

Exercise Rules

Masking at FIT@PRC

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Alameda County Order no. 22-02

This order requires all individuals within the County of Alameda – regardless of vaccination status or history of prior COVID-19 illness – to wear face coverings when indoors in workplaces and other indoor public settings, *with limited exemptions* (see below).

...Participants in indoor recreational sports, gyms, yoga studios, and similar facilities may remove their masks when necessary while actively engaged in periods of heavy exertion.

So... Mask up when in the gym, but you may remove it while engaging in intense exercise.

