Reopening Guidance FAQs
Fitness-related Organizations (updated 5/27/2020)

Below are answers to frequently asked questions regarding the Oregon Health Authority’s (OHA) Phase One Reopening Guidance: Specific Guidance for Fitness-related Organizations (Fitness reopening guidance). The fitness reopening guidance and these FAQs apply only to those fitness related organizations operating in a county that has been approved for Phase One Reopening.

Q1: What do martial arts studios have to do to reopen?
A1: Martial arts studios can open under this guidance as long as programs are changed to prohibit bodily contact such as grappling and wrestling. Disinfect pads and equipment between each use and frequently clean and disinfect work areas, high-traffic areas, and commonly touched surfaces in areas used by workers and public. In addition, classes must be limited to a size that ensures at least six (6) feet of separation between all people in the room.

Q2: What are the regulations for pools, including lifeguard training, water fitness classes and swim lessons?
A2: Swimming pools must remain closed to all activities and may not re-open, even in Phase One.

Q3: Are organizations offering partner dancing subject to OHA guidance for Fitness-related Organizations?
A3: Yes.

Q4: Why do gyms have to close the showers?
A4: It is difficult to keep physical distancing of at least six (6) feet in gym showers. Also, thoroughly cleaning showers after each use is labor intensive, impractical and not feasible.

Q5: We are keeping our hot tub and main lap pool closed. However, we would like to open the therapy pool. Is that allowed?
A5: No. Fitness-related organizations are required to keep saunas, steam rooms and whirlpool spas closed. Also, pools are required to stay closed and may not reopen for any activity, even in Phase One.
Q6: Are tennis courts located inside fitness-related organizations allowed to open?

A6: Fitness-related organizations must prohibit contact sports that involve participants coming into bodily contact, close quarters (fewer than six (6) feet apart), or using shared equipment (e.g., basketball, squash, racquetball, taekwondo, karate, wrestling, mixed martial arts). If a tennis court is being used by one person at time so that shared equipment is not used, or if equipment is not being shared while multiple people are using the tennis court and physical distancing is maintained, that is allowed. Members of the same household may play together.

Q7: Can the limited-use pool open in our homeowners’ association?

A7: No. Per Executive Order 20-25, all pools must remain closed.

Q8: Is partner dance allowed if people dance only with their household members, dance six (6) feet away from any other couple, wear masks and follow all other provisions pertaining to fitness-related organizations?

A8: Yes. If dance partners are members of the same household, they may dance together. They must continue to maintain six (6) feet of distance from all others in the room and follow all other requirements for fitness-related organizations.

Q9: If a 24-hour gym is not staffed 24/7, does this mean we can only allow members to use the facility when we have staff working?

A9: Yes. The facility must be staffed. Fitness-related organizations are must have staff monitor physical distancing and disinfecting requirements. Fitness-related organizations must require employees or facility guests to wipe down all equipment (e.g., balls, weights, machines, etc.) immediately before and after each use with a disinfectant provided by the gym that is included on the EPA-approved products for the SARS-CoV-2 virus that causes COVID-19. A solution of 60%-95% alcohol content is also acceptable. Fitness-related organizations are required to record and keep: client contact information and date and time of client facility use. If there is a positive COVID-19 case related to the facility, public health officials may need the business to provide this information to do contact tracing. Unless otherwise required, this information may be destroyed after 60 days from the session date.

Q10: How can gyms change check-in procedures to eliminate contact?

A10: Here are some methods that will help reduce contact between staff and customers:

- Use plexiglass or other barrier to separate staff from clients.
- Move electronic payment or membership card reader away from front desk staff.
- Provide alcohol-based hand-sanitizer (60-95%) at front doors or front desk.
Q11: We have a pool that is for members only and not open to the public and is supposed to open on Memorial Day. Can we open the pool since it is not a “public” pool and only available to our members?

A11: No. Per Executive Order 20-25, all pools must remain closed. Pools associated with clubs are considered public swimming pools under OAR 333-060-0015(f).

Q12: Is there different guidance for youth dance classes to follow vs. adult dance classes?

A12: Yes, youth dance classes should follow guidance for School-Aged Summertime Day Camps, and adult dance classes should follow the Specific Guidance for Fitness-related Organizations.

Q13: Do group fitness instructors have to wear face coverings?

A13: Yes, group fitness instructors must comply with Mask and Face Covering Guidance for Business, Transit, and the Public. Group fitness instructors must wear masks, face shields, or face coverings, unless an accommodation for people with disabilities or other exemption applies. Masks, face shields, or face coverings must be provided for employees of fitness-related organizations. We also recommend that fitness facilities encourage clients to wear cloth, paper, or disposable face coverings.

Q14: If I am a gym that also offers summer camps, can I provide summer camps even though my county hasn’t been approved to enter Phase One?

A14: If you meet all the requirements in OHA’s Guidance for School-Aged Summertime Day Camps at your gym, then you may offer summer camps even if your county has not been approved to enter Phase One. You will still need to remain closed for other types of business until your county reopens. You’ll find guidance for summer camps and gyms on the OHA website.

For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.