COVID-19 Fitness Facility Guidance

In accordance with Executive Order 2020-114, businesses or operations that require employees to leave their residence are REQUIRED to at a minimum:

- **Develop a COVID-19 preparedness and response plan**
  
  Establish a response plan for dealing with a confirmed infection in the workplace, have available within two weeks of resuming in-person activities. Designate one or more worksite supervisors to implement, monitor, and report on COVID-19 control strategies. See Guidance on Preparing Workplaces for COVID-19 developed by OSHA. See COVID-19 Preparedness and Response template.

- **Train employees**
  
  At a minimum, cover workplace infection-control practices, proper use of PPE, steps for symptomatic employees, reporting unsafe working conditions.

- **Conduct daily entry self-screening protocol for employees**
  
  Take steps to reduce entry congestion and ensure effectiveness of screening (stagger start times, adopt rotational schedule) Sample workplace health screening available in Re-Engagement Resources for Businesses.

- **Provide non-medical grade face coverings**
  
  Require face coverings in shared spaces, including during in-person meetings and in restrooms and hallways, when employees cannot maintain 6-ft of distance.

- **Maintain 6-ft distancing**
  
  - Assign dedicated entry point(s) for employees to reduce congestion.
  - Provide visual indicators of appropriate spacing for employees outside the building in case of congestion at entry points.
  - Increase distancing between employees by spreading out workspaces, staggering workspace usage, restricting non-essential common space use, providing visual cues to guide movement and activity.
  - Prohibit social gatherings and meetings that do not allow for social distancing or create unnecessary movement in offices.

For the purpose of this document fitness facilities include: gymnasiums, recreation centers, sports facilities, exercise facilities, and exercise studios.
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- **Increase facility cleaning**
  - Clean and disinfect high-touch surfaces, and minimize shared items.
  - Adopt protocols to clean and disinfect the facility in the event of a positive COVID-19 case.
  - Institute cleaning and communication protocols when employees are sent home with symptoms.
  - Make cleaning supplies available to employees upon entry and at the worksite and provide time for employees to wash hands frequently or to use hand sanitizer.

- **Confirmed COVID-19 case protocol**
  - Notify employees if the employer learns that an individual (including a customer, supplier, or visitor) when a confirmed case of COVID-19 has visited the worksite.
  - If an employee, the employer must immediately contact the local public health department, and within 24 hours must contact any co-workers, contractors or suppliers that came into contact with that person.
  - Employer will allow employees with confirmed or suspected COVID-19 to return to work only after they are no longer infectious according to latest CDC guidelines.

- **Establish a response plan for dealing with a confirmed infection in the workplace**
  Include protocols for sending employees home and for temporary closures of all or part of the workplace to allow for deep cleaning.

- **Adopt any additional infection-control measures that are reasonable in light of the work performed at the worksite and the rate of infection in the surrounding community**

Questions?
Contact the Health Department of Northwest Michigan at 1-800-386-5959
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In accordance with Executive Order 2020-114, fitness facilities are REQUIRED to:

- Post sign(s) outside of entrance(s) informing individuals not to enter if they are or have recently been sick
  Sample signs are available in Re-Engagement Resources for Businesses.

- Maintain accurate records of all visitors
  Include date and time of event, name of attendee(s), and contact information, to aid with contact tracing should it become necessary.

- To the extent feasible, configure workout stations to ensure safe distancing
  Implement protocols to enable ten feet of distance between individuals during exercise sessions, or six feet of distance with barriers.

- Reduce class sizes, as necessary, to enable at least six feet of separation between individuals

- Facility cleaning protocols and requirements
  - Provide equipment cleaning products throughout the gym or exercise facility for use on equipment.
  - Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available.
  - Regularly disinfect exercise equipment, including immediately after use.
  - If patrons are expected to disinfect, post signs encouraging patrons to disinfect equipment.
  - Regularly clean and disinfect public areas, locker rooms, and restrooms.

- Ensure that ventilation systems operate properly
  - Increase introduction and circulation of outdoor air as much as possible by opening windows and doors, using fans, or other methods.

- Close steam rooms and saunas

Questions?
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