



Consistent with the State’s Framework for a Safer Economy, San Francisco is allowing certain businesses and other activities to reopen starting March 3, 2021. The decisions to reopen balance the public health risks of COVID-19 transmission with the public health risks of economic and mental health stress.

Even though COVID-19 case rates have come down, there remains a risk that people who you come into contact with when you are outside your Residence may have COVID-19. Most COVID-19 infections are caused by people who have no symptoms of illness. Due to limited supply of vaccine, only a minority of San Franciscans are fully vaccinated. We also have confirmed there are new, more contagious virus variants in the San Francisco Bay Area and that some of these variants are more likely to cause serious illness and death in unvaccinated people.

The opening of sectors does not necessarily signify that these activities are “safe.” The purpose of the required safety protocols contained in the order and directives is to make these activities and sectors safer for workers and the public. But reopening requires that all individuals and businesses use particular care and do their part to make these activities as safe as possible by strictly and consistently wearing Face Coverings and following Social Distancing Requirements and all other safety protocols.

People at risk for severe illness with COVID-19—such as unvaccinated older adults, and unvaccinated individuals with health risks—and members of their household are urged to defer participating at this time in activities with other people outside their household where taking protective measures of wearing face masks and social distancing may be difficult, especially indoors or in crowded spaces.

DIRECTIVE OF THE HEALTH OFFICER No. 2020-30d

**DIRECTIVE OF THE HEALTH OFFICER OF
THE CITY AND COUNTY OF SAN FRANCISCO REGARDING REQUIRED BEST
PRACTICES FOR BUSINESSES PROVIDING INDOOR HAIR, BARBER, NAIL, BODY
ART, SKIN CARE, MASSAGE, COSMETOLOGY AND OTHER PERSONAL
SERVICES IN A NON-HEALTHCARE SETTING**

(PUBLIC HEALTH DIRECTIVE)
DATE OF DIRECTIVE: March 2, 2021

By this Directive, the Health Officer of the City and County of San Francisco (the “Health Officer”) issues industry-specific direction that businesses offering indoor Personal Services, as described below, must follow as part of the local response to the Coronavirus Disease 2019 (“COVID-19”) pandemic. This Directive constitutes industry-specific guidance as provided under Section 4.e of Health Officer Order No. C19-07t, including as it may be revised or amended in the future, (the “Stay-Safer-At-Home Order”) and, unless otherwise defined below, initially capitalized terms used in this Directive have the same meaning given them in that order. This Directive goes into effect at 8:00 a.m. on March 3, 2021, and remains in effect until suspended, superseded, or amended by the Health Officer. This Directive has support in the bases and justifications set forth in the Stay-Safer-At-Home Order. As further provided below, this Directive automatically incorporates any revisions to the Stay-Safer-At-Home Order or other future orders issued by the Health Officer that supersede that order or reference this Directive. This Directive is intended to promote best practices as to Social Distancing Requirements and sanitation measures,



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helping prevent the transmission of COVID-19 and safeguard the health of workers, customers, and the community.

UNDER THE AUTHORITY OF CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, AND 120175, THE HEALTH OFFICER DIRECTS AS FOLLOWS:

- 1. This Directive applies to all owners, operators, managers, and supervisors of any business providing Indoor Personal Services, as that term is defined in Section (15)(b)(2) of Appendix C-1 of the Stay-Safer-At-Home Order (“Personal Service Providers”).**
- 2. Attached as Exhibit A to this Directive is a list of best practices that apply to Personal Service Providers (the “Best Practices”). Each Personal Service Provider must comply with all of the relevant requirements listed in the Best Practices.**
- 3. Each Personal Service Provider, before it begins to offer Personal Services or allow Personnel onsite, must create, adopt, and implement a written health and safety plan (a “Health and Safety Plan”). The Health and Safety Plan must be substantially in the form attached to this Directive as Exhibit B.**
- 4. Guidance from the Department of Public Health related to Personal Services is attached to this Directive as Exhibit C and available at www.sfdph.org/directives. Each Personal Service Provider must review this guidance and implement it to the extent possible.**
- 5. If an aspect, service, or operation of the Personal Service Provider is also covered by another Health Officer directive (all of which are available at www.sfdph.org/directives), then the Personal Service Provider must comply with all applicable directives, and it must complete all relevant Health and Safety Plan forms.**
- 6. Each Personal Service Provider must (a) make the Health and Safety Plan available to a customer and Personnel on request, (b) provide a summary of the Health and Safety Plan to all Personnel working on site or otherwise in the City in relation to its operations, and (c) post the Health and Safety Plan at each entrance to any physical business site within the City. Also, each Personal Service Provider must provide a copy of the Health and Safety Plan and evidence of its implementation to any authority enforcing this Directive upon demand.**
- 7. Each Personal Service Provider subject to this Directive must provide items such as Face Coverings (as provided in Health Officer Order No. C19-12d issued on December 22, 2020, and any future amendment to that order), hand sanitizer or handwashing stations, or both, and disinfectant and related cleaning supplies to Personnel, all as required by the Best Practices. If any such Personal Service Provider is unable to provide these required items or otherwise fails to comply with required Best Practices or fails to abide by its Health and Safety Plan, then it must cease operating until it can fully comply and demonstrate its strict compliance. Further, as to any non-compliant Personal Service Provider, any such Personal Service Provider is subject to immediate closure and the fines and other legal remedies described below, as a violation of the Stay-Safer-At-Home Order.**



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8. For purposes of this Directive, “Personnel” includes all of the following people who provide goods or services associated with a Personal Service Provider: employees; contractors and sub-contractors (such as those who sell goods or perform services onsite or who deliver goods for the business); independent contractors; vendors who are allowed to sell goods onsite; volunteers; and other individuals who regularly provide services onsite at the request of the Personal Service Provider. “Personnel” includes “gig workers” who perform work via the business’s app or other online interface, if any.
9. This Directive and the attached Best Practices may be revised by the Health Officer, through revision of this Directive or another future directive or order, as conditions relating to COVID-19 require, in the discretion of the Health Officer. Each Personal Service Provider must stay updated regarding any changes to the Stay-Safer-At-Home Order and this Directive by checking the Department of Public Health website (www.sfdph.org/directives) regularly.
10. Implementation of this Directive augments—but does not limit—the obligations of each Personal Service Provider under the Stay-Safer-At-Home Order including, but not limited to, the obligation to prepare, post, and implement a Social Distancing Protocol under Section 4.d and Appendix A of the Stay-Safer-At-Home Order. The Personal Service Provider must follow these industry-specific Best Practices and update them as necessary for the duration of this Directive, including, without limitation, as this Directive is amended or extended in writing by the Health Officer and consistent with any extension of the Stay-Safer-At-Home Order, any other order that supersedes that order, and any Health Officer order that references this Directive.

This Directive is issued in furtherance of the purposes of the Stay-Safer-At-Home Order. Where a conflict exists between this Directive and any state, local, or federal public health order related to the COVID-19 pandemic, including, without limitation, the Social Distancing Protocol, the most restrictive provision controls. Failure to carry out this Directive is a violation of the Stay-Safer-At-Home Order, constitutes an imminent threat and menace to public health, constitutes a public nuisance, and is a misdemeanor punishable by fine, imprisonment, or both.

A handwritten signature in black ink, appearing to read "Susan Philip".

