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May 1, 2020

Gyms and Fitness Centers

UTAH LEADS TOGETHER: MODERATE RISK

As the community begins the next phase of sustainable social distancing and businesses begin to re-open doors to patrons, we encourage you to continue to implement protective measures to slow the spread of COVID-19 in our community. We understand that each facility is unique and operates under differing circumstances. Therefore, the guidelines provided can be adapted to your personal situation. **It is recommended the fitness centers and gyms remain closed; if open, fitness center and gyms should follow strict distancing and cleaning guidance.**

FACILITY CLEANING & SANITATION

- Clean and sanitize all touched surfaces frequently.
- No sign-in sheets, touchpads, or touch surfaces required for entry.
- Implement a documented regular facility-wide cleaning schedule performed at specific and frequent time intervals.
    - Chlorine (bleach) with a concentration of 100-200 ppm is recommended.
- Other EPA approved disinfectants can be found at https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

EMPLOYEE & PATRON PROTECTION

Daily Screening and Monitoring for Sickness

- Employees must go through symptom checking before every shift, including temperature. Log must be kept and available for inspection by health department.
    - If employees need to take simple medications (acetaminophen, ibuprofen, or aspirin) they should measure their temperature beforehand.
- Do not allow employees to come to work if they feel sick.
    - Remind employees to report any illness to management, especially if sick with fever, cough, muscle aches and pains, sudden changes in smell or taste, sore throat, and/or shortness of breath.

    - Non-punitive leave policies must be in place so employees do not feel pressured to come to work if they are sick.
- Anyone who develops symptoms while at work should be separated from other employees and customers immediately and sent home.
    - Immediately clean and disinfect areas the sick employee visited.
- If an employee is confirmed to have COVID-19, employers should inform fellow employees while maintaining confidentiality, and all fellow employees should self-monitor for symptoms of COVID-19 for 14 days.
    - Employees should not come to work if they develop any symptoms while self-monitoring and are encouraged to get tested for COVID-19.
- Employers must prohibit employees who have been asked to isolate or quarantine from coming into work until given health department clearance.
- Employers should prohibit people from entry into the facility if they are ill or if they have had a recent exposure to someone with symptoms or diagnosis of COVID-19.
- Management may ask customers to voluntarily provide their contact information to assist with contact tracing efforts should a COVID-19 exposure.
- High-risk individuals are discouraged from using facilities at this time.

*High-risk individual" includes those over 65, those living at senior living facilities, and those of all ages with underlying medical conditions, including chronic lung disease, asthma, heart conditions, severe obesity, chronic kidney disease, liver disease, or otherwise immunocompromised (undergoing cancer treatment, smoker, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications).

Employee Hygiene

- Require hand washing and/or hand sanitizing upon entry into the facility.
    - Provide convenient access to handwashing sinks with soap, water, and disposable paper towels and/or hand sanitizer.
- Thoroughly wash and scrub hands with warm water and soap for at least 20 seconds on a frequent basis.
- Employees are required to wear masks or cloth face coverings, while at work.
- Employers should provide Personal Protective Equipment (PPE) such as face coverings, hair nets, gloves, overalls, etc.
    - PPE should not be shared and should be disposed of properly
- Avoid touching your eyes, nose, or mouth.
- Avoid sharing food or personal items.

Employee Distancing

- Organize staff into teams to reduce interaction between the groups.
- Stagger workstations so workers are not facing one another and can maintain a 6-foot distance.
- Minimize face-to-face interactions as much as possible, including with customers.

Distance between Patrons

- Limit the number of patrons in the facility at one time.
    - 1 person per 100 square feet

Exercise Equipment and Area

- Space or close off equipment so patrons maintain 10 feet of distance at all times.
- Staff must disinfect all equipment after each use.
- No team or group activities.
- Pools and spas are limited to 50% pool capacity, one swimmer per lane, congregating on the pool deck is not allowed.
- Saunas & Steam rooms should remain closed.

Signage

- Provide signage at each public entrance to inform all employees and customers that they should:
    - Avoid entering if they have a cough, fever, or feel generally unwell
    - Maintain a minimum of 10 foot distance
    - Sneeze/cough into a cloth or tissue
    - Not shake hands or engage in any unnecessary physical contact
    - Wear face coverings
    - Sanitize equipment after each use.

For more information on Utah Leads Together 2.0, visit: coronavirus.utah.gov/utah-leads-together/.