

## Guidelines for Health and Safety

### Reopening: Gyms & Indoor Exercise Facilities

Health & safety is the utmost importance when reopening a facility during COVID-19 Pandemic. The following guidance is being provided to help gyms and indoor exercise facility owners prepare their facility and their employees for reopening in a manner that provides a safe and sanitary environment for their patrons.

#### Signage:

- Place signage at any entrance to instruct patrons that they **cannot** enter if they have been diagnosed with COVID-19, had symptoms of COVID-19 in the past 10 days, or had contact with a person that has or is suspected to have COVID-19.
- Post signage throughout the facility to instruct patrons of the enhanced sanitation procedures, cover coughs and sneezes, physical distancing requirements, and other instructions and limitations, as applicable.

#### Patrons and Employees should:

- Be screened upon entering the facility entrance. Ask if any symptoms, signs of illness, or sustained exposure to a person who is currently ill with COVID-19.
  - If yes to any of these screening questions, the person should be asked to leave.
  - If an employee has symptoms of COVID-19, they should be sent home for a period of no less than 7 days from onset of symptoms, or 3 days past fever whichever is longer.
- Wash their hands or use hand sanitizer upon entering the facility.
- Sanitize the equipment before and after each use.
- Request that patrons only use one piece of exercise equipment at a time so machines can be cleaned between users.

#### Operation:

- Consider making appointments to limit the number of clients at a given time

- Limit occupancy to allow for proper physical distancing and to limit groupings/gatherings.
- Patrons must be a minimum of 6 feet apart
- Utilize contactless forms of patron check-in.
- Clean frequently touched surfaces
- Provide hand sanitizer and equipment sanitizer for patrons.
- Ensure the equipment is properly sanitized between patrons.
- Staff should sanitize bathroom and shower facilities regularly and frequently.
- Spread out equipment or only allow the use of every other workout station
- Group exercise and training classes should not be provided at this time.
- On-site child care should not be provided at this time.
- The following facilities and equipment within a gym or fitness center should remain closed: pools, basketball courts and other group sport areas, hot-tubs, saunas, steam rooms, and lay down tanning beds.

