

Phase 2a Gyms, Boot Camps and Personal Training

Information for providers, professionals and participants. **26 May 2020**

What changes are being made for gyms, boot camps and personal training?

In line with Step 2 of the COVIDSafe Australia Plan, endorsed by the National Cabinet, the ACT Government has announced from **11.59pm on Friday 29 May 2020**, COVID-19 restrictions for **gyms, boot camps and personal training** in the ACT will ease further.

General hygiene and physical distancing principles will continue to apply.

There will be a 20 patron per enclosed space (excluding instructors and staff), noting that the 1 person per 4 square metre rule applies. This means that in some enclosed spaces, fewer than 20 patrons will be allowed.

Staff need to manage ingress and egress. This means ensuring that proprietors and employees manage the flow of people in and out of the venue, with a particular focus on ensuring people do not gather or mill at entries and exits, and that people can remain sufficiently far apart from one and other when entering and exiting the venue.

The following further specifications apply:

- one on one personal training is permitted, with equipment to be cleaned during and after use;
- small group supervised sessions/classes with individual equipment are permitted;
- circuit sessions are *not* permitted given they involve sharing of equipment;
- there should be no unsupervised cardio or free weight training or use of other fitness equipment;
- physical distancing requirements must be maintained (keeping 1.5m apart); and
- communal facilities, such as changerooms and showers, are to remain closed with the exception of toilets only. Where toilets, showers and changerooms are co-located, showers and changerooms should be cordoned off or locked if possible, with clear signage advising patrons of their closure required at a minimum.

What are the risks being managed?

Gyms and fitness centres have a combination of risks which must be managed. There is the gathering and interaction of people indoors, an increased potential for respiratory droplets through elevated breathing rates (physical exertion) and higher risk of transmission through contact of

multiple people with shared equipment. These risks must be carefully managed through minimising larger gatherings and frequent cleaning.

What are the requirements on gyms, personal trainers and boot camps?

One-to-one personal training sessions are allowed as long as physical distancing requirements are maintained.

Supervised boot camps, indoor fitness classes and outdoor fitness sessions of up to 20 people (excluding the instructor) are now able to take place, with physical distancing of 1.5 metres between participants and other groups. Participants should bring their own equipment to sessions where possible, for example; gym mat, hand weights, and resistance bands.

The sharing of equipment should be kept to a minimum. If equipment needs to be shared, it will require proper cleaning and disinfecting during and between sessions. Equipment which is difficult to clean – such as ropes – should be avoided in favour of equipment with an easily cleaned surface, such as kettlebells.

Only low contact training or sports are allowed: this excludes boxing and martial arts activity.

More than one PT session can occur in an enclosed space in line with physical distancing measures and equipment is cleaned between and after use, noting the maximum for any enclosed space is 20 people and the 4 square metre rule may reduce this limit.

How many people can exercise together in a group?

A maximum of 20 people are permitted to exercise together, as long as they are maintaining physical distancing of 1.5 metres between each other and practising good hygiene.

Sharing of equipment during sessions should be kept to a minimum and proper cleaning and disinfecting equipment is required between sessions.

Only low contact skills training or sports are allowed as physical distancing requirements make this impractical.

Can classes run in separate enclosed areas within the gym?

Yes, as long as the total number of people within each class is no more than 20 or one person per four square meetings. Individuals should also ensure there is 1.5 metres between each other and practising good hygiene.

The sharing of equipment should be kept to a minimum. If equipment needs to be shared, it will require proper cleaning and disinfecting during and between sessions. Equipment which is difficult to clean – such as ropes – should be avoided in favour of equipment with an easily cleaned surface, such as kettlebells.

Are there any restrictions on filming training or exercise videos?

Exercise and fitness routines can be filmed as long as physical distancing restrictions are respected.

Instructors must stay 1.5m apart from each other and from any participants when making training or exercise videos and cannot share any gym equipment.

Can I set up an outdoor gym or commando course for my personal training and/or boot camp sessions?

See the response to requirements on personal trainers for outdoor sessions and boot camps.

What about one-on-one boxing fitness and martial arts training?

One-on-one boxing and martial arts are close contact activities and therefore are not practical within the physical distancing requirements. Even with specialist equipment (boxing gloves, helmet) there is a risk of spreading the virus through saliva (spit) and general touch.

Does the maximum of 20 per enclosed space for gyms and indoor sporting venues apply to the venues of all sizes?

Yes, but the maximum number of people allowed within any given enclosed space may be smaller than 20 based on the 4 square metre rule.

Can individual patrons use machines and equipment (e.g. free weights) outside of a class if there is a gym supervisor?

There can be individual use of weights and fitness equipment, however this must be supervised by a staff member at all times.

This is because the cleaning of equipment can be methodical, controlled, and carried out by gym staff following each individual use.