

Indoor Fitness and Training COVID-19 Reopening Requirements – Update

Summary of November 16 changes:

Pursuant to Governor Inslee’s Proclamation 20-25.8, *Stay Safe-Stay Healthy*, these requirements are effective November 16, 2020 through December 14, 2020. Summary of changes in November 16 Proclamation 20-25.8 update:

- All indoor fitness and training facilities are closed at this time.

Included here:

Staffed indoor: fitness studios, independent sports and fitness training, group fitness, gyms, and multi-use indoor fitness facilities providing private instruction and access to personal fitness training and/or specialized equipment, including but not limited to weight and resistance training, cardio exercise equipment, martial arts, yoga, gymnastics, dance, climbing, and similar personal training, group training, or independent fitness services.

Staffed standalone indoor sports facilities, or indoor sports facilities that are part of a multi-use indoor fitness facility, including volleyball courts, squash and racquetball courts, tennis courts, ice rinks, and other similar indoor facilities that provide private instruction for personal fitness and sports training.

Not included here:

Pools. Pool facilities should follow the [Department of Health’s COVID-19 guidance for staffed pools](#) and the [Governor’s Phased Guidance for pools](#).

Outdoor sporting activities. Also not included here are indoor fitness and training activities covered under [Professional Sports and Other Sporting Activities](#).

Indoor Fitness and Training

RESTART COVID-19 REQUIREMENTS AND RECOMMENDATIONS

All indoor fitness and training facilities are closed at this time. Outdoor fitness and training activities are limited 5 participants or less.