

Phase 2 Guidance for Reopening: Gyms and Fitness Centers

Fitness Centers and Gyms can become operational on or after 5/15/2020 at a 75% capacity with sanitization and social distancing requirements met.

State Guidelines:

- Only registered members can use the facility, no day passes or walk-in.
- Facility must have a dedicated staff available during operating hours to wipe down frequently touched areas on a regular basis and monitor gym zones to ensure that users are wiping down equipment properly.
- Train workers on symptom awareness and proper handwashing technique.
- Signage must be posted with the following or substantially similar wording:
 - “Patrons with fever, shortness of breath, a cough, or other COVID-19 symptoms must refrain from using the gym”
 - Signs shall be positioned for effective visual observation by gym guests, such as at the front desk and in locker rooms.
- Front desk should track occupancy to ensure facilities stay at or below 75 percent capacity.
- Hand sanitizer must be made available at front desk and at stations throughout the workout area.
- Approved sanitizer for cleaning equipment after use must be provided at stations throughout the workout areas along with disposable towels. Reusable towels shall not be used to clean equipment.
- Post signs throughout workout area reminding patrons to wipe equipment after each use.
- Masks should be worn by all staff.
- Masks are encouraged to be worn by guests when possible.
- Six-foot distance should be maintained between equipment. Cardio studios should limit guests to every other piece of equipment to achieve this.
- Guest using free weights shall maintain six feet of separation except when a spotter is necessary. In this instance, workout groups shall be limited to two people.
- Sitting areas must be closed for use.
- Food vendors must follow applicable COVID-19 procedures for restaurants and retail food service. Vendors should be encouraged to use single-service items whenever possible, especially for condiments and similar foods.
- Social distancing must be maintained in dressing rooms and other common areas. No congregating in these areas may be allowed.
- After closing, establishments must clean using an EPA approved disinfectant. Twenty-four-hour establishments must close from 11:30 pm to 12am so that proper disinfection can happen.
 - Facility must develop a checklist to ensure that no equipment is being missed during disinfection. Checklist should include large items, such as treadmills and smaller items, such as weights and bands.
- Frequently touched surfaces must be cleaned and sanitized regularly throughout the day and disinfected each night after closing.



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- Personal training sessions may be offered with strict adherence to social distancing guidelines and masks are encouraged to be used by the trainer and trainee.
- Indoor group classes may be offered.
- Alternatively, group classes may be offered outdoors with strict adherence to social distancing guidelines.
- Additional time between group classes outdoors must be provided so that a designated gym employee can disinfect any equipment and other cleanable surfaces before next class begins.

Questions

- What is your level of comfort around reopening? (It is ok to delay reopening or reopen partially!)
- What are your biggest areas of concern for your facility?
- Do you need signage?
- Do you have a plan for:
 - Limiting Group Sizes?
 - Encouraging physical distancing?
 - Cleaning and Disinfecting?
 - Encouraging hand washing?
- Do you have a written plan that you can share with clients?
- Do you have any questions for us? Call the Health Department at 466-2562 if anything comes up.

Some Strategies You Could Use

Monitor Employee Health

- All staff and employees who are sick should NOT enter the gym or fitness center.
- Fitness instructors should ask participants if they are feeling well before participating.
- Implement health screenings for employees, and possibly for patrons.

Social Distancing Ideas

- Space cardio equipment 6 feet apart, i.e. mark off every other machine
- Limit access to the facility to members only.
- Consider implementing appointment times for machines.
- Limit number of people in facility to allow for social distancing.
- Continue offering online video classes.
- Design workout routines so that equipment can be wiped down between patrons (i.e. no circuits)
- Require sign-ups or reservations for classes.
- All members should sign in and record time of workout.
- Personal training sessions should accommodate social distancing.
- Limit access to locker room services. Request that gym members arrive and leave in their gym clothes. Only allow access to locker rooms for restrooms.
- Close services such as saunas, or food and beverage.



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- Consider time limits for members to allow for more members to utilize facility.
- Consider offering reserved hours for immunocompromised or elderly individuals.
- Offer flexible hours to provide for ample physical distancing.

Cloth Face Masks

- Implement the use of cloth face masks by all staff, if possible.
- Train staff on appropriate use of face coverings
 - Refrain from touching eyes, nose, and mouth while putting on and removing face masks.
 - Wash hands immediately after taking off facemasks.
 - Facemasks should be routinely washed depending on frequency of use.
- Encourage patrons to wear face coverings.
- Consider laundering facemasks for all employees

Cleaning and Disinfecting

- Clean all “high touch” areas such as counters, doorknobs, tables, benches, chairs, weights, restrooms, dressing rooms etc. frequently.
- Clean machines before and after use.
- Ensure cleaning products are available for members or have staff ready to clean machines before and after every use.
- Clean high touch surfaces after every use.
- If available, use disposable gloves to clean surface.
- Request that gym members provide and launder their own towels.

Provide Hand Washing for Patrons

- Hand sanitizer at entry of establishment.
- Hand sanitizer at throughout facility.
- Signs directing patrons to hand washing areas.