Susan Philip, MD, MPH,
Acting Health Officer of the
City and County of San Francisco

Date: March 2, 2021



Exhibit A to Health Officer Directive No. 2020-30d (issued 3/2/2021)

Best Practices for Businesses Offering Indoor Personal Services

In addition to preparing, posting, and implementing the Social Distancing Protocol required by Section 4.d and Exhibit A of Health Officer Order No. C19-07t (the “Stay-Safer-At-Home Order”), each Personal Service Provider that operates indoors in the City must comply with each requirement listed below and prepare a Health and Safety Plan substantially in the format of Exhibit B, also attached to this Directive. **Note that ALL Personal Service Providers must comply with Section 1 below, and Personal Service Providers must otherwise comply with all other sections below that apply to the type of services they offer. Some Personal Service Providers will only need to comply with Section 1, and others will comply with Section 1 and at least one other section.**

Requirements:

1. Requirements for All Personal Service Providers in a Non-Healthcare Setting, Including Hair Salons and Barbershops, Nail Salons, Body Art Practitioners, Skin Care, Massage, Cosmetology, and Tanning Salons and Other Non-Touch Personal Services

[These requirements apply to **all** Personal Service Providers]

- 1.1.*** All Personal Service Providers are strongly encouraged to serve customers outdoors when allowed by the Stay-Safer-At-Home Order and other directives. It is preferred to offer customers a choice of being seen indoors and outdoors, and outdoor services can ensure extra distancing for those customers being served indoors.
- 1.2.*** Develop a plan and implement daily COVID-19 symptom self-verifications for all Personnel as required by the Social Distancing Protocol (Appendix A of the Stay-Safer-At-Home Order) (the “Social Distancing Protocol”).
- 1.3.*** All Personal Service Providers are strongly encouraged to see customers by appointment only and to stagger appointments to reduce reception congestion and ensure adequate time for proper cleaning and sanitation between each customer visit. Hair salons and barbershops, under current State guidance, **must** see customers by appointment only and **must not** allow walk-in customers.
- 1.4.*** Screen all customers and other visitors on a daily basis using the standard screening questions attached to the Stay-Safer-At-Home Order as Appendix A and **Attachment A-2** (the “Screening Handout”). Screening **must** occur before people enter the facility or location (or before the Personal Service Provider enters another location to meet with the customer) on the same day as the appointment or visit in order to prevent the inadvertent spread of the SARS-CoV-2 virus. A copy of the Screening Handout should be provided to anyone on request, although a poster or other large-format version of the Screening Handout may be used to review the questions with people verbally. Any person who answers “yes” to any screening question is at risk of having the SARS-CoV-2 virus, must be prohibited from entering the facility or receiving services, and should be referred for appropriate support as outlined on the Screening Handout. Personal Service Providers can use the guidance available online at <https://www.sfdcp.org/wp-content/uploads/2020/05/COVID19-Screening-Questions-UPDATE-05.26.2020.pdf> for determining how best to conduct screening. Customers who are feeling ill, have exhibited



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symptoms of COVID-19 within 24 hours of their scheduled appointment, or answer “yes” to any screening question must cancel or reschedule their appointment. In such cases, customers must not be charged a cancellation fee or other financial penalty.

- 1.5.** Consider implementing digital forms or questionnaires to allow customers to complete all paperwork electronically before their appointment. This can include answering via email, text message, web-browser, app, or otherwise.
- 1.6.** If feasible, implement virtual check-in technology to ensure that Personal Service Providers are notified when a customer arrives.
- 1.7.** Require Personnel to wear Face Coverings as provided in Health Officer Order No. C19-12d issued on December 22, 2020, and any future amendment to that order (the “Face Covering Order”). Personal Service Providers must wear their Face Coverings at all times while in the presence of customers or working in spaces where they will provide care to a customer (including when customers or others are not present). Personal Service Providers who will be within three feet of a customer for more than 15 minutes are strongly encouraged to wear a non-vented N95 mask.
- 1.8.** Customers and other visitors must wear a Face Covering at all times except when: (a) they are otherwise exempt from doing so under the Face Covering or (b) when the Face Covering must be removed to perform services involving that part of the face and then only during such procedure and subject to compliance with applicable safety precautions set forth in Section 1.10 below. Personal Service Providers must encourage customers to bring and use their own Face Coverings. Personal Service Providers must provide customers with Face Coverings if they do not have one or refuse service to those who arrive without a Face Covering and who are not otherwise exempt from wearing one under the Face Covering Order.
- 1.9.** If Personnel, customers, or any other member of the public refuses to comply with the Face Covering Order or other provision of this Directive, then the Personal Service Provider must refuse service to the individual (for customers) and require people (including Personnel, customers, or others) to leave the facility. Nothing in this Directive is intended to alter the obligations a Personal Service Provider may otherwise have under applicable law to provide reasonable accommodations to Personnel or members of the public.
- 1.10.** Activities that involve the removal of clients’ face coverings are much higher risk and Personal Service Providers are strongly discouraged from offering these services during the COVID-19 pandemic. If a customer’s Face Covering must be removed, Personal Service Providers must take the following precautions:
 - 1.10.1.** The Personal Service Provider conducting the service must wear a face shield or eye protection (in addition to a Face Covering) when they are providing services that do not enable the client to wear a Face Covering.
 - 1.10.2.** Covered Personal Service Providers must wear a well-fitted mask and are strongly recommended to wear a non-vented N95 mask, even if not fit-tested, to provide maximum protection during procedures that require the customer to remove their Face Covering. Guidance regarding well-fitted masks can be found at: www.sfgdcp.org/maskingupdate.



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- 1.10.3.** The customer's Face Covering may only be removed as long as necessary to complete the part of the service requiring removal.
- 1.10.4.** The service must be conducted at least six-feet from other Personnel and customers. Where feasible, the service should take place in a separate room or other area enclosed by curtains or other barrier.
- 1.10.5.** Request that the customer not speak unnecessarily during the period that their Face Covering is removed.
- 1.10.6.** Keep face tissues or a towel available for the customer to use in the event they need to sneeze or cough while their Face Covering is off. The customer should dispose of the tissue or place the towel into a laundry bin at the end of the service.
- 1.10.7.** Personal Service Providers offering services to customers who remove their Face Coverings must comply with new signage requirements set forth in section 2.9 below.
- 1.11.** Although Personal Service Providers under this Directive are not offering health care, there are similarities between the provision of health care and personal services. In particular, the duration of encounters, distance between provider and client, and other factors can create similar risks of virus transmission, and many of the best practices that apply in the health care context can be applied in the personal services context. Accordingly, Personal Service Providers are strongly recommended to wear a face shield, goggles, or other eye protection in addition to Face Coverings when they will be within three feet of a customer for more than 15 minutes. More information about use of face shields, goggles, or other eye protection in the health care context, which is also relevant to people who provide personal services, can be found online at <https://www.sfcdep.org/wp-content/uploads/2020/08/COVID19-EyeProtection-Memo-HCP-FINAL-2020.08.10.pdf>.
- 1.12.** The City has flyers, posters, fact sheets, and social media graphics available in multiple languages for use by the community. These resources include posters regarding use of Face Coverings and screening. These resources are available online at <https://sf.gov/outreach-toolkit-coronavirus-covid-19>.
- 1.13.** Service providers must not see multiple customers at once (for example, while one customer's hair is drying, another receives a haircut). Multiple service providers must also not work on the same customer at the same time. Services for one customer must be completed before a new customer is seen by the same worker. The one exception to this rule is that if a customer is undergoing a procedure and is waiting for a longer period of time (such as when waiting for hair dye to set), a service provider may work with one other customer during the wait so long as (i) the service provider cleans their hands each time before switching to the other customer, (ii) the second customer is not being served in the same service area as the first customer without full cleaning and sanitization of the area between each customer as required by this Directive, and (iii) the service provider is not repeatedly going back and forth between the first and second customer.
- 1.14.** Provide a hard-surfaced, non-porous chair or table or a large hard-surfaced or plastic basket or paper bag for clients to put their clothes or belongings on or in if appropriate for the service.



- 1.15.** Personal Service Providers must wear disposable gloves when required for a particular service (for example, chemical hair services, piercing, tattooing). Wearing gloves is not a substitute for regular hand washing and sanitizing. Proper glove use includes being sure to properly clean or sanitize hands before putting on clean gloves, making sure the wearer does not touch their own face or hair with gloved hands, not using gloved hands to provide services for more than one person without changing gloves, the proper removal of gloves to avoid contaminating skin underneath, washing or sanitizing hands after removing gloves, and properly disposing of used gloves in a trash bin that has a lid and is lined with a disposable plastic bag. More information about the use of gloves and when use is required is found in Exhibit C to this Directive.
- 1.16.** Develop a plan and implement cleaning and sanitization requirements that exceed usual professional requirements and standards, including all of the following that apply (depending on the tools and equipment in use by the Personal Service Provider):
- 1.16.1.** Comply with any existing or COVID-19 specific health-related regulatory requirements, such as those required by Cal/OSHA, the California Board of Barbering and Cosmetology, California Health and Safety Code, and the San Francisco Health and Safety Code.
 - 1.16.2.** Instruct all Personnel to wash their hands frequently with soap and water for at least 20 seconds and to wash hands or use hand sanitizer (provided by the Personal Service Provider) before and after touching high-touch surfaces, such as cash registers or shared tools, equipment, or materials.
 - 1.16.3.** Disinfect station counters, rolling carts, drawers, hand mirrors, tools, hot towel cabbies, and other surfaces between each customer.
 - 1.16.4.** All single use items, such as disposable wax collars, cotton, neck strips, and applicators, must be used once and immediately thrown away in a container with a lid.
 - 1.16.5.** All appliances at work stations and treatment areas must be properly disinfected between each customer, as follows:
 - 1.16.5.1.** Clean and disinfect shears by removing all visible debris, cleaning with soap and water, and then wiping or spraying with an EPA-registered disinfectant that demonstrates bactericidal, fungicidal, and virucidal activity and is approved for COVID-19.
 - 1.16.5.2.** Clean and disinfect all other non-porous, non-electrical tools by removing all visible debris, cleaning with soap and water, drying the tools, and then completely immersing them in an EPA registered disinfectant. Tools must be sprayed or submerged and left to set for the full amount of time (contact time) required by the disinfectant's manufacturer. Immersed items, like combs or brushes, should be removed at the end of the contact time, rinsed, and dried with a paper towel or clean, freshly laundered towel.
 - 1.16.5.3.** Clean all electrical tools, such as clippers, LED lamps, and esthetic devices, by removing all visible debris and disinfecting with an EPA-registered disinfectant spray or wipe that demonstrates bactericidal, fungicidal, and virucidal activity and is approved for COVID-19. Follow with using an EPA-



registered disinfectant spray or wipe for the full contact time as noted by the manufacturer's directions. Use caution when using a spray and be sure the device is unplugged and do not spray into the motor. Consider use of wipeable covers for electronics. If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 60% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.

