

**Gyms and Fitness Centers**  
**Attachment K**  
**Issued April 22, 2020**  
**Effective April 24, 2020**  
**Part of Phase I**

By: Governor Mike Dunleavy  
Commissioner Adam Crum  
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- I. **Applicability:** This attachment applies to outdoor gym and fitness classes and activities only. Indoor fitness activities are still prohibited.
  
- II. **Outdoor classes and activities at gyms and fitness centers can resume operations only if they meet all of the following requirements:**
  - a. Social Distancing:
    - i. Reservations only. Walk-ins prohibited.
    - ii. Class or group workouts must consist of 20 or fewer participants, including staff.
    - iii. Social distancing of at least ten feet must be maintained while exercising between individuals. When not exercising, social distancing of six feet must be maintained.
    - iv. In class or group workout settings, the business should provide clear markings to indicate where each person should stand to maintain this distance. Workout equipment available for use should be spaced to maintain ten-foot-distancing (can use signage to close certain equipment to maintain distancing).
    - v. Cloth face coverings must be worn by all employees.
    - vi. Establish a COVID-19 Mitigation Plan addressing the practices and protocols to protect staff and the public.
    - vii. Entryway signage notifying the public of the business's COVID-19 Mitigation Plan and stating clearly that any person with symptoms consistent with COVID-19 may not enter the premises.
    - viii. Each participant must be screened prior to the activity. No one can participate who is exhibiting symptoms or who has knowingly been in contact with a suspected positive case of COVID-19 within the past 14 days.
    - ix. No participant may join a class or group within 72 hours of exhibiting a fever.
    - x. This screening should be conducted electronically, in advance. If the screening is in person, pens and touch screens must be sanitized before and after each use.

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- b. Hygiene:
- i. Facility must provide handwashing capability or sanitizer.
  - ii. Frequent handwashing by employees and an adequate supply of soap, disinfectant, hand sanitizer, and paper towels must be available.
  - iii. Employer must provide for hourly touch-point sanitization (e.g. workstations, equipment, screens, doorknobs, restrooms) throughout work site.
  - iv. Any equipment used must be fully disinfected prior to the activity, between each participant's use of the equipment, and after the activity.
  - v. Equipment shall not be shared between patrons at the same time (must be fully disinfected prior to the next participant's use).
  - vi. Businesses must comply with CDC guidelines to the maximum extent possible: <https://www.cdc.gov/mrsa/community/environment/athletic-facilities.html>.
- c. Staffing/Operations:
- i. Provide training for employees regarding these requirements and the COVID-19 Mitigation Plan.
  - ii. Conduct pre-shift staff screening and maintain staff screening log.
  - iii. No employee displaying symptoms of COVID-19 may provide services to customers. Symptomatic or ill employees may not report to work.
  - iv. No employee may report to the work site within 72 hours of exhibiting a fever.
  - v. Employer must establish a plan for employees getting ill and a return-to-work plan following CDC guidance, which can be found online at: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>.
  - vi. Regular social distancing of six feet, and hygiene protocols, must be followed by staff during necessary non-public facing operations.
- d. Cleaning and Disinfecting:
- i. Cleaning and disinfecting must be conducted in compliance with CDC protocols weekly or, in lieu of performing the CDC cleaning and disinfecting, the business may shut down for a period of at least 72 consecutive hours per week to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
  - ii. When an active employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting must be performed as soon after the confirmation of a positive test as practical. In lieu of performing CDC cleaning and disinfecting, the business may shut down for a period of at  
For the latest information on COVID-19, visit [coronavirus.alaska.gov](https://coronavirus.alaska.gov)  
State of Alaska COVID-19 Mandate 016 - Attachment K

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least 72 consecutive hours to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.

- iii. CDC protocols can be found online at:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> and <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>.

**III. Gyms and Exercise/Fitness Businesses are encouraged to follow additional best practices:**

- a. Cashless and receiptless transactions.
- b. Participants encouraged to wear cloth face coverings.