

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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