1.16.5.4. Clean and disinfect all handles, hoses, spray nozzles, and other equipment between customers. Chairs, headrests, shampoo bowls, and other items should also be thoroughly cleaned and sanitized between each use. Where appropriate, consider adding a paper cover, sheet, or clean towel that can be easily disposed of or cleaned for use between customers. Since porous surfaces such as fabric chair seats cannot be easily disinfected, consider covering with a plastic or disposable liner and cleaning or disposing of the liner after each customer.

1.16.5.5. Where linens are used, even if the customer does not get under them, the linens must still be removed for laundering and the bed or table properly disinfected before each use by a customer. All dirty linens, including towels, sheets, blankets, smocks, and reusable capes, should be placed in a closed container and not used again until properly laundered either by a commercial laundering service or a laundering process that includes immersion in water of at least 160 degrees Fahrenheit for at least 25 minutes. Store all clean linens in a clean, covered place. Ensure Personnel who handle dirty linens or laundry wear gloves and a Face Covering.

1.16.5.6. Address cleaning of any other areas used by the Personal Service Provider consistent with this Directive and other applicable cleaning standards.

2. Additional Requirements for Establishments that Provide Personal Services

[These requirements apply to all Personal Service Providers that welcome customers into a storefront or other building]

2.1. Establishments offering Personal Services indoors must evaluate the facility to determine the number of people (including customers and Personnel) who may safely fit inside at any time while ensuring proper social distancing and other restrictions as required by this Directive and the Stay-Safe-At-Home Order, including but not limited to the requirement that all customers be stationed at least six feet away from other customers at all times. Educate Personnel about capacity limits and require them to enforce limits by, for example, spacing out customer appointments and ensuring that customers do not wait in the waiting area before appointments as outlined below.

2.2. Personal Service Providers offering services indoors must adjust their occupancy to limit the number of people (excluding Personnel) indoors at any one time to the **lesser** of: (1) 25% the facility's maximum occupancy limit or (2) the number of people who can maintain at least six feet of physical distance from each other in the business at all times.

2.3. Develop and implement written procedures to "meter" or track the number of persons entering and exiting the facility to ensure that the maximum capacity for the establishment is not exceeded. For example, an employee of the establishment may be posted at each entrance to the facility to perform this function. The establishment must provide a copy of



its written “metering” procedures to an enforcement officer upon request and disclose the number of members of the public currently present in the facility. Add all COVID-19 related signage to the establishment as required by Sections 4.g and 4.h of the Stay-Safer-At-Home Order. The County is making available templates for the signage available online at: <https://sf.gov/outreach-toolkit-coronavirus-covid-19>.

- 2.4. Prohibit customers from bringing additional people with them to their appointment. If the person receiving the service is a minor, they may bring an adult guardian, or if the person receiving the treatment is disabled or needs assistance due to health reasons they may bring an adult care provider. Personal Service Providers may consider allowing adult customers to bring their minor children if they have no other childcare options. Anyone entering the establishment must be screened and wear a Face Covering as outlined in Section 1 above and must be included when determining whether the establishment has reached its capacity limit.
- 2.5. Make any necessary adjustments to the layout of the establishment to allow for proper social distancing. For example, chairs and workstations must be arranged to ensure at least six feet of space between chairs or workstations so that customers are at least six feet from other customers at all times. Establishments should consider additional divider shields or other impermeable barriers where appropriate.
- 2.6. Establishments should, whenever possible, remove items with surfaces that cannot be cleaned and sanitized properly, including throw pillows, fabric-lined chairs, and fabric seat cushions. Also, establishments must remove other objects from waiting areas like books, magazines, toys, and pamphlets in order to avoid having multiple people touch the same object without it being properly cleaned.
- 2.7. Establishments must prohibit customers from waiting inside in a waiting area before an appointment. Prohibit customers from congregating in the reception area or elsewhere in the establishment. Have customers wait outside with their Face Covering on or in their cars before their appointments. In larger locations, reception areas should only have one customer at a time and modify the area for adequate minimum six-foot physical distancing, including removing or blocking off chairs and sofas.
- 2.8. If all or part of a Personal Service Provider’s establishment has been vacant or dormant during the Stay-Safer-At-Home Order, then the Personal Service Provider must ensure plumbing is functioning and that pipes are flushed before use. The San Francisco PUC provides guidance for flushing and preparing water systems online at <https://sfwater.org/index.aspx?page=1327>.
- 2.9. All establishments offering indoor Personal Services to customers who must remove their Face Coverings during the service must conspicuously post signage, including at all primary public entrances, indicating which of the following ventilation systems are used at the facility: all available windows and doors are kept open; HVAC systems fully operational; air purifiers with appropriate filters; or none of the above [explain]. The County is making templates for the signage available online at: <https://sf.gov/outreach-toolkit-coronavirus-covid-19>. The templates may be updated from time to time, and businesses are strongly urged to keep informed of those changes and update their signage accordingly.
- 2.10. All establishments offering indoor Personal Services must comply with the ventilation protocols at Section 4.i of the Stay-Safer-At-Home Order. Review SFDPH’s



guidance for improved ventilation available at: <https://www.sfcdep.org/COVID-ventilation>.

2.11. Develop a plan and implement sanitization requirements, including:

- 2.11.1.** Instruct Personnel that they are responsible for keeping their workspaces clean and sanitized. Each Personal Service Provider must clean and properly sanitize their workspace at the end of each shift and between customers.
 - 2.11.2.** Ensure Personnel have access to cleaning supplies so that they can clean surfaces as needed on their own when custodial staff is not available.
 - 2.11.3.** Clean and disinfect high touch surfaces in common areas routinely throughout the day and otherwise in accordance with the Social Distancing Protocol. Common areas include, but are not limited to, the following common-use area: lobbies, lounge or seating areas, entry ways, hallways, bathrooms, changing areas, elevators, and stairwells. Clean and disinfect all high touch surfaces and devices found in common areas such as door handles, railings, faucets, toilets, elevator buttons, coat hooks, hangers, furniture, computers, telephones, and other devices that are touched by people throughout the day.
 - 2.11.4.** Discontinue the use of shared food and beverage equipment in breakrooms (including shared coffee brewers). Microwaves in break rooms or other communal areas may be used if they are disinfected by wiping the interior and exterior with an approved disinfectant after each use. Water coolers may also be used if: (1) touch surfaces are wiped down with an approved disinfectant after each use, and (2) any persons changing a container-type water cooler must wash their hands or use hand sanitizer immediately prior to handling/replacing the water container.
 - 2.11.5.** Equip the reception area and all workstations with proper sanitation products, including hand sanitizer and sanitizing wipes. As required by the Social Distancing Protocol, hand sanitizer must be provided for customers at entrances or check-in areas.
 - 2.11.6.** Disinfect station counters, rolling carts, drawers, hand mirrors, tools, and other surfaces between use for each customer.
 - 2.11.7.** Where possible, do not clean floors by sweeping or other methods that can disperse pathogens into the air. Vacuum wherever possible using a vacuum with a HEPA filter. Alternately, gently sweep floors and do so between customers and when there are as few people in the area as possible. Personnel responsible for sweeping or vacuuming floors must wear a Face Covering.
- 2.12.** Where feasible, prohibit Personnel from sharing equipment, such as phones, tables, or computers. Any furniture, tools or equipment that must be used by more than one individual must be sanitized in a manner that complies with the requirements contained in the Social Distancing Protocol between use by different Personnel. If Personnel must share a workspace, such as on alternating shifts, then the location must be sanitized in a manner that complies with the requirements contained in the Social Distancing Protocol after each use.

