**RE-OPENING RECOMMENDATIONS**

**A Proposal to DC Health and the District of Columbia for Locker Rooms & Showers at Gyms, Fitness Centers, and Health Clubs**

Showers provide gym members with an additional layer of defense against COVID-19. More specifically, they allow individuals to clean, sanitize, and remove surface particles from their body before they leave the gym and interact with other individuals at home or in public. These benefits are widely known and accepted. Businesses such as ours that are continually focused on health & wellness are eager and ready to take the next step in protecting our community from the Covid-19 pandemic.

This proposed plan is endorsed by our Medical Advisory Board of local MD’s with professional and clinical experience with infectious disease. This would not only allow people in our community greater access and safer access to exercise, which has been continually recommended by the medical community, but also will help us stay in business.

We need our showers and locker rooms back. We only have 35% of our pre-COVID customer base remaining and we are at risk of further losses if we cannot offer showers in the immediate future. Added showers will help us keep what we have and bring more customers back. As such, we ask DC Health and the District of Columbia to create a waiver process where gyms can apply to reopen their showers, similar to what you have done with other businesses in the District.

**Specific Guidelines**

* Capacity:

(gyms must develop and implement a system to limit capacity in the showers by limiting access and duration of shower visits)

* Social Distancing: gyms must maintain at least 6’ of distance between showers.
* Physical Barrier: gyms must install a physical barrier between showers in addition to 6’ of social distancing.
* Timing: gym members will have 20 minutes to shower and an additional 10 minutes in the locker room for dressing.
* Towels: gym staff must provide individual towels to each gym member upon check-in for their reservation.
* Facemasks: gym members must wear facemasks at all times, except when fully enclosed in the shower cubicle with the water running (while actively showering).
* Other activities: blow drying hair, brushing teeth, and shaving is not allowed. Gyms must close off all electrical outlets so that members cannot use plug-in appliances like hair dryers and flat irons.