



<p>COMPLIANCE</p>	<p>Also Adhere to General Standards for all Industries</p> <p>It is critically important that jurisdictions continue to monitor local health criteria (number of cases reported, risk of transmission, level of community spread) and take necessary precautions to protect vulnerable populations to safely determine health guidance and mitigation measures. Recommendations are intended to supplement and not replace local mandates. All local mandates must be followed.</p>	
<p>MOVEMENT AND ACTIVITY</p>	<p>Social Distancing</p>	<p>Red/Critical Risk Level — Only essential workers as defined by the United States Department of Homeland Security and essential travel are open.</p> <p>Orange/High Risk Level:</p> <ul style="list-style-type: none"> • Require face coverings for employees. • Require face coverings for members and patrons (following CDC guidelines). <ul style="list-style-type: none"> » People who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others. • Group fitness classes with high inhalation/exhalation exchange in confined spaces (e.g. high-impact aerobics, spin) are not recommended. • Limit number of people to 50% of rated occupancy of the facility or up to 150 people for using tracks, courts, fitness equipment, strength training, etc. • Omit or deter use of fitness equipment unless 12 feet between users e.g., mark every other closed; avoid equipment facing each other, etc. • Manage customer entry points. Provide markers for lines to allow minimum of 6 feet separation. • Close or cordon off gathering areas like vestibules, seating areas, bleachers, etc. where people can congregate. • Indoor playground equipment may be open if closely monitored by staff. Limit groups to less than ten children from the same class or family group. • Implement measures, including signage, discouraging contact sports and games. For example, basketball courts may be open to “shoot hoops,” but full-contact games should be discouraged. • Follow COVID-19 childcare guidance for drop-in childcare. <p>(CONTINUED ON NEXT PAGE)</p>

FITNESS CENTERS (CONTINUED)

<p>MOVEMENT AND ACTIVITY</p>	<p>Social Distancing</p>	<ul style="list-style-type: none"> • Limit group sports in interior spaces, including participants on the bench and fans in the audience. Follow the NDDoH recommendations for sports and CDC guidelines. • Outdoor youth sports may be considered if following NDDoH recommendations for sports and CDC guidelines. • Follow Smart Restart protocols for pools and water venues. • Limit use of saunas, jacuzzi, hot tubs and steam rooms to one person per 100 SF. This may mean one person or one family at a time. Consider using a reservation system to control access during times of high demand. <p>Yellow/Moderate Risk Level: Orange protocols are strongly recommended with the following exceptions:</p> <ul style="list-style-type: none"> • Limit number of people to 65% of rated occupancy of the facility or up to 200 people for using tracks, courts, fitness equipment, strength training, etc. • Limit size of group fitness classes with high inhalation/exhalation exchange, e.g. aerobics and spin to 10 patrons unless room size can accommodate one participant/staff per 144 square feet (SF) or 12'x12' grid; provide floor markings if possible. <p>Green/Low Risk Level: Yellow protocols are strongly recommended with the following exceptions:</p> <ul style="list-style-type: none"> • Limit number of people to 80% of rated occupancy of the facility or up to 300 people for using tracks, courts, fitness equipment, strength training, etc. • Group fitness classes with high inhalation/exhalation exchange, e.g. aerobics and spin may be considered following 6-ft social distancing guidance. • Indoor playground equipment may be considered for use by multiple families or classrooms if closely monitored by staff while social distancing. <p>Blue/New Normal:</p> <ul style="list-style-type: none"> • Normal occupancy and activities can resume, with heightened cleaning, standard precautions and awareness of health guidelines.
	<p>Workplace Activity</p>	<p>All Risk Levels:</p> <ul style="list-style-type: none"> • Require face coverings for employees. • Require face coverings for members and patrons (following CDC guidelines). <ul style="list-style-type: none"> » People who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others. <p>(CONTINUED ON NEXT PAGE)</p>

FITNESS CENTERS (CONTINUED)

<p>MOVEMENT AND ACTIVITY</p>	<p>Workplace Activity</p>	<ul style="list-style-type: none"> • Develop or encourage online fitness participation. • Set specific shopping/business hours for only customers that are at higher risk. Allow 15 minutes of cleaning between classes. • Each facility should have an appointed attendant or employee to ensure that guidelines are followed. • Pre-registration for use of equipment, tracks, courts, fitness class(es) is recommended with special instructions and self-verification process e.g. first-come-first serve with set duration (one hour) workout periods. • Maintain a log of customers and their contact information for 30 days in the event contact tracing is needed. • Cancel indoor group fitness classes with high inhalation/exhalation exchange if unable to follow health guidance. • Suspend 24-hour facility access unless monitored by staff when open to the public and areas of the facility, equipment, bathrooms, locker rooms and shower facilities are closed daily for cleaning. • Encourage patrons to bring water bottles. Water fountains (if open) should be cleaned before and after each use. • Only allow shower and locker room use if limited to 10 people at a time or partitions are in place, and signs are posted for face coverings and social distancing. • Personal trainers and client 6-ft social distancing; trainer wearing a mask. • Limit group sports in interior spaces, including participants on the bench and fans in the audience. Follow the NDDoH recommendations for sports and CDC guidelines. • Outdoor youth sports may be considered if following NDDoH recommendations for sports and CDC guidelines.
<p>EMPLOYEE AND CUSTOMER SAFETY AND TRUST</p>	<p>Personal Protective Equipment (PPE)</p>	<p>All Risk Levels:</p> <ul style="list-style-type: none"> • Require face coverings for employees. • Require face coverings for members and patrons (following CDC guidelines). <ul style="list-style-type: none"> » People who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others. • During sporting events, camps and practices, require face coverings for coaches, staff, fans, and players not in play. • Train staff laundering towels and cleaning equipment to properly wear and maintain safe use of Personal Protective Equipment (PPE). <p>(CONTINUED ON NEXT PAGE)</p>

FITNESS CENTERS (CONTINUED)

EMPLOYEE AND CUSTOMER SAFETY AND TRUST	Hygiene and Cleaning	<p>All Risk Levels:</p> <ul style="list-style-type: none"> • Develop enhanced cleaning protocols. Close areas of the facility, equipment, bathrooms, locker rooms and shower facilities at an appropriate time during each day to allow adequate cleaning of high-touch surfaces. • Schedule fitness classes to allow staff adequate time (at least 15 minutes) to clean equipment and surfaces before each class. • Follow COVID-19 childcare guidance for drop-in child care. • If open, indoor playground equipment is monitored with heightened hygiene and cleaning standards under staff supervision. • If open, locker room and shower facilities are monitored with heightened hygiene and cleaning standards under staff supervision.
	Special Measures	<p>ALL RISK LEVELS</p> <ul style="list-style-type: none"> • Encourage customers to download Care19 Apps to increase success with contact tracing. BeLegendary.link/Care19 • Increase ventilation and air exchange with outdoor air. If fans or hair dryers are used, make sure air from fan/dryer is not blowing directly from one person toward another. • Refer to ND Smart Restart protocols for pools and other water features. • Limit group sports in interior spaces, including participants on the bench and fans in the audience. Follow the NDDoH recommendations for sports and CDC guidelines. • Outdoor youth sports may be considered if following NDDoH recommendations for sports and CDC guidelines.