



# Arkansas Department of Health

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Governor Asa Hutchinson  
Nathaniel Smith, MD, MPH, Secretary of Health

Effective Date: May 4, 2020

## **Directive for Gym, Fitness Center, Athletic Club and Weight Room Reopening**

The Secretary of Health, in consultation with the Governor, has sole authority over all instances of quarantine, isolation, and restrictions on commerce and travel throughout Arkansas, as necessary and appropriate to control disease in the state of Arkansas as authorized by Ark. Code Ann. §20-7-109--110. Based on available scientific evidence, it is necessary and appropriate to take further action to ensure that COVID-19 remains controlled and that residents and visitors in Arkansas remain safe.

This directive addresses a progressive resumption of individual exercise activities in gyms and fitness centers. Gyms and fitness centers may begin to resume these activities on May 4, 2020 if they meet the following requirements:

I. Screening must be completed on entry for all staff and participants. Those who have any of the following characteristics should **NOT** be allowed to enter:

- Have returned from travel to NY, NJ, CT, New Orleans or overseas within the last 14 days;
- Have had a fever of 100.4°F or greater in the last 2 days;
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell;
- Had contact with a person known to be infected with COVID-19 within the previous 14 days;
- Have compromised immune systems and/or have chronic diseases.

In addition, staff must have their temperature checked by digital thermometer prior to entry. Do not allow entry to anyone whose temperature is greater than 100.4°F.

II. Staff should wear a face covering or mask at all times. Patrons should wear a face covering except when actively exercising.

III. Prohibit the use of pools, spas, showers, saunas, etc. at this time. Locker rooms are to be used only for storage of personal items. Maintain physical distancing while in locker rooms.

IV. Make hand sanitizer available throughout the facility.

V. Staff should ensure that all exercise machines or equipment are sanitized after each usage (via wipe-down with disposable disinfectant wipes, Lysol or the equivalent; use according to product instructions).

VI. Maintain proper spacing from others by working out with 12 feet between each person. This may require closing or moving some equipment.

VII. Avoid personal contact at all times, including hand shaking.

VIII. Individual training sessions, indoor group fitness classes, and workouts requiring a partner must maintain 12 foot spacing between each person at this time.

**Note:** This directive does not address team or youth sports. These will be addressed by a different document later. This directive also does not address indoor entertainment venues, such as bowling alleys, trampoline parks, and indoor amusement centers, which will be addressed later.

**May 5, 2020 Amendment:**

Indoor and outdoor swimming pools at a gym, fitness center, athletic club or other facility covered under this directive can resume lap swimming only, as long as swimming is restricted to one swimmer per lane. As showers remain closed in this phase, swimmers are recommended to shower at home prior to swimming. This directive is not intended for recreational swimming pools, water parks, or swim beaches, which will be addressed in a separate directive.