2.13. Remove and prohibit the use of product samples otherwise available in the establishment.



3. Additional Requirements Specific to Hair and Barber Services

[These requirements apply to all Personal Service Providers that work with hair on the face or head, including hair washing and cuts, styling, blowouts, beard grooming, braiding, and weaving/artificial hair integration]

- 3.1. The customer must wear a Face Covering at all times and it must not be removed during the service. One way to facilitate this is for the service provider to provide the customer a Face Covering that attaches with ear-loops in order to avoid interfering with styling at the back of the head during the service. This rule generally prohibits styling or trimming of facial hair unless it is outside the area covered by a Face Covering.
- 3.2. Provide a clean smock or cape for each customer.
- 3.3. If appropriate for the service, ask customers to come to their appointments with freshly cleaned hair to minimize appointment time.
- 3.4. Consider temporarily eliminating services that require lengthy blow-drying. When blow-drying is used, ensure that the dryer is not aimed at other customers or Personnel or take other steps to reduce the risk, such as minimizing the number of customers and Personnel nearby, use of barriers, moving outside for use of the dryer, etc.
- 3.5. Consider moving certain services that are long in duration, that include blow-drying, or that do not require access to a mirror or other equipment outdoors when possible, which might include use of a hair-dryer or braiding/weaving.

4. Additional Requirements Specific to Esthetician, Skin Care, and Cosmetology Services

- 4.1. Treatment tables or chairs must be covered with either clean treatment table paper, a clean towel, or a clean sheet before each use. After use, do not shake out any dirty laundry. Place used linens in a lined, lidded receptacle positioned outside the treatment space to minimize the possibility of dispersing virus in the air. Dispose of any paper in a trash bin that has a lid and is lined with a disposable plastic bag.
- 4.2. Personal Service Providers must wear disposable gloves at all times during the service and while cleaning or disinfecting implements and surfaces between each client session. Gloves must be replaced between each customer.
- 4.3. Before leaving the treatment room, Personal Service Providers must remove and dispose of gloves, apply hand sanitizer or wash hands with soap and water, and use a previously readied disposable barrier, such as a paper towel or sanitizer wipe, to open and close the treatment room door while leaving the room.
- 4.4. When wax pots are running low and new wax needs to be added, empty any remaining wax and clean and disinfect the wax pot before refilling with new wax. Single use applicators must be disposed of immediately after use in a trash bin that has a lid and is lined with a disposable plastic bag.



5. Additional Requirements Specific to Electrology Services

- 5.1. Treatment tables or chairs must be covered with either clean treatment table paper, a clean towel, or a clean sheet before each use. After use, do not shake out any dirty laundry. Place used linens in a lined, lidded receptacle positioned outside the treatment space to minimize the possibility of dispersing virus in the air. Dispose of any paper in a trash bin that has a lid and is lined with a disposable plastic bag.
- 5.2. Closely adhere to sterilization requirements for all items, including tweezers, rollers, and needle holder caps. Ultrasonic cleaning units, forceps, and all containers, including their removable parts, must be cleaned and disinfected between each client according to the manufacturer's instructions.
- 5.3. Where possible, use disposable probes that do not require a probe tip or cap, which will reduce exposure points. If not using disposable probe tips or caps, the removable tip or cap of the epilator needle/probe holder must be cleaned and disinfected after each client.
- 5.4. Needles used for electrolysis must be single-use, disposable, pre-packaged, and sterile and disposed of in an approved sharps container immediately after use. Sharps containers must be discarded in accordance with biomedical waste regulation.

6. Additional Requirements Specific to Nail Salons

- 6.1. Disposable gloves must be worn throughout the entire service and while performing cleaning and disinfection of all implements and surfaces after each client. Once cleaning is finished, remove and dispose of gloves and apply proper hand sanitizer or wash hands with soap and water.
- 6.2. Foot-spas, basins, and pedicure bowls must be properly cleaned and disinfected after every client even if a disposable plastic liner is used.
- 6.3. Nail salons should use disposable supplies whenever possible. Any non-disposable supplies must be fully disinfected between customers according to the California Board of Barbering and Cosmetology guidelines.
- 6.4. All single use items, such as cardboard files, sand-bands for drills and buffers, disposable sandals, toe separators, and applicators must be used once and immediately thrown away in a trash bin that has a lid and is lined with a disposable plastic bag.
- 6.5. To reduce the number of touchpoints, remove the nail polish displays. In the absence of a nail polish display, use a color palette, which is to be cleaned and disinfected after each client use. If the nail polish display cannot be removed, prohibit customers from handling the nail bottles. Nail polishes must be cleaned and disinfected before being returned to the display.
- 6.6. Consider whether it is feasible to install a plastic partition between the worker and client with ample space cut out where hands or feet can be slid underneath to conduct the manicure or pedicure.
- 6.7. Allow only one manicurist to work at each station and do not allow clients to get multiple services at the same time, such as a manicure and pedicure, because of the inability to provide for adequate physical distancing between Personnel performing those services.



- 6.8. Where feasible, nail salons should consider upgrading existing ventilation to include locally-exhausted nail tables.
- 6.9. Certain services already require use of a respirator by the service provider. Whenever a respirator is required, examine the respirator to see if it has exhaust valves or vents. If so, these should be covered with a separate cloth mask or Face Covering in order to protect the customer and others from focused jets of exhaled air that can escape from valves or vents.

7. Additional Requirements Specific to Body Art Services

[These requirements apply to all Personal Service Providers that perform piercings, tattoos, or other body modifications]

- 7.1. Disposable gloves are required throughout the service and while performing cleaning and disinfection of all implements and surfaces after each customer session.
- 7.2. Body art services for the mouth and nose area are prohibited.
- 7.3. Customers must keep their Face Covering on during the entire body art service.

8. Additional Requirements Specific to Massage Services (Non-Healthcare Setting)

- 8.1. Require customers to wash their hands for at least 20 seconds or use hand sanitizer at the beginning of any treatment.
- 8.2. Consider alterations to the treatment table setup to support the required cleaning and disinfecting protocols. This could include using disposable face cradle covers and/or protecting the table, table warmers, bolsters, and other items with washable barriers like plastic covers that can be easily cleaned or pillowcases that can be removed and replaced between each client. Barriers are not a substitution for the required cleaning and disinfecting protocols.
- 8.3. Clean linens must be stored outside of the treatment room.
- 8.4. Evaluate whether facial massages or other hands-on work to the face will be offered. If providing such services, use non-latex gloves for this part of the treatment. Facial massages must not be performed if it requires removal of the client's Face Covering.
- 8.5. Consider providing any hand treatments as the last part of the service to minimize the spread of virus particles that may remain on the hands. Alternately, Personal Service Providers should wash their hands for at least 20 seconds or use hand sanitizer before and after performing hand treatments.
- 8.6. Personal Service Providers must wash their hands for at least 20 seconds with soap and water or use hand sanitizer immediately upon finishing massage services.
- 8.7. If the massage provider uses any kind of heating system to warm the room or other equipment, take steps to minimize the risk such as eliminating all use of heating fans that circulate air in a small enclosed area (which is a risk during a lengthy procedure) and using heating pads or heat laps, as appropriate under other guidelines and regulations.

Health Officer Directive No. 2020-30d (Exhibit B) Health and Safety Plan (issued 3/2/2021)

Each Indoor Personal Service Provider must complete, post onsite, and follow this Health and Safety Plan.

Check off all items below that apply and list other required information.

Business/Entity name:

Contact name:

Facility Address:

Email / telephone:

(You may contact the person listed above with any questions or comments about this plan.)

