

## SECTION 14. FITNESS CENTERS/GYMS

In addition to the measures listed in Section 1 All Businesses, additional measures have been identified for specific industry sectors and specific business types. Employers within this Industry should implement the following additional measures:

**A. Training:** No additional measures. See Section 1.

**B. Signage:** No additional measures. See Section 1.

**C. Measures to Protect Employee Health:**

- i. Disinfect high contact surfaces in break rooms, restrooms, and other common areas on the following schedule:
  1. Public Bathrooms: Twice daily
  2. Employee Breakrooms: Daily
  3. Employee Restrooms: Daily
  4. Other employee shared areas: Daily
  5. High contact surfaces (door handles, light switches, etc.): Daily or more frequently if needed
  6. Gym equipment: After each user.

**D. Measures to Prevent Crowds from Gathering / Encourage Physical Distancing:**

- i. Evaluate only allowing access via appointment.
- ii. Assign an employee to monitor that the maximum number of customers in the facility is not exceeded.
- iii. Use an “every other machine” approach to ensure 6 foot distancing.
- iv. In the early stages of reopening, only open cardio and strength equipment areas; do not conduct classes such as spin, aerobics, Zumba, Pilates, martial arts, etc.
- v. Common equipment touch points on all equipment need to be disinfected between each user.
- vi. Develop systems for those waiting to use a piece of equipment.

**E. Measures to Prevent Unnecessary Hand Contact / Increase Sanitization / Disinfection:**

- i. Stop use of water fountains, shared water bottles, and water stations - provide or encourage customers to use individual water bottles.
- ii. Provide disinfecting wipes containing an EPA-registered disinfectant or other disinfection measure for customers to wipe down equipment after each use.

**F. Additional Measures to Protect Health:**

- i. Offer special hours or appointments for immuno-compromised and other vulnerable populations.
- ii. Implement mid-day halts, where gym members are stopped from entering the facility and a full, secondary cleaning can be completed.