

GYMS / FITNESS CENTERS

MAY 18, 2020

COVID-19 REOPENING GUIDELINES



ENTERING THE BUILDING

- Staff & members will utilize one way entrance and exit.
- Staff & members will have temperature taken immediately upon entering the facility.
- Temperature should be recorded for the employee and the member for the purpose of contact tracing.
- Temperature must be below 100.4°F in order to be allowed to enter, work or participate in activities at the facility.
- Anyone with known exposure to COVID-19 or who has tested positive for COVID-19 should do the following before returning to the facility:
 - Inform supervisor of the facility of your symptoms.
 - Contact your healthcare provider immediately and get screened to be tested for COVID-19. Keep track of your symptoms.
 - Self-isolate at home. When you are without fever for at least 72 hours without the use of medication & all other symptoms have improved and at least 10 days have passed since your symptoms first appeared, then seek testing for a negative result from a COVID-19 test or a written statement of good health from a doctor.

- If positive, complete the isolation steps above and be re-tested before returning to facility.



STAFFING

- Receive training prior to coming back to work on new procedures & protocols.
- Be strongly encouraged to wear masks and gloves at all times as provisions are available and supplied by the facility.
- Know facility capacity restrictions and how to monitor.
- No employees will share offices or be in enclosed spaces within six feet of each other.
- Implement Strategic scheduling to assist with monitoring members & sanitizing equipment.
- A strict stay at home policy for any employee or member exhibiting symptoms and a reporting process for confirmed and/or potential COVID-19 infection implemented.



SOCIAL DISTANCING

- Gym capacity limited to a certain number of people, 5 people (staff and members) per 1,000 square feet or 20% capacity (whichever is less).
- Social distancing signage and floor markers put in place for traffic flow, maintaining 6 feet of distance in all gym activities, and roping off of disabled equipment.
- Best practice for group exercise classes is to designate a 10x10' area for each member and limiting movement and interaction outside of that area during class.
- Limiting class size (even if space permits more) to 10 participants to decrease the number of people congregating before and after class, regardless of building size. Or 5 people per 1,000 sq ft of space, whichever is less.
- No contact training and no equipment sharing training sessions.
- Workout duration should be adjusted to accommodate time before and after to disinfect the equipment.
- Adjust schedules to minimize traffic and congestion before and after class.



ENHANCED CLEANING & SANITATION PROTOCOLS

- Medical-grade cleaning products and hand sanitizers available throughout facility.
- Require hand washing before and after workout.
- Increase disinfectant stations with hand sanitizer available in lobby and throughout the facility whenever provisions are available.
- Pre-use and post-use wipe down protocol on all equipment, including office equipment and body comp scanners, as well as updating member processes to educate on cleaning and sanitation.
- Detailed in-depth and frequent cleaning checklist:
 - Full facility will be cleaned thoroughly a minimum of every 2 hours with medical-grade product, including equipment and all surfaces during open facility hours.
 - Bathrooms cleaned every hour during open facility hours.
- Water fountains for refilling water bottles only.
- No equipment sharing will be allowed.



RESTRICTIVE USE

At this time of re-opening it is strongly suggested to prohibit the following activities)

- Basketball (no pick up, shoot around or team play).
- No pickleball or racquetball (no pick up, reserved play, or scheduled programming)
- Locker rooms will be open, but showers will not be available. Social distancing will be required.
- No towel service - members may bring & leave with their own towels.
- Coffee & other refreshments will not be available at this time.
- Water fountains are for use ONLY to fill water bottles, no drinking directly from the fountain.
- No use of saunas or steam rooms, as a minimum safe distance of six feet cannot be maintained.
- Only every other piece of cardio equipment will be available for use.
- Members must disinfect equipment before and after use.
- Pools will have additional guidelines under separate cover.



RESOURCES

accelerateSC

<https://accelerate.sc.gov>

Medical University of South Carolina (MUSC)

Local businesses can access MUSC services for more hands-on and detailed assessments beyond what is provided in these documents by contacting businesshealth@musc.edu (843) 792-2840