



Guidance on Indoor Exercise Facilities, Indoor Fitness Facilities and Gyms: Enabling Outdoor Operations

June 1, 2020

Section 8(A) of Executive Order No. 141 restricts the operation of entertainment and fitness facilities. The Executive Order defines “entertainment and fitness facilities” as “Indoor Exercise Facilities,” “Gyms,” and “Indoor Fitness Facilities,” among other types of businesses. This language was meant to bar only indoor exercise, gym, or fitness operations, because the risk of transmitting COVID-19 is higher in an indoor environment.

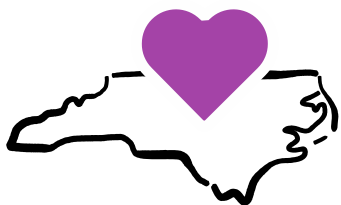
Gyms and other indoor exercise and fitness facilities may set up outdoor exercise equipment and otherwise operate outside (i.e., by holding fitness classes outdoors). In the event a gym, indoor exercise or indoor fitness facility chooses to operate outdoors, it should do so in compliance with the outdoor mass gathering limitation of twenty-five (25) individuals. § 7(A).

Gyms and other fitness facilities operating outdoors pursuant to this guidance are also strongly encouraged to follow the restrictions and recommendations for Retail Businesses under Section 4(B) of the Executive Order, including Social Distancing and Minimizing Exposure, Frequent and routine cleaning and disinfecting of high touch areas and equipment with an EPA-approved disinfectant, Hygiene, Monitoring for Symptoms, Protecting Vulnerable Populations, and Combatting Misinformation.

All portions of the indoor facility, including but not limited to locker rooms and showers, must remain closed to customers at all times unless there is a provision of Executive Order No. 141 that specifically allows that indoor portion of the facility to be open. For example, pools are open under Section 6(E) of the Executive Order and Section 8(A)(1) of the Executive Order allows opening retail or dining components of an otherwise closed entertainment or fitness facility.

Additional Resources

- NC DHHS: [North Carolina COVID-19](#)
- CDC: [Interim Guidance for Businesses and Employers](#)
- CDC: [Cleaning and Disinfecting Your Facility](#)
- CDC: [Reopening Guidance](#)
- EPA: [Disinfectants for Use Against SARS-CoV-2](#)
- HHS/OSHA: [Guidance on Preparing Workplaces for COVID-19](#)



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