

Gyms and Fitness Centers Guidelines to Maximize Public Health and Economic Reactivation

(from Utah Leads Together 2.0 Phased Guidelines Version 4.5)

Fitness centers and gyms are open with some distancing and cleaning guidance

- Follow all employer guidelines outlined on page 11
- Employees must go through symptom checking before every shift (checklist or verbal), including temperature checks when feasible. Log must be kept and available for inspection by health department
- Symptom checking of participants prior to each competition or practice (checklist or verbal), including temperature checks when feasible
- Limit spectators so social distancing guidelines can be adhered to
- Employees working within 6 feet of patrons must wear face coverings
- Patrons of different households must maintain 6 feet of distance when feasible; this may be increased based on data and milestone trends. Limit the number of patrons, space or close off equipment accordingly
- Roster or list of participants and their contact information must be maintained when engaging in formal competitive events to assist with contact tracing efforts when social distancing is not feasible
- Make chemical disinfectant supplies available throughout the establishment and post signs encouraging patrons to thoroughly disinfect equipment after use
- Follow pool guidance on page 9

Social Guidelines from Page 5

Social Guidelines

- General public takes reasonable precautions
- Maintain social distancing when in public settings
- Face coverings worn in settings where other social distancing measures are difficult to maintain
- Private, social interactions that occur without oversight by a formal organization are allowable in groups of 50 or fewer; this may be increased incrementally based on data & milestone trends

Use of Face Coverings

- Face coverings (e.g. mask, scarf, gaiter, bandana) worn in public settings where social distancing measures are difficult to maintain
- Change or launder cloth face coverings after each day's use
- Cloth face coverings should not be placed on young children under the age of 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

Family Gatherings

- Follow all social guidelines outlined on page 5
- Medium sized group that enables all social distancing guidelines to be followed

Children, including Playgrounds

- Follow all social guidelines outlined on page 5
- Increased cleaning and hygiene regimen
- Limit child interaction with other children in public spaces (e.g. playground equipment)

Swimming Pool/Spa (Hot Tub) Guidelines from Page 9

- Follow all guidelines outlined on page 5 & page 11
- Open plunge operates at a reduced capacity that enables appropriate social distancing to be maintained between household groups on pool deck
- 6-foot social distancing between household groups is maintained on pool deck
- Lap swimming resumes to normal capacity
- Swim team and swim lessons are allowed as long as social distancing is allowed on pool deck
- Lifeguard training is allowable; safeguards encouraged as much as possible during training including symptom checking of trainees (checklist or verbal), including temperature checks when feasible
- Maintain signage that encourages social distancing guidelines to be met at all times

General Employer Guidelines from Page 11

Employers encourage flexible working arrangements (rotating shifts, remote work, etc.). Comply with distancing guidelines. Increased cleaning regimen of high-touch areas. Monitor employees for symptoms and well-being.

- All businesses operational if they can meet and adhere to all guidelines
- Employers take reasonable precautions
- Provide accommodations to high-risk employees; minimize face-to-face contact, assign tasks that allow these individuals to maintain a 6-foot distance from other employees or customers, implement flexible work hours or staggered shifts, allow high-risk individuals to work remotely
- Symptom* checking in business interactions
- Face coverings worn in settings where other social distancing measures are difficult to maintain; ensure that face coverings are available
- Encourage remote work when possible; employers exercise discretion with returning to onsite work
- Workplaces comply with distancing and hygiene guidelines
- Limit unnecessary travel
- Require employees to self-quarantine when returning from high-risk* areas
- Employers evaluate workforce strategy and concerns and enact strategies to minimize economic impact
- Employers must not allow any individuals under isolation or quarantine to come to work at any time unless authorized by LHD

* Symptoms include fever of 100.4 degrees Fahrenheit or above, cough, trouble breathing, sore throat, sudden change in taste or smell, muscle aches or pains

* <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html#travel-1>