

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.

