

INTERIM SOCIAL/PHYSICAL DISTANCING AND SANITATION GUIDELINES FITNESSE CENTERS / GYMS

The following are interim guidelines that employers of fitness centers/gyms should consider when readying their businesses for reopening. The best practices are written to describe the current understanding of actions that can be taken to limit or mitigate the spread of COVID-19 in the workplace. It is recognized that not all the best practices can be implemented in all workplaces.

These interim best practices have been identified for employers until and unless the State publishes relevant guidance and best practices, as a part of the State's Resilience Roadmap. Once available, employers should utilize the State's guidance.

A. Measures to Protect Employee Health:

- i. Disinfect high contact surfaces in break rooms, restrooms, and other common areas on the following schedule:
 1. Public Bathrooms: Twice daily
 2. Employee Breakrooms: Daily
 3. Employee Restrooms: Daily
 4. Other employee shared areas: Daily
 5. High contact surfaces (door handles, light switches, etc.): At least twice daily and more frequently if needed
 6. Gym equipment: After each user.

B. Measures to Prevent Crowds from Gathering / Encourage Physical Distancing:

- i. Evaluate only allowing access via appointment.
- ii. Assign an employee to monitor that the maximum number of customers in the facility is not exceeded.
- iii. Use an "every other machine" approach to ensure 6 foot distancing, unless every other machine is not at least 6 feet apart, in which case only use machines that are at least 6 feet from another machine that is designated for use.
- iv. In the early stages of reopening, only open cardio and strength equipment areas; do not conduct classes such as spin, aerobics, Zumba, Pilates, martial arts, etc.
- v. Common equipment touch points on all equipment need to be disinfected between each user.
- vi. Develop systems for those waiting to use a piece of equipment.

C. Measures to Prevent Unnecessary Hand Contact / Increase Sanitization / Disinfection:

- i. Stop use of water fountains, shared water bottles, and water stations - provide or encourage customers to use individual water bottles.
- ii. Provide disinfecting wipes containing an EPA-registered disinfectant or other disinfection measure for customers to wipe down equipment after each use.

D. Additional Measures to Protect Health:

- i. Offer special hours or appointments for immuno-compromised and other vulnerable populations.
- ii. Implement mid-day halts, where gym members are stopped from entering the facility and a full, secondary cleaning can be completed.