

# EXERCISING INDOORS DURING THE CORONAVIRUS (COVID-19) PANDEMIC

When exercising indoors, at public facilities, it is important to take appropriate precautions, such as the tips below, to help protect yourself and others from COVID-19. If you are ill or have been in contact with someone with COVID-19, stay at home.



Call ahead to plan for your workout. You may need to preregister for a time slot. If the facility is not taking proper precautions, find another place to exercise.



Keep a distance of at least six feet from others before, during and after your workout. This includes the parking lot, bathrooms and check-in areas.



Many experts recommend exercising outdoors in uncrowded areas, especially when performing high intensity exercise.



Wear a face covering. You may need to purchase a moisture-wicking mask for your workouts.



Wash your hands with soap and water frequently. Bring hand sanitizer with you for times when soap and water are not available. Avoid touching your face.



Do not use locker rooms and showers. Most facilities have closed access to these areas, as well as saunas and steam rooms, as an added precaution.



Bring your own filled water bottle and avoid using public water fountains.



Properly disinfect any surfaces or equipment you use. Consider bringing your own equipment, such as a mat or resistance band, when feasible.



Ask if the facility offers virtual exercise classes as an alternative option. Some group classes are also being offered outdoors or in rooms with open doors and windows, in order to maximize ventilation.



For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>