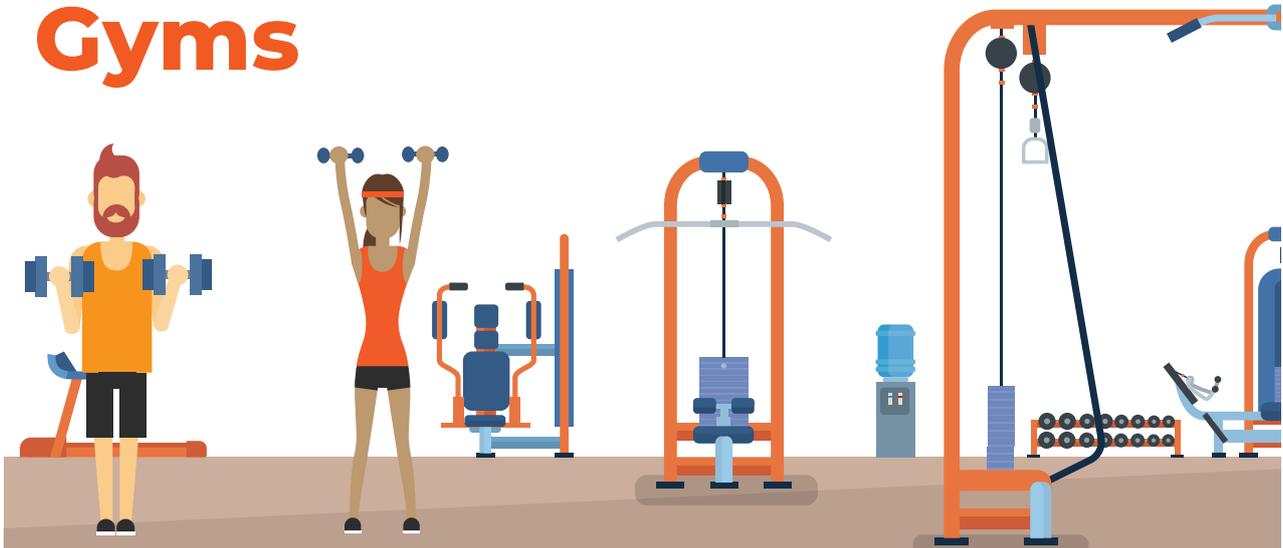


CASE STUDY

Gyms



Key Points

- › From 11.59pm on Tuesday 1 September 2020, 24-hour gym facilities can operate without staff. When unstaffed, a maximum of 25 people are permitted to be in the facility at any one time.
- › Steam-based services such as saunas and steam rooms are able to open.
- › From 9am on Friday 18 September 2020, venues can have a maximum of 25 people excluding staff, provided this doesn't exceed the capacity limit that applies under standard liquor or fire occupancy loading and regulatory conditions of the venue.
- › If gyms, health clubs, fitness centres and boot camps want to have more than 25 people they can continue to operate with a maximum of 100 people per indoor and outdoor space or one person per 4 square metres of usable space, whichever is lesser.
- › Usable space for an indoor or outdoor space means the space that people can freely move around in, taking out divisions such as stages and similar areas, restrooms, changerooms and similar areas, staff only areas, areas occupied by fixtures, fittings and displays and areas that are closed off or not being used.
- › The 100 people excludes staff and any other personnel.
- › Organised classes can have up to 100 people excluding staff and trainers or one person per 4 square metres of usable space, whichever is lesser.
- › Facility owners, managers and operators must not temporarily divide any usable indoor space or usable outdoor space for the purposes of calculating usable space.
- › Full-contact sports (such as boxing) continue to be permitted.
- › Circuit sessions continue to be permitted.
- › Unsupervised use of individual weights and gym equipment is still allowed.
- › Gyms must make sure patrons remain at least 1.5 metres apart, wherever possible.
- › Strict controls to manage entry and exit points will avoid groups coming together.
- › Communal facilities (such as changerooms) can remain open if a risk assessment has been done and a strict cleaning regime put in place. The COVID Safety Plan should outline this.

Businesses must:

- › have a COVID Safety Plan that identifies risks and outlines how those risks will be managed
- › have in place formalised processes to ensure equipment is appropriately cleaned while the facility is not staffed. These should be documented in the facility's COVID Safety Plan.
- › clearly display occupancy allowance at the entrance to the venue as well as display additional signs with area occupancy for separate individual spaces.
- › keep the sharing of equipment to a minimum; any shared equipment will require proper cleaning during and between sessions.
- › avoid using equipment that is difficult to clean, such as ropes, in favour of equipment with easily cleaned surfaces, such as kettlebells.
- › put a process in place to clean shared equipment between each use. Cleaning can be done by staff or by patrons.
- › clean frequently used areas using a suitable detergent or disinfectant in accordance with manufacturer directions. Download the [WorkSafe ACT cleaning checklist](#) to assist with implementing health and hygiene measures.

Under the one person per four square metre rule how many people are allowed in an indoor space at the gym?

Size of space	Maximum number of patrons
80m ²	20
100m ²	25
160m ²	40
200m ²	50
400m ²	100

Note: You should only factor in usable space when calculating how many people you can have in your premises. Usable space means the space that people can freely move around in, but does not include:

- stages and similar areas,
- restrooms, changerooms and similar areas,
- areas occupied by fixtures, fittings, and
- displays, and
- staff only areas and areas that are closed off or not being used.

Case study: Hosting groups of 100

A large gym in Belconnen has reopened to allow group classes and individual cardio and weight use.

They have calculated their usable space as 160 square metres and can therefore have 40 people in attendance at one time.

The gym area was modified to provide for physical distancing requirements. Some machines have been closed to ensure adequate spacing between people exercising.

Communal areas such as changerooms are open following a risk assessment and implementation of a strict cleaning regime, as noted in the COVID Safety Plan. Posters are displayed in all communal areas to remind gym goers to clean gym equipment after use, and practise good handwashing hygiene.

The public are reminded about the “get in, train, get out” principle and asked not to gather in communal areas before or after training.

This information is correct as of 18 September 2020. For the latest advice on restrictions please check the [COVID-19 website](#) or call the COVID-19 helpline on (02) 6207 7244.

The **Business Resource Kit** includes: guidelines for creating a **COVID Safety Plan**; posters for displaying in your business premises; fact sheets and case studies to provide up to date information and clear advice; and other useful resources.

Find the kit on the business resource page of the [COVID-19 website](#).

Canberra Business Advice and Support Service: Business owners can receive up to four hours of free, tailored advice and access online business development resources. Call (02) 6297 3121.



For updates, visit
covid19.act.gov.au