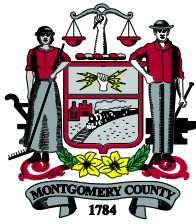


**MONTGOMERY COUNTY
BOARD OF COMMISSIONERS**

VALERIE A. ARKOOSH, MD, MPH, CHAIR
KENNETH E. LAWRENCE, JR., VICE CHAIR
JOSEPH C. GALE, COMMISSIONER



**MONTGOMERY COUNTY DEPARTMENT
OF HEALTH & HUMAN SERVICES**

OFFICE OF PUBLIC HEALTH
PO Box 311 • NORRISTOWN, PA 19404-0311

610-278-5117
FAX: 610-278-5167
WWW.MONTCOPA.ORG/HHS

JANET PANNING, MS
INTERIM ADMINISTRATOR
RICHARD S. LORRAINE, MD, FACP
MEDICAL DIRECTOR

July 16, 2020

**Montgomery County Guidance for Face Coverings during
Indoor and Outdoor Exercising**

- Everyone over the age of 2 **must** wear a face covering at **all** times while inside of this facility including while exercising (treadmill, exercise machines, weight lifting, group exercise, etc.) in common areas and outside when unable to **consistently** maintain social distancing from individuals not part of your household.
- Face covering means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face.
- Use of a *face shield* is an acceptable alternative to a cloth face covering/mask. A face shield is preferred as opposed to nothing. This may be more comfortable while exerting yourself.
- If outdoor exercise classes are an option while **consistently** maintaining a social distance of at least 6 feet while exercising a face covering would **not** be required.

Additional guidance:

- Encourage “seat assignments” during exercise classes (at least 6 feet apart). When feasible individuals should be assigned the same “seat assignment” from class to class.
- Encourage sign-up sheets for cardio equipment to include first name, last name, date and time of use.
- Enforce and maintain social distancing of exercise equipment and throughout the facility.

Exceptions to the face covering requirement while exercising:

- if you cannot wear a mask because of a medical condition;
- if you feel it is unsafe for you to wear a mask while exerting yourself;
- if you are engaged in an activity like swimming that may cause the cloth face covering to become wet

Reference:

- [Order of the Secretary of the Pennsylvania Department of Health Directing Public Health Safety Measures for Businesses Permitted to Maintain In-person Operators, April 15, 2020;](#)
- [Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings, July 1, 2020](#)
- [Universal Face Coverings Order FAQ, Pennsylvania Department of Health](#)

OFFICE OF PUBLIC HEALTH LOCATIONS

1430 DEKALB STREET • NORRISTOWN, PA 19404-0311 • PHONE: 610-278-5145 • FAX: 610-278-5166
364 KING STREET • POTTSTOWN, PA 19464 • PHONE: 610-970-5040 • FAX: 610-970-5048
102 YORK ROAD, SUITE 401 • WILLOW GROVE, PA 19090 • PHONE: 215-784-5415 • FAX: 215-784-5524