- Personal Service Provider is familiar with and complies with all requirements set forth in Health Officer Directive No. 2020-30d, available at www.sfdph.org/directives.
- Whenever possible, offer services outdoors and indoors to provide customers choice and reduce crowding indoors.
- Adjust occupancy to the lesser of 25% (excluding Personnel) or the number of people who can safely fit in the space with proper social distancing. Complete any necessary adjustments to the layout of the business to allow for proper social distancing, including ensuring customers are always at least six feet from other customers and customers are not waiting in any waiting area before an appointment. List the maximum number that can safely be in the facility at one time here: _____
- Implement a metering system to maintain occupancy limits.
- Ensure that plumbing is functioning and, if the facility was dormant, the pipes have been flushed. See sfwater.org/index.aspx?page=1327 for more details.
- Reviewed and implemented applicable guidance regarding ventilation for all indoor spaces.
- Added all required COVID-19 signage to entrances and employee break rooms.
- If your business offers services that require customers to remove their Face Covering, add signage regarding ventilation.
- Implement policy to ensure Personnel comply with social distancing requirements and to limit the number of people in the business at a given time, consistent with the requirements in the Stay-Safer-At-Home Order.
- Personnel, members of the public who seek services, and all other people onsite are required to wear Face Coverings as provided in the Face Covering Order and this Directive. Face Coverings must not be removed during services.
- Consider use by Personnel of face shields, goggles, or other eye protection.
- Ensure daily COVID-19 symptom and exposure screening is completed for all Personnel as required by the Social Distancing Protocol (Appendix A of Health Officer Order C19-07) and its **Attachment A-1**. Personnel who answer "yes" to a question must not come to work. This handout is available online at www.sfcddcp.org/screening-handout.

Health Officer Directive No. 2020-30d (Exhibit B) Health and Safety Plan (issued 3/2/2021)

- Screen all customers and other visitors on the day of the appointment or service prior to coming in to the facility as outlined by the Social Distancing Protocol and its **Attachment A-2**. Any person who answers “yes” to a screening question must have service cancelled or rescheduled. No cancellation or rescheduling fee may be charged in that situation. The customer screening handout is available online at www.sfcdcp.org/screeningvisitors.
- Implement all sanitization requirements as described in this Directive.
- Ensure that Personnel have access to cleaning supplies so that they can clean surfaces as needed on their own when custodial staff is not available.
- High touch surfaces in common areas must be cleaned and disinfected routinely throughout the day.
- All tools and equipment used for services must be properly cleaned between each use as outlined in the Directive. Whenever possible, prohibit Personnel from sharing equipment, and any shared equipment must be properly sanitized between each use.
- Evaluate and implement available options for allowing customers to complete paperwork electronically before arrival and to check-in for their appointments online.
- Whenever possible see customers by appointment only (and for hair salons and barbershops no walk-ins are allowed under current State of California guidelines).
- Do not allow a service provider to see multiple customers at the same time, and do not allow multiple service providers to work on the same person at the same time.
- Service providers must wear gloves to the extent they are required for certain services by this Directive, and ensure that clean gloves are used for each customer.
- If possible, remove or prohibit use of surfaces that cannot be cleaned and sanitized properly.
- Review and implement all industry-specific guidance in the Directive (Exhibit A, Sections 3 through 8).

Additional Measures

Explain:



Interim Guidance: Gyms, and Fitness Centers (Indoor and Outdoor) During the COVID-19 Pandemic

UPDATED March 2, 2021

ALERT: Remain Cautious

In alignment with the State’s recommendations, San Francisco is reopening at the State’s Red Tier starting March 3, 2021. The decision to reopen balances the public health risks of COVID-19 transmission with the public health risks of economic and mental health stress.

Even though COVID-19 case rates have come down, there **remains a risk that people who you come into contact with may have COVID-19**. Most COVID-19 infections are caused by people who have no symptoms of illness. We also have confirmed there are new, more contagious virus variants in the San Francisco Bay Area and that **some of these variants are more likely to cause serious illness and death in unvaccinated people**. The opening of sectors does not necessarily signify that these activities are “safe.”

We have made our best efforts to create guidance to help these activities and sectors provide safer environments for workers and the public. However, this requires that everyone do their part to make these activities as safe as possible, including wearing masks that covers your mouth and nose especially when talking, avoiding indoor settings to the extent possible, maintaining at least 6 feet distance from those you don’t live with, avoiding get-togethers and gatherings to the extent possible, if you must gather minimize the amount of time you spend with people you don't live, getting tested and isolating if you are ill, and complying with additional health protocols required of open businesses. People at risk for severe illness from COVID-19 — such as unvaccinated older adults and unvaccinated people with health risks — and those who live with or care for them are urged to defer participating at this time in activities with other people outside their household where taking protective measures of wearing face masks and social distancing may be difficult, especially indoors or in crowded spaces.

AUDIENCE: Gyms and Fitness Centers operating indoors and/or outdoors, and their patrons. Patrons of Gyms and Fitness Centers should read this because it conveys the risks associated with indoor exercise versus outdoor exercise and relays best practices to help keep patrons and Personnel healthy and safe.

NOTICE: The following guidance was developed by the San Francisco Department of Public Health (SFDPH) for use by Gym and Fitness Centers and will be posted at <http://www.sfdcp.org/businesses>. Guidance in this document **may be revised** due to changes in the **COVID-19 risk level tier** for San Francisco as assigned by the **California Department of Public Health**. Please see the associated changes in the **Business Capacities and Activities Table (BCAT)** at the top of this document: any changes made on the Table override the conflicting information in this document.

BACKGROUND: The Stay Safer at Home Health Order (C19-071) authorizes Outdoor Gyms and Fitness Centers and Indoor Gyms and Fitness Centers to operate. Outdoor and Indoor Gyms and Fitness Centers are required to adhere to these guidelines and must monitor forthcoming Health Orders and Directives which are posted at <https://www.sfdph.org/healthorders> and <https://sfdph.org/healthdirectives>.

Summary of Changes since the 1/27/2021 Version

- Minor format changes

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KEY POINTS

The number of people inside a gym is limited to the capacity listed in the Business Capacities and Activities Table (**BCAT**).

- No one under the age of 18 is permitted

How Does COVID-19 Spread?

Our current understanding is that COVID-19 is mostly spread from person-to-person in the air through virus-containing droplets in the breath of someone with COVID-19. These droplets enter the air when a person breathes. Even more droplets can get in the air when infected people talk, sing, cough, or sneeze. People with COVID-19 may have no symptoms and can still be breathing out virus-containing droplets that can infect others. Transmission can occur through:

- Larger droplets. These larger droplets are sometimes called “ballistic droplets” because they travel in straight lines and are pulled down by gravity. People nearby, usually within 6 feet, are infected when they breathe in these droplets or if the droplets land in their eyes, nose, or mouth.
- Smaller droplets or infectious particles. These can float in the air for a period of time and/or travel beyond 6 feet on indoor air currents, especially in enclosed spaces with poor ventilation. People sharing the same space are infected when they breathe in these smaller droplets and particles or the droplets or particles land on their eyes, nose, or mouth – even if they are further than 6 feet away. These droplets are sometimes referred to as “aerosols” or “bioaerosols”.

COVID-19 can also spread if a person touches their eyes, nose or mouth after touching a contaminated surface (also known as a fomite), however this is less common.

COVID-19 Prevention

- [Wash your hands often with soap and water](#). If soap and water are not available, use a hand sanitizer that contains at least 60% ethanol or 70 % isopropanol.
- [Avoid Close Contact](#). To the greatest extent, maintain at least six feet of social distancing between yourself and the people who don’t live in your Household.
- [Wear a Face Covering](#). Cover your mouth and nose with a Face Covering in public settings and when around people who don’t live in your Household.
- Routinely [clean and disinfect](#) frequently touched surfaces.
- [Monitor Your Health Daily](#). Be alert of symptoms such as fever, cough, shortness of breath, or other symptoms. If you are experiencing any of these symptoms, stay home, and **get tested**.

Flu vaccines

Flu vaccines are critical in the fight against COVID-19 by (1) keeping workers and communities healthy and (2) reducing strain on our healthcare and testing systems that are responding to COVID-19. **Strongly encourage all Personnel to get a flu shot**. Post signage to encourage flu vaccine among patrons, visitors, etc.

COVID-19 vaccine is here!

The vaccine is one of the most important ways to end the pandemic. The FDA, CDC, and California's own Scientific Safety Review Workgroup have reviewed data from clinical trials to ensure the safety and effectiveness of COVID-19 vaccines. **We strongly encourage all persons to get vaccinated.** The first vaccines approved in the US are about 95% effective in preventing sickness from COVID-19, however we do not know how well they prevent infections that do not cause symptoms. This means that we do not know how common it is for a person who got the vaccine to carry the virus and transmit to others, including [those who have increased risk for severe illness or death](#). Therefore, it is still very important for those who are vaccinated, and for the rest of the population who waits for their vaccines, to continue using all the tools available to help stop this pandemic: wear a mask that covers your mouth and nose when outside your home, avoid get-togethers/gatherings, avoid being indoors with people you don't live with, stay at least 6 feet away from others, and wash your hands after touching shared objects or after touching your face. Find out more about the vaccine, including where and when to get it at: sf.gov/covidvax.

