Who needs to be screened?

- Anyone entering the facility, including: patrons and customers, employees and any vendors, contractors, or other workers should be temperature and/or symptom screened upon arrival.

What is the guidance for face coverings?

- If indoors, **workers and patrons** must wear face coverings **at all times except when showering**. Showering at home is encouraged where possible.
- Staff is required to wear face coverings when:
  a. Interacting in-person with any member of the public
  b. Working in any space visited by members of the public, regardless of whether anyone from the public is present at the time
  c. Working in any space where food is prepared or packaged for sale or distribution to others
  d. Working in or walking through common areas, such as hallways, stairways, elevators, and parking facilities
  e. In any room or enclosed area where other people (except for members of the person’s own household or residence) are present when unable to physically distance

**NOTE:** Employers should develop an accommodation policy for any worker who meets one of the exemptions from wearing a face covering. If a worker who would otherwise be required to wear a face covering because of frequent contact with others cannot wear one due to a medical condition, they should be provided with a non-restrictive alternative, such as a face shield with a drape attached to the bottom edge, if feasible, and if the medical condition permits it.

What are the screening requirements?

- Provide temperature and/or symptom screenings for all workers at the beginning of their shift and any vendors or contractors and patrons entering the facility. Make sure the temperature/symptom screener avoids close contact with workers to the extent possible.
- If anyone is sick they should stay home and/or be sent home
- Employers must provide and ensure workers use all required protective equipment, including eye protection and gloves where necessary.
- Employers should consider where disposable glove use may be helpful to supplement frequent handwashing or use of hand sanitizer; examples are for
workers who are screening others for symptoms or handling commonly touched items.
- Workers should wash hands on arrival at work, after working with each fitness facility member, after touching their face covering, after using the restroom, and when leaving work.
- If indoors, workers and patrons must wear face coverings at all times except when showering. Showering at home is encouraged where possible.

What guidance is there for capacity?
- Evaluate maximum occupancy rules based on the size of the facility to develop a capacity plan that supports physical distancing and limits the number of patrons allowed in the facility at a given time to a number permitting such distancing. Other considerations to support physical distancing in the facility for patrons could include:
  - Limiting the number of patrons in the facility at one time. Only those patrons that are actually exercising should be inside the facility. Patrons should not wait in the reception area.

What is the guidance for maintaining physical distancing?
- Considerations should be made to encourage physical distancing to the greatest extent possible. This includes:
  - Discontinued use of machines directly next to one another
  - Designated work out spaces that keep individuals six feet apart from one another (these spaces could be marked off using signage, tape, etc.)
  - Staggered usage of machines

What is the guidance for cleaning and disinfecting protocols?
- Perform thorough cleaning throughout the day in high traffic areas
- Frequently disinfect commonly used surfaces and exercise equipment before and after use by patrons
- Provide proper sanitation products, including hand sanitizer and sanitizing wipes and ensure that lined, non-touch trash receptacles are available throughout the facility
  - Equip entrances and exits, exercise machines, fitness rooms, changing rooms and locker rooms, and other areas with proper sanitation products, including
hand sanitizer and sanitizing wipes, and provide personal hand sanitizers to workers who regularly engage with patrons (e.g., reception workers).

- Require patrons to disinfect individual exercise equipment, mats, and machines before and after use with provided disinfecting wipes. Ensure that lined, non-touch trash receptacles are available throughout the fitness facility to dispose of used wipes.

- If members are unable or unwilling to wipe/disinfect equipment after exercise, provide “ready to clean” tags for members to place on equipment after use, to ensure equipment is disinfected before the next use.

- Wherever possible, install touchless, automatic water dispensers for use with personal, reusable water bottles or single-use, disposable paper cups. If a touchless water dispenser is not feasible, remind staff and patrons to wash their hands or use proper hand sanitizer before and after touching the water release button on drinking fountains.

- Encourage patrons to bring their own towels and mats and consider disbanding the provision of any facility-provided towels or personal hygiene products

- Discontinue the use of communal water fountains

- Where possible, do not clean floors by sweeping or other methods that can disperse pathogens into the air. Use a vacuum with a HEPA filter wherever possible.

How should exercise equipment and patrons be spaced to allow for physical distancing?

- Implement measures to ensure physical distancing of at least six feet between and among workers and patrons. This can include use of physical partitions or visual cues (e.g., floor markings, colored tape, or signs to indicate to where workers and/or patrons should stand during check-in at reception areas or when waiting to use equipment).

- Staff and patrons should avoid shaking hands, bumping fists or elbows, and other physical contact. Staff should also avoid sharing tools, phones, electronics, and office supplies as much as possible and, where feasible, ensure staff have dedicated workstations for their personal use. Never share PPE.
What guidance is there for High-Risk Populations?

- Consider implementing special hours designated for high risk or medically-vulnerable populations, including seniors with admittance by reservation only.

- If possible, make considerations for increased ventilation; e.g., open windows or doors when possible

- It is recommended that persons who cannot wear a face covering because of a medical condition, wear a non-restrictive alternative, such as a face shield with a drape attached to the bottom edge, if feasible, and if the medical condition permits it.

What is the guidance for personal training and group exercise classes?

- Adjusting personal training so that the exercise instructor maintains a minimum of six feet of physical distance. Trainers must use face coverings and avoid any close contact. Patrons must wear a face covering while receiving instruction.

- Modifying group training classes to limit the class size to ensure a minimum of six feet of physical distance between patrons and/or move the classes outdoors or to larger spaces. Group exercise classes should only be offered if distancing requirements can be maintained and there is no person-to-person physical contact. If indoors all persons must wear face coverings during classes.

What about lockers and shower areas?

- Staggering available lockers in locker rooms to maintain physical distancing.

- Remove communal furniture and/or cordon off member lounge areas.

- Equip fitness rooms, changing rooms and locker rooms, and other areas with proper sanitation products.