



# ESSEX COUNTY NEW YORK

Attention Gyms and Fitness Centers within Essex County;

New York State has allowed the re-opening of indoor activities at gyms and fitness centers, subject to a mandatory inspection of your facility by Essex County Health Department or its designees.

Essex County is announcing the following application process.

- 1) All gyms/fitness centers wishing to re-open indoor activities **MUST APPLY** to do so by sending an email to [gyms@essexcountyny.gov](mailto:gyms@essexcountyny.gov) . This communication is **ESSENTIAL** in order to open your business, and also to schedule the required county inspection of your facility. Who does this apply to? All fitness activities and facilities that wish to operate indoors, including but not limited to: standalone, hotel, residential, and office gyms and fitness centers, gyms and fitness centers in higher education institutions, yoga/pilates/barre studios, boxing/kickboxing gyms, fitness boot camps, crossfit or other plyometric boxes, and any other group fitness classes (e.g., spin, rowing, dancing).
- 2) Email your New York Forward Safety Plan to [gyms@essexcountyny.gov](mailto:gyms@essexcountyny.gov) and include;
  - A) Contact information for your facility; including phone number, address, and owner/operator/managers name.
  - B) Proof that you have read and affirmed the New York State Department of Health's Interim Guidance for Gyms and Fitness Centers. That document is available here ([https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms and Fitness Centers Detailed Guidelines.pdf](https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms_and_Fitness_Centers_Detailed_Guidelines.pdf)) and you will need to click the link at the end to fill out this form (<https://forms.ny.gov/s3/ny-forward-affirmation>). After you fill out the form, the screen will indicate that NYS received your submission. Either take a screenshot and attach it, or print the screen and scan it into an attachment.
  - C) New York Forward Safety Plan ([https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/NYS BusinessReopeningSafetyPlanTemplate.pdf](https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/NYS_BusinessReopeningSafetyPlanTemplate.pdf))
  - D) Information on your facilities Air Handling System.

- 3) Essex County staff will monitor applications coming into this email account and an appointment will be made to inspect your facility.
- 4) You will need to sign the checklist affirmation form attesting to your compliance with the specific requirements outlined in the New York State Department of Health Interim Guidance for Gyms and Fitness Centers.
- 5) A successful inspection means you are cleared to stay open by Essex County, as long as New York State keeps your industry open. Be advised that the State is considering this a pilot phase to monitor compliance of owner/operators of gyms and fitness centers with guidance and to assess the public health conditions associated with gyms and fitness centers reopening, including any changes in COVID-19 transmission.

### Guidance for Gyms and Fitness Centers

- **Capacity:** 33% occupancy limit.
- **Access:** Sign-in with contact information and health screening required.
- **PPE:** Appropriate face coverings required at all times.
- **Distancing:** 6 feet of separation at all times.
- **Hygiene/Cleaning:** Cleaning and disinfection supplies made available to customers; shared equipment cleaned after every use; staff must also be available to clean and disinfect equipment in between uses; rental equipment must be cleaned and disinfected between customer use.
- **Classes:** By appointment/reservation only; maximum class capacity capped at number of people that can adhere to the 6-foot social distancing rules, but in no case more than 33% of the typical class size (i.e., leave stations, cycles, etc. vacant); classes should be scheduled to allow additional time for cleaning and disinfection in between each session.
- **Amenities:** Water bottle refill stations permitted, but not shared water fountains; communal showers are closed, but individual showers/stalls can remain open so long as they are cleaned in between use.
- **Air Handling Systems:** Gyms should operate at MERV-13 or greater; if they are unable to operate at that level, they must have heating, ventilation, and air conditioning (HVAC) professional document their inability to do so and adopt additional ventilation and mitigation protocols from American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) and the Centers for Disease Control and Prevention (CDC).
- **Inspection:** Local health departments shall inspect within two weeks of the gym/fitness center opening to ensure compliance.