

## Reopening Guidance:

Gyms, aerobic dance or exercise centers, gymnastics training, swimming schools, tennis club facilities, ice/roller skating rinks, yoga studios and similar facilities

### Recommended Guidelines for Temperature Checks & Employer Policies

Fitness Centers should consider use of a touchless infrared thermometer to check the temperature of employee each day. Employees with a temperature above 100.4°F are recommended to be sent home until they have no fever and no evidence of COVID-19 symptoms. The employee conducting temperature checks should be wearing a mask. Employers should consider implementing flexible sick leave and supportive policies and practices for employees and consider needs of employees older than 65 years or in other vulnerable populations.

### Sanitation & Disinfecting Guidelines

- Use alcohol-based disinfectants that are appropriate to use in Fitness Centers and place sanitizing stations in the gym for patrons to use.
- Prior to opening fitness and recreational sports centers should disinfect the entire facility and equipment.
- Surfaces such as doorknobs, counters, and other items that are high-touch should be regularly cleaned and sanitized.
- Clean and disinfect bathrooms and locker rooms regularly, particularly high-touch surfaces, and ensure they have handwashing supplies.
- Encourage customers to bring their own personal equipment such as yoga mats, towels, rackets, etc.
- Ensure that access to handwashing/hand sanitizing facilities and supplies are available for employees and customers and consider placing alcohol-based hand sanitizer in the facility for patrons to use.
- Employees should use proper handwashing, observe respiratory etiquette, and avoid using other employees' phones, desks, offices, or other work tools or equipment.
- Have a plan or encourage patrons to clean and sanitize all community equipment such as tennis rackets, lockers, basketballs, etc. must be cleaned and sanitized before and after each use.
- Encourage patrons to disinfect all exercise equipment before and after each use.
  - Larger facilities may consider designating employees to specific rooms or areas to ensure equipment is disinfected promptly after usage.
  - Employees disinfecting equipment should wear gloves.
- Consider providing face masks for employees that regularly interact with the public should.
- Encourage customers to avoid touching other customers' items such as tennis rackets or other recreational equipment.
- Consider cleaning and sanitizing water fountains and refillable water stations regularly or encourage patrons to bring their own water.

## Social Distancing Guidelines

- Request patrons that are exhibiting symptoms of fever or sickness to postpone activities in the fitness center for the health and safety of the community.
- To the extent possible, encourage customers and employees to maintain six feet of social distancing.
- Relying on judgement of coaches and participants, fitness training may mean being closer than six feet for the physical safety of everyone. Coaches and participants that do not want to participate should not be required to participate.
- Minimize face-to-face employee and customer interaction. Implement online or other contactless measures to take reservations and payments, or other purchases
- Consider displaying posters and signs throughout facility to frequently remind customer to take steps to prevent the spread of COVID-19. These messages may include information about:
  - Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
  - Covering coughs and sneezes with a tissue, then throwing the tissue in the trash. o Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
  - Using hand sanitizer that contains at least 60% alcohol if soap and water are not available.
  - Avoiding touching eyes, nose, and mouth with unwashed hands.
- Postpone or cancel events, such as tournaments that encourage people to congregate.
- Limit the number of participants in group fitness classes to maintain the recommended six feet social distancing.
- To the extent possible, Gyms should consider arranging exercise equipment to ensure customers maintain six feet of social distancing while using the equipment.

*Surfaces such as doorknobs, counters, and other items that are high-touch should be regularly cleaned and sanitized.*



*Consider arranging exercise equipment to ensure social distancing*

*Please check with your local municipality for additional guidance or requirements for reopening.*