

# PRACTICING “SOCIAL DISTANCING” IN GROUP FITNESS

*Creating a Safe and Welcoming Space for Your Members*

*We believe that the group fitness room, if setup properly, can provide the best environment to keep members safely distanced with more space than the recommended six feet of ‘social distancing’ currently recommended by the CDC.<sup>1</sup>*

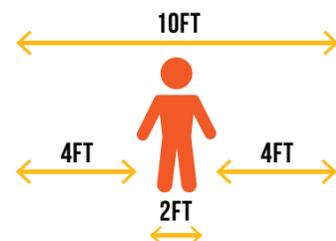
*In group fitness, because a participant will have their own controlled “safe space” and because they will have their own equipment for the entire experience, the group fitness environment could be one of the best places to keep members safely distanced in your facility.*

*Keep your distance ... and keep moving! Let's Move!*

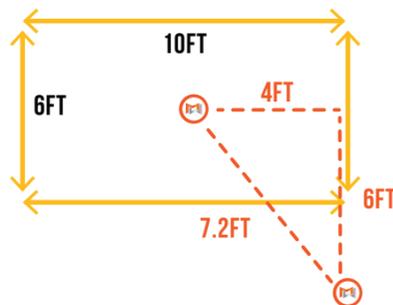


## OUR RECOMMENDATIONS:

- 1 CREATE SPACE**  
Provide each member a space of at least 10 feet wide and 6 feet front back.



- 4 HERE'S THE MATH**  
Staggering rows will ensure participants are 8 to 10 feet away left to right and more than 6 feet away from the person on the next row.



- 7 LEAVE EQUIPMENT**  
Have members leave their equipment in place after the workout.



- 2 FLOOR MARKERS**  
Provide markers on the floor to designate the center of their space.



- 5 CLEAN EQUIPMENT**  
Have staff clean and setup the equipment in the room prior to the workout.



- 8 POST CLEAN UP**  
After the workout, have staff clean the equipment, following all protocol and CDC guidelines.



- 3 STAGGER PEOPLE**  
Stagger each row so there is 12 ft between one marker and the marker directly in front and directly behind.



- 6 MORE SUPPLIES**  
Provide additional cleaning supplies if members would like to re-clean their equipment.



- 9 BUFFER TIMES**  
Provide a 15 minute or 30 minute buffer in between each class to allow for proper cleaning and sanitation.



\*MOSSA partners with fitness facilities, rec centers, and YMCA's around the world to provide group fitness programming and management best practices. Our goal is to help our facilities welcome their members back as soon as safely possible, while helping them to strictly follow all necessary safety guidelines, state mandates, and CDC recommendations. For more information about MOSSA, visit [www.mossa.net](http://www.mossa.net).

<sup>1</sup><https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>