



# Arkansas Department of Health

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4815 West Markham Street • Little Rock, Arkansas 72205-3867 • Telephone (501) 661-2000  
Governor Asa Hutchinson  
José R. Romero, MD, Secretary of Health

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Amended point VI. June 22, 2020

Changed from Directive to Guidance: February 26, 2021

Revision converting mask requirement to guidance, effective April 1, 2021

## **Guidance for Gym, Fitness Center, Athletic Club and Weight Room Operation**

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.

**Community spread of COVID-19 remains active within the State. Therefore, the Arkansas Department of Health makes the following recommendations for how to best prevent transmission of COVID-19 at gyms and fitness centers.**

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

- 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 and they themselves have not been fully vaccinated.

Signs should be posted at all entrances advising the public that they may wish to refrain from entering if

- They are 65 years of age or older.
- They have underlying health conditions including high blood pressure, chronic lung disease, diabetes, severe obesity, asthma, or weakened immunity

In addition, staff should 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 and patrons should wear a face covering in accordance with [CDC guidance for gyms and fitness centers](#). Regarding masks, this guidance says, “Wearing both a mask and physical distancing is important. Do any vigorous-intensity exercise outside when possible, stay at least six (6) feet away from other participants, trainers, and clients, and wear a mask. If the intensity of the exercise makes it difficult to wear a mask, it is especially important to do that activity outdoors away from others.”

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III. Pools, spas, showers, saunas, etc. may be operated. Maintain physical distancing while in locker rooms. Facilities should clean and disinfect locker rooms, showers, spas, and saunas frequently depending on usage.

IV. Make hand sanitizer available throughout the facility.

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

VI. ACH recommends maintaining proper spacing from others by working out with twelve (12) feet between each person. This may require closing or moving some equipment. Spacing between individuals may be reduced to six (6) feet IF an impermeable barrier is placed between each individual or piece of equipment in use. This impermeable barrier should extend the entire length of the piece of equipment or area in use; if other exercisers or equipment will be in use in front of the exercise area or equipment, the barrier should extend in front as well. All barriers should be sanitized frequently.

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

VIII. Individual training sessions, indoor group fitness classes, and workouts requiring a partner should maintain twelve (12) foot spacing between each person as much as possible.

IX. Indoor and outdoor swimming pools at a gym, fitness center, or athletic club should operate in accordance with the [Guidance for Recreational Pool Operation](#).

**Note:** This guidance does not address team or youth sports, which are addressed in the [Guidance Regarding Community and Team Sports](#). This guidance also does not address indoor entertainment venues, such as bowling alleys, trampoline parks, and indoor amusement centers, which are addressed in the [Guidance for Large Indoor Venues](#).

For a sample sign to post at your entrance, click [here](#).

CDC guidance for those utilizing gyms or fitness centers can be found [here](#).

ADH [Face Covering Guidance](#) can be found at the link.