



# HEALTH AND FITNESS BUSINESS GUIDELINES

## GENERAL HEALTH

1. Wear face coverings over nose and mouth
2. Maintain social distance of at least 6-ft.
3. Frequent hand washing

## HR AND TRAVEL POLICIES

1. Employees shall not report to, or be allowed to remain at, work if sick or symptomatic

## HEALTH MONITORING

1. Employers should make temperature checks available and post information about COVID-19 symptoms to allow employees to self-assess whether they have any symptoms and should consider going home
2. Have a wellness screening program for conducting in-person screening upon arrival as well as a mid-shift screening for employee shifts greater than 5 hours
3. If employee reports having any COVID-19 related symptoms, they should remain isolated at home for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
4. If an employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting should be performed
5. Any employee who has had close contact with a person who is diagnosed with COVID-19 should quarantine for 14 days

## PHYSICAL WORKSPACE

1. Display signage at entry with face covering requirements, social distancing guidelines, cleaning protocols, and any reduced capacity limit, in multiple languages as needed
2. Configure workout stations to allow for 6-ft. social distancing between individuals without barrier OR 3-ft. apart with barriers
3. Ancillary accommodations (e.g., saunas, hot tubs, steam rooms) should be closed
4. Any drop-in childcare areas should follow state and local guidance on childcare facilities for group sizes and cleaning and disinfecting
5. For martial arts, sparring and other contact sports, contact exercises are permitted if participants undergo a nasal swab for RT-PCR test, are tested regularly for the duration of participation, limit participation to one

location, and limit to one static group for at least 10 days.

6. Display signage for members to clean equipment before and after each use

## DISINFECTING/CLEANING PROCEDURES

1. Cleaning and disinfecting of premises should be conducted in compliance with CDC protocols on weekly basis
2. Frequently clean and disinfect common areas (e.g., restrooms, cafeterias) and surfaces which are touched by multiple people (e.g., entry/exit doorknobs, stair railings)
3. Fully clean and sanitize exercising areas (e.g. yoga room) before and after use
4. Sanitize locker rooms and showers at least every hour
5. Fully clean and sanitize equipment before and after each use

## STAFFING AND ATTENDANCE

1. No more than 50% of occupancy
2. Fitness classes should allow for 6-ft. of social distancing without barrier or 3-ft. with barrier between participants and are limited to a maximum of 50 participants
3. Multiple groups permitted in a space at once as long as facilities allow for social distancing of participants and employees; 30-ft. of distancing is maintained between groups; and areas for each group are clearly marked
4. Design a plan to allow for social distancing within the workplace and if needed, designate employee(s) to monitor capacity limits and social distancing
5. Limit occupancy of common areas
6. For open gym space, fitness center should assign 1 employee per 4,000 sq. ft. to monitor social distancing and sanitize equipment between uses
7. For open gym space, fitness centers should develop a method to inform members of available facility capacity before members arrive at the facility (e.g. reservation system, overview of days/times when establishment is typically most crowded)

## EXTERNAL INTERACTIONS

1. Before allowing external supplier or non-member visitor to enter, ask whether the individual is currently exhibiting COVID-19 symptoms
2. Suppliers and non-member visitors should wear face coverings over their nose and mouth when entering premises
3. Keep log of all external suppliers who enter premises

## CUSTOMER BEHAVIORS

1. Develop a method to inform customers of available facility capacity before arrival (e.g. reservation system) and customers should check for available capacity
2. Before allowing entrance or class, fitness center should ask whether member is currently exhibiting COVID-19 symptoms
3. Maintain 6-ft. of distance during exercise and wear face covering whenever not exercising
4. Members should clean and sanitize equipment before and after use
5. Members should check for available capacity before going to the facility
6. Members should wear face coverings over their nose and mouth whenever not exercising