If you have received the COVID-19 vaccine, please read more about whether you need to quarantine at: www.sfcddp.org/quarantineaftervaccination

CA Notify – another way for us to stop the spread

CA Notify (canotify.ca.gov) is an app you can add on your smartphone. It uses Bluetooth technology to recognize when you and your phone have been in close proximity to others infected with COVID-19 to help stop the spread of the virus in our community.

If you are using **CA Notify** and you test positive, **your diagnosis will not be shared** with others. However, if other people were in close contact with you are also enrolled in the app, they will be told they had an exposure. They will be told the date of the exposure, but not the time, location or identity.

If you are using **CA Notify** and you were exposed to someone who tested positive and they entered their result into the app, you will be told the date of the exposure, but not the time, location or identity.

CA Notify is available through Apple and Google. See canotify.ca.gov for more information.

Additional Requirements for Gyms/Fitness Centers

Indoor activities with people outside of your household have a much higher risk of COVID-19 transmission to you and your community than outdoor activities. You must consider the impact of this increased risk on yourself and your community. Gyms and Fitness Centers are **strongly encouraged to prioritize and use outdoor space** whenever feasible and may use outdoor AND indoor space as conditions allow under the current Order.

Please see Indoor Risk During the COVID-19 Pandemic at <https://www.sfcddp.org/indoorkisk>

- Exercising increases rate and intensity of exhalation and the risk of viral transmission. For ANY activity that may increase breathing rate and/or intensity (including but not limited to cardio/aerobic activities or weight-lifting), facilities **must** ensure individuals are **at least 12 feet apart** from all others while engaging in those activities when **indoors** and at least six feet apart when outdoors. **The greater the space** between patrons who are breathing heavily, **the safer**.
- Maintain at least six feet distance for stationary activities that do not increase breathing rate or intensity, such as stretching, gentle yoga or meditation.

- Ensure everyone is wearing a face covering at all times except while hydrating with normal breathing intensity.
- Keep the space clean with **enhanced** disinfecting and sanitation procedures.

Fitness Centers and Gyms may be allowed to open with limitations (refer to the BCAT) and must adhere to the requirements relayed in this guidance. Gyms in locations such as apartment buildings, condominiums or offices may operate if they can be staffed to ensure adherence to all indoor gym protocols and comply with current restrictions listed in the Business Capacities and Activities Table.

PLANNING – Applicable to Outdoor and Indoor Establishments

Indoor and Outdoor Gyms and Fitness Facilities must fill out the applicable Health and Safety Plan outlining how the facility will implement the requirements in this guidance and any relevant Health Officer Directives or Orders. This plan must be shared with Personnel, patrons, and other members of the facility. Gyms and Fitness Facilities operating indoor and outdoor must complete and post a Health and Safety Plan for each space being utilized. Health and Safety Plans can be found at <https://www.sfdph.org/dph/alerts/coronavirus-health-directives.asp#31>

- Post the Health and Safety Plan in a highly visible location for Personnel and patrons
- All mention of “Personnel” shall include but is not limited to salaried and hourly staff and independent vendors and contractors
- The Health and Safety Plan must also be posted on any gyms or fitness center’s public facing website.
- Prepare and post the Social Distancing Protocol (see Appendix A of the Stay-Safer-At-Home Order, posted at www.sfdph.org/healthorders). The Social Distancing Protocol must also be posted on any gym or fitness center’s public facing website.
- Designate a COVID-19 staff liaison to be the single on duty point of contact at each site for questions or concerns around practices, protocols, or potential exposure. This person will also serve as a liaison to SFDPH.
- Assign a **designated site safety monitor** to ensure patrons’ compliance with all aspects of the Health and Safety Plan and this guidance, such as wearing masks, **monitoring space capacity limits**, preventing congregation or crowding, and generally maintaining social distance. When the designated Site Safety Monitor is not on duty (off work, sick or on vacations), assign another staff member to ensure compliance.
- It is strongly recommended that a reservation system be established to manage capacity for gym access and high-use equipment. Facilities should determine in advance how they will monitor in real time the capacity inside the facility and the steps to be taken to make sure it is not exceeded.
- Equip the front desk area with Plexiglas or other impermeable barriers, if feasible, to minimize the interaction between reception workers and patrons.
- Implement virtual, touchless check-in tools, if possible, so that patrons do not have to utilize the reception space.
- Train staff on health and safety practices that must be followed. Share information on [COVID-19, how to prevent it from spreading](#), and which [underlying health conditions](#) may make individuals more susceptible to contracting the virus.

- All Personnel must wear face coverings AT ALL TIMES while in the gym and/or fitness center. [See the Face Covering Health Order No. C19-12c.](#)
- All Personnel must be screened prior to entering the facility every day. See www.sfcddcp.org/screening-handout.

All Personnel must maintain a physical distance of at least six feet from others who are not exercising and 12 feet from patrons performing any indoor activity that increase their breathing rate or intensity. Consider having all staff development meetings remotely by using electronic means, such as email and teleconferencing, to the extent possible.

Metering System - Enforce Capacity Limits

Implement a **Mandatory Metering System** to ensure maximum Capacity Levels specified in the Business Capacities and Activities Table are not exceeded.

- Develop and implement a written procedure to track the number of persons entering and exiting the facility to ensure at or below allowable capacity.
- Consider designating personnel to monitor store capacity.
- Consider increasing the number of on-premises staff to prevent crowding situations during busy seasons.

Indoor retail spaces within an indoor fitness center are **limited** to current use and **capacity limitations**. View **restrictions** in the **BCAT**. In addition, all protocols detailed in Health Officer Directive 2020-17 must be followed. Any indoor workspace such as offices or employee break rooms that are physically part of the facility and required to operate the facility may be used (if current restrictions allow) but must follow all protocols detailed in Health Officer Directive 2020-18. All office functions that can be done remotely must continue to be done so to the maximum extent possible. The number of workers counts towards the current capacity limit for the facility. View restrictions in the BCAT.

Personal care services, such as **massage therapy**, must follow all protocols detailed in Health Officer Directive No. 2020-30.

MANDATORY SIGNAGE REQUIREMENTS

Indoor Gyms/Indoor Fitness Centers

Effective November 17, 2020, **all businesses operating indoors must:**

- Review the San Francisco Department of Public Health (SFDPH) Ventilation Guidance at <https://www.sfdcp.org/COVID-ventilation> and keep an annotated copy available. Ventilation guidance from recognized authorities such as the Centers for Disease Control, ASHRAE, or the State of California may be used instead.
- Indoor Gyms and Fitness Centers must conspicuously post signage, including at all primary public entrances and break rooms, indicating which of the following ventilation systems are used at the facility:
 - All available windows and doors accessible to fresh outdoor air are kept open
 - Fully operational HVAC systems
 - Appropriately sized portable air cleaners in each room
 - None of the above



*Doors and Windows required to be kept closed for fire/life safety purposes are exempt. For example, **fire doors must remain closed**. Make sure open windows **do not create falling hazards** especially for **children**.*

Sign templates can be found at: <https://sf.gov/outreach-toolkit-coronavirus-covid-19>

- Post all applicable COVID-19 related signage to the establishment as required by Sections 4.g and 4.h of the Stay-Safer-At-Home Order. The County is making available templates for the signage available online at <https://sf.gov/outreach-toolkit-coronavirus-covid-19>. Industry specific signage for gyms and fitness centers can be found here: <https://sf.gov/resource/2020/reopening-guidance-gyms-and-fitness-centers>.
- Display a set of clearly visible rules for patrons and Personnel at the entrance that are to be a condition of entry. The rules must include instructions to wear facial coverings at all times except when hydrating; maintain 6 feet of distance, and at least 12 feet of distance from anyone exercising indoors; no eating; wash hands or use hand sanitizer; disinfect equipment; and to go home if you're sick. Whenever possible, these rules must also be available on the public facing website.
- Post signage in break rooms or other Personnel common areas informing Personnel they can confidentially report violations of health orders by calling 3-1-1.

FACE COVERINGS

Heavy breathing increases the risk of spreading and contracting the virus that causes COVID-19. Face coverings protect the wearer AND those around them and are critically important in Gyms and Fitness Centers.

Face masks and other cloth face coverings keep people from spreading the virus to others by trapping respiratory droplets before they can travel through the air. The most recent research shows that face coverings ALSO protect the wearer by reducing amount of virus that reaches the wearer and thus decreases the risk of severe illness in the wearer. Face coverings are one of the most important measures to protect Personnel and patrons from COVID-19.

