

Recommended Guidance for Gyms

Purpose

Central District Health (CDH) and Southwest District Health (SWDH) encourage all businesses within our districts to follow the phases outlined in the Guidelines for Opening Up Idaho available at <https://rebound.idaho.gov>. This guidance is intended to help businesses plan for safe and appropriate business operations as allowed within the phases of reopening.

CDH and SWDH are providing guidance for gyms to begin building their plans for ensuring the safety of employees and patrons. The recommended actions specified in this guidance document will help to prevent the potential spread of COVID-19 to employees and patrons in the facility. Strict social distancing and sanitation guidelines are of utmost importance in the prevention of COVID-19 in the gym setting.

Recommended Actions

Implementing the following guidance is recommended:

- Post information about your new operational processes where customers have easy access to it such as on your website, social media, as well as on your doors.
- Establish an employee illness policy. If any of your employees are ill, keep them home. Ensure that they do not have any signs or symptoms of COVID-19 (cough, fever, body aches, shortness of breath, headache, etc.) prior to entry into the facility.
- Ask each patron entering the facility the following questions - Have you had a cough? Have you had a fever? Have you been around anyone exhibiting these symptoms within the past 14 days? Are you living with anyone who is sick or quarantined?
- Consider performing a temperature check of all individuals that arrive to the facility to ensure that a person with a fever does not potentially expose others to COVID-19 (the CDC defines a fever as being a body temperature of 100.4°F or higher). An infrared thermometer can be used to ensure contactless temperature checks.
- Encourage your employees to take extra precautions and make gloves and cloth face coverings available for employees that choose to use them.
- Limit the number of people allowed in the facility at any one time to ensure that social distancing guidelines can be met at all times; people should be at least 6' apart as much as possible. This may require the spacing of gym equipment and/or limiting the use of gym equipment (for example: allow patrons to use every other treadmill and put tape around the ones not being used).
- Implement and enforce social distancing guidelines in the lobby/reception area and discourage the congregation of people in common areas such as restrooms, locker rooms, or by the water fountain.
- Consider implementing special hours of operation that are exclusive to the elderly and other vulnerable population groups.

- Discontinue any type of group activities/classes for which it is not possible to maintain social distancing guidelines.
- Train employees on the importance of frequent hand washing and instruct them to wash hands upon arrival to the gym, after touching equipment, after performing cleaning duties, and after touching any other surface that is likely to have been touched by other people.
- Advise patrons to wash hands and/or use hand sanitizer upon arrival to the gym. Make hand sanitizer available at the entrance, in locker rooms, and throughout the gym floor.
- Advise employees and patrons to cover their coughs and sneezes with a tissue or with the crook of the elbow, and to wash hands after coughing or sneezing. Provide no touch trash cans.
- Make sanitizing wipes available at multiple stations that are convenient to patrons in exercise areas. Advise patrons to wipe all equipment surfaces including benches, control screens, handles, weights, dumbbells and barbells after each use. Ensure that this procedure is properly communicated to patrons and enforced by attentive staff if necessary.
- Train employees on proper cleaning and sanitation procedures that are recommended by the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>).
- Only use EPA registered disinfectants that are effective against COVID-19. A list of products is listed here: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Implement a daily sanitation regimen that includes multiple rounds of sanitizing equipment and other frequently touched surfaces throughout the day. Special attention needs to be directed at cleaning and sanitizing locker rooms and restrooms. Shared lockers should be disinfected in between use by different patrons.
- If your gym has a water fountain, implement a procedure in which either patrons or employees, after each use, disinfect any surfaces that must be touched to activate the water.
- If your gym has showers, implement a system in which the surfaces in the shower are cleaned and disinfected after each use. Consider making PPE (Personal Protective Equipment) available for employees tasked with this duty.
- Verify that all ventilation systems are functioning properly.
- Implement and enforce social distancing guidelines in the pool, hot tub, and sauna. Perform daily checks to ensure that the water chemistry is safe and that all disinfection systems are functioning properly.
- If your facility has a tanning bed, make sure to clean and disinfect the entire tanning bed before and after use by patrons.

This guidance is subject to change as more information becomes available about limiting the transmission of COVID-19.

Resources:

- CDC Environmental Cleaning and Disinfection Recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
- CDC When and How to Wash Your Hands <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- OSHA "Guidance on Preparing Workplaces for COVID-19" <https://www.osha.gov/Publications/OSHA3990.pdf>

- Coronavirus Toolkit for Pool and Hot Tub Professionals
<https://www.phtacoronaupdate.com/PHTACORONAUPDATE/assets/File/4891%20PHTA%20COVID%20Complete%20Guide%20444-V12.pdf>
- State of Idaho Official Resources for the Novel Coronavirus (COVID-19)
<https://coronavirus.idaho.gov/>

	
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<p>https://www.cdh.idaho.gov/dac-coronavirus</p>	<p>https://phd3.idaho.gov/coronavirus/</p>
<p>Call Center: 208-321-2222 M-F 8:30 am – 4:30 pm</p>	<p>Call Center: 208-455-5411 M-F 8 am – 5 pm</p>