Best Practices for Businesses to Reopen
FITNESS CENTERS, MARTIAL ARTS AND DANCE STUDIOS

For more information go to open.maryland.gov/backtobusiness

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- Consider scheduling “by appointment” only. Allow enough time between clients for cleaning.
- Schedule classes so that there is time between them to allow guests to exit the facility from the class prior to the next class arriving and for staff to adequately clean between class sessions.
- If possible, set aside special hours for vulnerable or at-risk guests
- Offer virtual client training when possible.
- Post signage advising customers to not enter the store if they are sick or symptomatic
- Evaluate space and capacity based on executive orders and social distancing guidelines. Determine capacity in order to ensure guests can properly physically distance themselves at all times, including in areas that may be prone to congregation, such as equipment rooms, gym floors, entrances, exits, and other amenities.

REDUCE TOUCH POINTS / CONTROL ACCESS & INCREASE CLEANING

- Clean and disinfect the facility in accordance with CDC guidelines.
- Encourage guests to use one piece of equipment at a time. Wipe down all furniture, gear, training mats, equipment, etc., after each use.
- Create sanitization stations stocked with hand sanitizers and disinfecting wipes for easy access by the public and employees.
- Remove magazines, newspapers, and other collateral from public areas.
- Encourage customers and employees to bring their own water bottles. Provide bottled water or water in single service disposable cups from a touchless or easy to clean dispenser. Provide sanitizing wipes and clean water dispensers frequently.
- Encourage customers to bring their own towels.
- Encourage touchless payment and check in methods.
- Utilize check in procedure to maintain proper capacity limits.
- Move any retail inventory to a “no-touch” area (i.e. behind counter) to minimize touching.

COMMUNICATION PROCEDURES

- Language Access: Provide training content in Spanish and alternate languages prevalent in our small business community.
- Post signs outlining CDC guidelines to encourage and remind employees and customers of safe distancing and cleaning procedures and to not enter if feeling sick or ill.
- Hold daily or weekly team meetings to ensure clear communication, to clarify protocols, and discuss any necessary process modifications.
- Prior to the guest’s visit, if possible, explain processes in place for their comfort, which includes face covering requirements, social distancing, and increased hygiene practices per the CDC and MDH guidance and that you are open for business.
- Contact your local health department if you are concerned about transmission of COVID-19 in your facility.

All Executive Orders still in effect must be complied with. See most up to date orders here: governor.maryland.gov/covid-19-pandemic-orders-and-guidance.

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