



Roadmap to Recovery: Face Coverings for Fitness Activities

FACE COVERINGS: All industries must:

- Inform customers, including parents of children participating in youth fitness activities, about wearing a face covering, post signs, and advise those in line or in the facility;
- Take reasonable steps to keep people not wearing a face covering from entering their business, and
- Exceptions: (1) a medical professional has advised against wearing a face covering for health-related reasons; or (2) wearing a face covering would create a risk to staff related to their work. (3) someone has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance; or (4) children 2 years or younger. Children 2 – 12 years old are encouraged to wear a mask with adult supervision. Children 13 and older must wear a mask.
- For detailed information, visit: <https://www.yolocounty.org/coronavirus-roadmap>.

SOCIAL DISTANCING: All industries must utilize social distancing measures (of at least 6 feet), as well as in common spaces, such as breakrooms, meeting rooms, etc.

JULY 8, 2020

Face Coverings for Fitness Activities

BACKGROUND

California has issued guidance for fitness activities, which can be found at: <https://covid19.ca.gov/pdf/guidance-fitness.pdf>. State guidance on masks and face coverings may be found at: <https://covid19.ca.gov/masks-and-ppe/>.

WHEN TO WEAR A FACE COVERING

Individuals participating in fitness activities must wear a face covering **at all times** when inside a fitness facility.

Examples include, but are not limited to:

- When exercising or waiting to exercise within a gym or fitness location
- When walking to and from your car to the gym, or fitness location
- When walking to and from the rest room
- When checking in/out at the gym
- While waiting for a group class to start
- Parents/Guardians who are waiting for their child before or after a youth fitness activity

YOUTH FITNESS/CONDITIONING ACTIVITIES

Parents should be informed of the requirements. Furthermore, individuals picking up their children from an activity should adhere to social distancing requirements and avoid congregating with others during pick-up/drop-off.

EXCEPTIONS:

- (1) a medical professional has advised against wearing a face covering for health-related reasons; or
- (2) wearing a face covering would create a risk to staff related to their work.
- (3) someone has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance; or
- (4) children 2 years or younger. Children 2 – 12 years old are encouraged to wear a mask with adult supervision. Children 13 and older must wear a mask, unless conditions above apply.

For additional information regarding those who are exempt from wearing face coverings, visit: https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf.

For detailed information, visit: <https://www.yolocounty.org/coronavirus-roadmap>.

RESOURCES

Yolo County

<https://www.yolocounty.org/coronavirus>

<https://www.yolocounty.org/coronavirus-guidance>

<https://www.yolocounty.org/shelter-in-place>

<https://www.yolocounty.org/coronavirus-roadmap>

State of California

<https://covid19.ca.gov/>

<https://covid19.ca.gov/pdf/guidance-fitness.pdf>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx#>