

Healthy at Work



Effective April 19, 2021

Supplemental Requirements for Gyms, Sports, and Exercise Activities

These supplemental requirements apply to gyms, sports, and athletic activities. All Entities must also comply with current [Healthy at Work Minimum Requirements](#) and all Supplemental Requirements applicable to their setting and/or activities.

- For guidance concerning youth sports in Kentucky please follow the Kentucky High School Athletic Association's Healthy at Sports Requirements.
- Entities hosting outdoor team sports can permit participants to remain unmasked while competing and on the sideline. Participants and spectators must otherwise either maintain at least six (6) feet of distance between persons not from the same family/household or wear a facial covering when this is not possible.
- Gyms and Entities hosting outdoor exercise activities can permit participants to remain unmasked provided at least six (6) feet of distance is maintained between persons not from the same family/household.
- Gyms and Entities hosting indoor exercise activities must ensure that all individuals remain masked, even when spaced more than six (6) feet apart.
- High-intensity exercise while masked may represent a health risk for some individuals and should be approached carefully – a much safer alternative is to perform high-intensity exercise unmasked while outdoors and physically distanced.