



# Reopening Guidance FAQs

## Fitness-related Organizations *(updated 10/07/2020)*

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). OHA provides these FAQs to help the public understand the guidance, to respond to stakeholder questions, and to clarify how the guidance may apply in specific scenarios. These FAQs may be intermittently updated. The FAQs are not intended to take the place of the guidance, but rather to interpret, supplement and provide details of the guidance.

**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 full 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 6 feet of separation between all people in the room.

**Q2: What are the regulations at fitness centers for pools, including lifeguard training, water fitness classes and swim lessons?**

**A2:** Licensed swimming pools that choose to open must follow the [OHA Phase One and Phase Two Pools and Sport Court Guidance](#).

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

**A3:** Yes.

**Q5: Are therapy pools in gyms allowed to open?**

**A5:** Yes, however, fitness-related organizations are required to keep saunas and steam rooms closed.

**Q6: Are tennis courts located inside fitness-related organizations allowed to open?**

**A6:** Yes. Fitness-related organizations may allow use of tennis courts in their facilities. Players must comply with the [Statewide Mask, Face Covering and Face Shield Guidance](#).

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

A7: Yes, the pool is allowed to open following the OHA Pools and Sport Court Guidance.

**Q8: Is partner dance allowed if people dance only with members of the same party, dance 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 party, they may dance together. They must continue to maintain 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 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.

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

A12: Yes, youth dance classes should follow guidance for [OHA's Statewide Recreational Sports Guidance](#), 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 [Statewide Mask, Face Covering, Face Shield Guidance](#). Group fitness instructors and class attendees must wear masks, face shields, or face coverings while indoors. All staff and clients are required to wear a mask, face covering or face shield when exercising outdoors when six (6) feet of physical distance cannot be maintained.

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