All patrons **MUST wear face coverings AT ALL TIMES** while at the gym and/or fitness center except while hydrating with normal breathing. See the Face Covering Health Order No. C19-12c. Gyms must post signage reminding patrons that they must comply with the following rules. Sample signage is available at <https://sf.gov/outreach-toolkit-coronavirus-covid-19> .

- Heavy exertion. Patrons must avoid exerting themselves to the point where they may want to remove their face covering. They must be able to wear the face covering continuously while exercising and should be advised to check with their health care professional if they are unsure what activities they can safely participate in while continuously wearing a face covering.
- Hydration. Patrons should slow their breathing to a regular intensity before temporarily removing their face covering to hydrate and should then immediately replace their face covering, and wash or sanitize their hands if they touch their face.
- Eating. Eating is not allowed in the gym or fitness center because it provides additional time that patrons may remove their face covering which leaves those around them at higher risk.
- Replacing soiled face coverings. Recommend patrons bring a replacement face covering in case their face covering becomes wet or soiled. Patrons are only allowed to remove and replace their face covering outdoors and they should wash or sanitize their hands afterward.

Soiled face coverings should be disposed of in a lidded container or impermeable bag like a sealed/tied plastic bag.

- Face covering with vents are not permitted. The facility must indicate in their Health and Safety Plan how they will train Personnel to monitor and respond to patrons wearing face coverings with vents.

Consider providing face coverings for free or available to purchase for patrons.

Face covering quality signage must communicate the following

Best protection

- Surgical mask or multi-layered cloth mask
- If using multi-layered cloth mask it should be tightly woven or high thread count cotton or cotton blend
- Good fit – securely fits over nose, mouth, and under the chin

Good protection

- Single-layer cloth mask
- Double-layered neck gaiter

Not recommended

- Masks that are loosely woven/loosely knit, folded bandana, single-layer neck gator
- Unbreathable material such as plastic or leather
- Overly porous material such as nylon or fleece
- Poor fit – does not securely fit over nose, mouth, and under the chin

GOOD VENTILATION CAN REDUCE COVID-19 TRANSMISSION

The Role of Ventilation

All indoor gyms and fitness centers must comply with the ventilation protocols at Section 4.i of the Stay-Safer-At-Home Order. Review SFDPH's guidance for improved ventilation available at:

<https://www.sfdcp.org/COVID-ventilation>.

Ventilation is important to prevent transmission. Rooms or spaces which are known to have poor ventilation, such as squash courts, are prohibited. Indoor courts and fitness rooms can be utilized only for activities currently permitted in an indoor gym setting IF physical distancing requirements can be maintained at all times, face coverings are worn continuously, the room is not known to have poor ventilation, and listed as currently allowable in the **BCAT**. Each separate room must also adhere to currently allowed capacity and restrictions. Having poor ventilation in a shared space that is used for exercise, even if the exercise is non-aerobic, can substantially increase the risk of transmission.

- Outdoor Gyms may, subject to any applicable permit requirements, conduct their operations under a tent, canopy, or other sun or weather shelter, but only so long as not more than one side is closed, allowing sufficient outdoor air movement. Ventilation is key to mitigating the spread of COVID-19

Good ventilation controls droplets and infectious particles to prevent COVID-19 transmission by:

- removing air containing droplets and particles from the room,
- diluting the concentration of droplets and particles by adding fresh, uncontaminated air,
- filtering room air, removing droplets and particles from the air.

Make Necessary Ventilation Improvements, If Feasible, Including:

- Open windows to increase natural ventilation with outdoor air when health and safety allow. When possible, consider also leaving room doors slightly open to promote flow of outdoor air through the indoor space.

Do not prop or wedge open fire doors. Continue to follow fire and building safety requirements.

If open windows pose a risk of falls for children, use window locks to keep windows from opening more than 4 inches, or other safety devices to prevent falls.

- If your program has an HVAC system (sometimes called mechanical ventilation, forced air, or central air), follow the recommendations in [SFDPH Ventilation Guidance](#). Prioritize maximizing the intake of outdoor air and minimizing recirculated air during the COVID19 pandemic. Recommendations include:
 - Make sure the HVAC system is checked by a professional and is working properly.
 - Open outdoor air dampers and close recirculation dampers ("economizers"). This will maximize the amount of outdoor air that the HVAC system takes in and minimize the amount of indoor air that is recirculated.
 - If you can use higher-efficiency air filters without reducing airflow or damaging your HVAC system, use air filters rated MERV13 or better.

- Disable "demand-control ventilation controls" so fans keep running even when a room doesn't need to be heated or cooled.
- Keep the HVAC system running even when the building is not being used, if you can. If your HVAC system has a timer, set it to run, at a minimum, from 1-2 hours before the building opens until 2-3 hours after everyone has left the building, including custodial staff.
- Consider using portable air cleaners ("HEPA filters").
- If the establishment uses pedestal fans or hard mounted fans, adjust the direction of fans to minimize air blowing from one individual's space to another's space.

Email Ventilation questions to: dph.doc.ventilation@sfdph.org

Contact Tracing

The San Francisco Department of Public Health, in partnership with community, including gyms and fitness centers, helps identify those who have had close contact with anyone who has COVID-19. People can transmit the virus 48 hours before they develop symptoms. Some people never develop symptoms and can still transmit the virus. **We can help prevent COVID-19 transmission by contact tracing which helps identify people who may have been exposed and helping them quarantine so they don't inadvertently spread the disease.** We do this whenever there is an outbreak of infectious diseases like measles, tuberculosis, and others to protect the community's health.

Help ensure the health of your Personnel, patrons, and our community. Retain the attendance/schedules of all personnel at your organization for up to three weeks. It is recommended that organizations maintain a list of patrons willing to voluntarily provide their name and contact information for contact tracing purposes. Any lists should be discarded after three weeks. Patrons are not required to provide contact information.

If Personnel or a patron tests positive for COVID-19, the organization must assist the Department of Public Health in identifying other Personnel or patrons who may have been exposed.

Cover your face, test early, and trace! Find out more at <https://covid19.ca.gov/contact-tracing>.

SETTING UP THE SPACE

The Guidance below must be followed for Indoor **AND** Outdoor facilities **except** for when clearly stated. Review the **BCAT** when preparing your space. Refer to this table frequently as it will be updated as we follow the State's [Blueprint for a Safer Economy](#).

Physical Distancing

Physical exertion from exercising can increase exhalation rate and intensity, making physical distancing even more important to lower the risks of transmitting the virus that causes COVID-19.

- 12 feet is the minimum distance required around patrons performing any activity that increases breathing rate or intensity for indoor exercise and at least six feet of distance for outdoor exercise.
- Six feet is the minimum distance that is required between those who are not performing exercise that increases breathing rate or intensity.
- Whenever possible increase the distance.

- The maximum number of people, including Personnel and Patrons, allowed inside the indoor facility at any time is limited to the capacity listed in the **BCAT**, or the number that can maintain at least six feet of physical distance at all times AND 12 feet physical distance around exercising patrons, whichever is less.
- The capacity limit applies to discrete spaces within the facility. For example, a gym's 10% capacity for an entire facility may be 25 people, but 10% capacity for a smaller room or space within the gym may only be two or three people.

Physical Distancing for Outdoor Gyms and Fitness Center

Evaluate the outdoor space to determine the number of people (including patrons and Personnel) who may safely fit in the Outdoor Gym area.

- Patrons must maintain physical distancing of at least six feet from people outside their household at ALL TIMES AND 12 feet around patrons engaged in indoor exercise that increases breathing rate or intensity. Use signage, floor tape and/or directional guidance to help to ensure physical distancing as Personnel and patrons move around the space.
- Use signage and on-going monitoring to ensure that individual rooms and spaces within a facility and the outdoor space do not exceed their capacity.
- Arrange the space and/or develop processes to monitor and maintain required physical distancing at all times. Consider one or more of the methods below:
- Arrange equipment at least six feet apart (for example, for stretching) or 12 feet apart (for example for stationary bike usage) where required by indoor activity.
- Arrange equipment in an "X" pattern to provide greater distancing.
- Block off every other machine or move equipment so that they are farther apart.
- Develop a monitoring plan for which machines are in use at any time to maintain 12 feet of distance where needed for indoor establishments and six feet for outdoor establishments. Implement a reservation or sign up system for individual machines.
- Physical barriers can be helpful to minimize exposure between patrons and Personnel or to segregate exercise areas but should not significantly block overall airflow in the space.

