals should wear a mask when interacting with other people to minimize the risk of transmitting the virus.

Wearing masks is most important when physical distancing is difficult and when exercise type and intensity allows. Vigorous-intensity exercise should be done outside when possible and staff members should stay at least 2 meters (6 feet) away from other individuals if unable to wear a mask.

If possible, masks should be worn when walking on an indoor track or when doing stretching or



Frequently clean work areas and equipment including stationary gym equipment between use, using your usual cleaning products. Do not rely on the fact that the person before you wiped the area down correctly.

Frequently clean objects and surfaces that are touched regularly, including stationary gym equipment, free weights, mats, balls, etc.

Provide disinfectants and cloths and instructions for users to wipe down each machine.

Maintain current rigorous cleaning procedures in increased high-risk spaces including main thoroughfares, touch points and walls and floors in circulation routes (corridors, lifts, foyers, landings, stairs, lobbies).



For any questions on this document, contact the Public Health Section of DHMOS316.70(50m(m)-0e)10h)10(6(,)JTB