

GYMS + FITNESS CENTERS

Specific Reopening Requirements for Gymnasiums, Fitness Centers, Recreation Centers, Sports Facilities, Exercise Facilities, Exercise Studios and like facilities:

EMPLOYEE + VISITOR PROTECTION



- Post sign(s) outside of entrance(s) informing individuals not to enter if they are or have recently been sick
- Maintain accurate records, including date and time of event, name of attendee(s), and contact information, to aid with contact tracing
- To the extent possible, configure workout stations or implement protocols to enable ten feet of distance between individuals during exercise sessions (or six feet of distance with barriers)
- Provide non-medical face coverings to employees
- Require masks to be worn when a distance of 6 feet cannot be maintained
- Consider use of face shields when a distance of 3 feet cannot be maintained
- Train on proper wear, use, and maintenance of face coverings
- Train on protection provided by face coverings – “Why is it important for your health and the health of others”
- Frequently wash hands with soap and water for 20 seconds
- Use 60% alcohol hand sanitizer when soap and water are unavailable
- Avoid touching eyes, nose, or mouth with unwashed hands
- Practice good respiratory etiquette – cover your cough and sneeze, then wash your hands
- Avoid close contact with those who are sick
- Stay home if sick
- Recognize personal risk factors and underlying conditions



- Allow employees to work remotely, if possible.
- Hold large meetings via teleconference.
- Encourage clients/customers to connect via phone call or video conference rather than in-person meetings.
- Close waiting areas to prevent gathering in the lobby. Ask visitors to check-in by phone or text message and wait in their vehicle until their appointment or meeting time.
- Install physical barriers, such as sneeze guards and partitions, at front desk or reception areas and other areas where maintaining physical distance of six feet is difficult.
- Provide physical guides, such as tape on floors and signage on walls to ensure that visitors remain at least six feet apart in any lines.
- Implement rotational shift schedules where possible (e.g., increasing the number of shifts, alternating days or weeks) to reduce the number of employees in the facility at the same time.
- To the maximum extent possible, limit the number of employees in shared spaces, including kitchens, break rooms, and conference rooms, to maintain at least a six-foot distance between employees.
- Reduce class sizes, as necessary, to enable at least six feet of separation between individuals.



- Conduct a daily entry screening protocol for workers, customers, and any other individuals entering the building. The screening should include:
 - A questionnaire that covers symptoms and potential exposure to people with or suspected of having COVID-19.
 - Temperature checks, if possible (as soon as no-touch thermometers can be obtained).
 - Visit www.KentCountyBacktoWork.com to learn how you can participate in the Kent County Back to Work Health Check program.



- Make hand sanitizer, disinfecting wipes, and/or soap and water readily available and waste receptacles
- Provide cleaning and sanitizing products throughout the gym or exercise facility for use on equipment
- Regularly disinfect exercise equipment, including immediately after use. If patrons are expected to disinfect, post signs encouraging patrons to disinfect equipment before and after use.
- Close steam rooms and saunas.
- Regularly clean and disinfect public areas, locker rooms, and restrooms.
- Single-use items and used disinfection materials can be treated as regular waste, following regular safety guidelines.
- Towels should be washed and dried on the highest temperature settings allowable for the fabric. Disposable gloves and face coverings should be worn when staff handles dirty laundry.
- Increase introduction and circulation of outdoor air as much as possible by opening windows and doors, using fans or other methods.
- Ensure that ventilation systems operate properly.



- Designate a site-specific supervisor to monitor and oversee the implementation of COVID-19 control strategies. The supervisor must remain on-site at all times during activities. An on-site worker may be designated to perform the supervisory role.
- Encourage workers to stay home and self-report to supervisor as soon as possible if they develop symptoms of COVID-19.
- Close facility immediately if an employee or visitor shows multiple symptoms of COVID-19 (fever, atypical shortness of breath, atypical cough) and perform a deep clean, consistent with guidance from the Centers for Disease Control.
- Notify employees if the employer learns that an individual (including an employee, visitor, contractor, or supplier) with a confirmed case of COVID-19 has visited the office.
- Send potentially exposed workers home upon identification of a positive case of COVID-19 in the facility.
- In all cases, follow guidelines for staff exposures and symptoms.

WHAT MEMBERS/GUESTS CAN DO TO MINIMIZE THE TRANSMISSION OF COVID-19

- PLEASE: If you are sick, stay home. If you have a fever, stay home. If someone in your house is sick, stay home. If you have allergies and can't control sneezing, stay home.
- Use online gym/workout services when you can.
- Wear a mask when you enter, exit and move about the building.
- Maintain a distance of at least 6 feet from other members and employees when walking throughout the gym to the extent possible.
- Pre-plan your workout routine to avoid lingering/socializing to allow other members to work out while reduced occupancy and distancing guidelines are in place.
- Limit the items you touch within the gym to only the items you will use.
- Avoid using weightlifting gloves and other items that are not easily cleaned.
- Wipe down each piece of equipment you use before and after use, and dispose of the wipe in a trash receptacle.
- Wash your hands before and after you leave the building if possible. If not, use hand sanitizer when you enter and before you leave the building.
- Remember social distancing requirements in locker rooms.

MORE GYMS + FITNESS CENTERS RESOURCES

Michigan.gov/MIOSHA

Association of Fitness Studios: <https://member.afsfitness.com/content/crisis-management-resources>.