Outdoor Gyms Regulations

Outdoor gyms must address potential hazards and comply with state and local laws, regulations and permitting requirements.

- For more information about setting up your outdoor space please visit San Francisco's Shared Spaces Program at <https://sf.gov/shared-spaces>.
- Outdoor Gyms must be in compliance with the [Cal/OSHA Guide to Electrical Safety](#) and the [Cal/OSHA standards for heat illness prevention](#).
- Patrons may engage in self-directed fitness. For example, patrons may individually use free weights or other fitness equipment. Patron pathways to and from equipment must allow required physical distance be maintained at all times (for example, 12 feet of distance is required for a pathway that passes a cardio machine indoors and six feet for outdoors).

- One-On-One Personal Training is allowed when at least six feet of physical distancing can be maintained, or 12 feet if any indoor activity that increases breathing rate or intensity is performed. View current restrictions in the **BCAT**.
- Patrons are not permitted to engage in activities that require others to be within 6 feet for safety reasons or otherwise, such as spotting while lifting weights.

Activity and Space Considerations

Self-directed fitness

For patrons using self-directed fitness equipment (excluding climbing walls which are subject to separate cleaning requirements, above), disinfectant spray and wipes must be conveniently located and available for patrons to wipe off equipment between usage by patrons (see Sanitizing and Disinfecting section, below). Take steps to ensure that another patron does not begin using self-directed fitness equipment before it has been disinfected. Personnel should monitor compliance with disinfecting self-directed fitness equipment and the availability of disinfecting supplies. Patrons and Personnel should be provided information, by signage or other means, about how to inform the facility's designated COVID-19 monitor of safety concerns in real time.

Climbing Walls

Climbing Walls may be permitted with additional requirements listed below. View current restrictions in the **BCAT**.

- Patrons must wash hands with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% ethanol or 70 % isopropanol before and after each climb (Patrons do not have to wash or disinfect hands when repeating a climb if no one outside of their Household used the same holds or equipment between climbs)
- Climbing walls must be separated by tape or other visual cues so climbers stay in their "lanes" and maintain required six feet of distance
- No shared chalk
- Renting equipment to patrons is allowed. All equipment must be thoroughly cleaned and disinfected between each use with procedures effective against the Novel Coronavirus SARS-CoV-2 in accordance with the guidelines found in Section 5 of Appendix C-1 of the latest update to the Stay-Safer-At-Home Order ([Health Order C19-07](#)), which may be modified by the Health Officer as new information becomes available
- Encourage climbers to limit their climbing partners to a select few
- Highly recommend belay partners or spotters wear eye protection and encourage facilities to provide and sanitize between use. Small businesses can request free PPE from the City. See this link for more information: <https://oewd.org/free-ppe-available> Sanitize climbing walls as often as feasible.

Group Classes

Group cardio/aerobic fitness classes (such as spinning, kickboxing, etc.) are not permitted at this time. View current restrictions in the **BCAT**. High contact activities that require close contact of less than six feet in distance are not allowed unless otherwise permitted under the Stay-Safer-At-Home Order. This

would include activities such as group sporting events, organized intermural activities, pick-up basketball, handball, or organized races.

Amenities

- Locker rooms, benches, lockers, showers, saunas, steam rooms and other amenities must remain closed at this time. Patrons may access a locker room only to access a restroom. Please refer to the [BCAT](#) for current capacity limitation in indoor gyms. Businesses are encouraged to monitor use of restrooms by either requiring a key to access or stationing a restroom/locker room attendant nearby.
- Childcare spaces, indoor playgrounds, and/or sensory walls/stations/tables. Access to these areas are subject to posted limitations in **BCAT**.
- Closed areas/amenities must be made inaccessible to patrons by locking doors or using tape or other barriers to block off the area. At the entrance to each closed area and on each closed amenity, signage must be posted telling patrons that the area/amenity is off-limits.
- Gyms and fitness studios are encouraged to **set aside spaces or times** for use by **community members** who are **vulnerable** to poor health outcomes from COVID-19.
- Wherever possible, install **touchless**, automatic water dispensers for use with personal, reusable water bottles or single-use, disposable paper cups. Display signage reminding Personnel and patrons that the bottle or cups should not touch the water dispenser. If a touchless water dispenser is not feasible, remind workers and patrons to wash their hands or use proper hand sanitizer before and after touching the water release button on drinking fountains.

HEALTH SCREENINGS OF PATRONS

- Facilities must screen all patrons entering the indoor and/or outdoor facility with the questions about COVID-19 symptoms and exposure to COVID-19. Facilities must ask the questions and relay the information found at: <https://www.sfcddcp.org/screeningvisitors>

Facilities **must exclude** those who answer **yes to any of the questions** on the above form.

SANITIZING AND DISINFECTING

Gyms and Fitness Centers must develop a plan and implement sanitation requirements that exceed standard industry requirements. Protocols should include but are not limited to the following:

- All Personnel and patrons must **wash** or **sanitize** their **hands** upon entering the indoor and/or outdoor facility. Patrons must wash or sanitize their hands between before and after use of shared equipment.
- Facilities **must provide** a washing station, hand sanitizer, or sanitizing wipes for patrons and Personnel.
- Require Personnel to **regularly clean** and **disinfect high touch areas** and surfaces, such as **doorknobs, handles, rails, light switches, restrooms, sinks, toilets, benches, front desk areas, keyboards, computers, phones, fitness machines, gear, accessories, sanitation stations**, and other equipment throughout the day following CDC guidelines found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

- Require **patrons** to **disinfect** any **fitness machine**, accessories, or other **equipment** before and after each use. Post signage to remind patrons of this requirement (climbing walls exempted). Make disinfectant spray and wipes available for patrons at convenient locations. Ensure that lined, non-touch trash receptacles are available.
- If a patron is unable to wipe/disinfect equipment after exercise, provide “**Ready to Clean**” tags for members to place on equipment after use to alert Personnel that the equipment must be sanitized before the next patron may use the equipment.
- Take steps to ensure that another patron does not begin using self-directed fitness equipment before it has been disinfected. **Personnel** should **monitor** compliance with disinfecting self-directed fitness equipment and the availability of disinfecting supplies. Patrons and Personnel should be provided information, by signage or other means, about how to inform the facility’s designated COVID-19 monitor of safety concerns in real time.
- Disinfecting products must be approved for use against COVID-19. An approved list can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

FREQUENTLY ASKED QUESTIONS

What if someone at my Gym or Fitness Center tests positive for COVID-19?

People may be able to transmit the virus 48 hours before they develop symptoms of COVID-19. Some people never develop symptoms and can still transmit the virus. See SFDPH guidance on [What to do if Someone at the Workplace Has COVID-19](#) which can be found at: www.sfdcp.org/covid19-positive-workplace.

Some of our patrons use gloves for weightlifting and other exercise activities. Are they allowed?

Patrons may wear their gloves while working out but should be reminded about disinfecting and hand washing. Gloves do not replace disinfecting, hand washing or other sanitizing protocols.

What about towels?

Encourage guests to bring their own towels. If your establishment decides to provide towel service, used towels will need to be stored in a lidded container. Launder items according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely. Towels, whether provided by the establishment or brought by the guests, do not replace the requirement to disinfect fitness machines, accessories, or other equipment used by the patrons.

Should we encourage the use of face shields?

Highly recommended for belay partners and spotters using climbing walls. There is currently no recommendation that the general public wear eye protection for most day to day activities. However, your eyes can theoretically be a route of infection for COVID-19. A face shield or goggles (but not regular glasses) could provide protection against these types of exposures. Therefore, individuals, particularly those at high risk of exposure or serious disease from COVID, may decide to wear eye protection in addition to face covering as an extra layer of protection against acquiring COVID-19 infection.

RESOURCES

Stay informed. Information is changing rapidly. Useful resources can be found at:

- San Francisco Department of Public Health (SFDPH)
<https://www.sfcddp.org/covid19>
- Printable resources from SF.GOV for businesses, Including signage
<https://sf.gov/outreach-toolkit-coronavirus-covid-19>
- California Blueprint for a Safer Economy issued by the State of California
<https://covid19.ca.gov/safer-economy/#reopening-data>
- California Department of Public Health (CDPH) Industry Guidance for Fitness Facilities
<https://files.covid19.ca.gov/pdf/guidance-fitness.pdf>
- Centers for Disease Control and Prevention (CDC)
List of Guidance documents (searchable)
<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html>
Using Gyms, Fitness Centers, or Studios
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gyms>