

## Guidance for Personal Training

Gyms are closed to the public. This includes: a building or room used for indoor sports, exercise such as fitness or dance, exercise or group classes, exercise studios and centers, recreation centers, bowling alleys, pools, and other indoor athletic facilities ([PH Order 20-28](#), Section I.F)

### Personal Training

- a. Allowed when limited to members of a single household or a mixed group of four or fewer persons (the four includes the instructor) that do not use shared equipment and comply with social distancing requirements (PH Order 20-28, Section I.H)
- b. May take place indoors or outdoors. Indoor and outdoor are defined as two separate settings.
- c. If the indoor facility is a “Gym” as defined in PH Order 20-28:
  - i. The facility must make arrangements for appointment-only sessions; no walk-ins or waiting
  - ii. The building must remain closed to the general public at all times
  - iii. A facility may operate multiple separate settings (each with 4 walls, partitions, or physical barriers, and a designated entrance and exit) in a building and follow all of the requirements (PH Order 20-28) for that individual setting
  - iv. Only 1 personal training session per setting at any given time
  - v. Each setting must be thoroughly sanitized between sessions
  - vi. The shared space in the building must comply with the office guidelines for shared spaces including no group use
  - vii. Communal gathering spaces, such as locker rooms and waiting rooms, are strictly prohibited
  - viii. Public restrooms must be [cleaned](#) and have signage posted that they should be used by only one person at a time
- d. Both employees and customers must wear at least a cloth face covering at all times. Only services that can be performed without the customer removing their mask are permitted.
- e. All facilities must adhere to the requirements of PH Order 20-28, including [Best Practices for All Businesses](#) and all industry specific requirements for [personal services](#).

*NOTE: These guidelines are subject to change and/or may be extended upon further evaluation, or in response to further guidance or orders from the Governor or Colorado Department of Public Health and Environment*

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