

## GYM & FITNESS CENTER GUIDANCE

(Including indoor recreation centers, yoga studios, dance, tumbling, indoor sports, etc.)

### Utah Leads Together 2.0: Moderate Risk

For more information, visit: [coronavirus.utah.gov/utah-leads-together/](http://coronavirus.utah.gov/utah-leads-together/)

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 different circumstances. The guidance does not address every situation. Adaptation may be needed for your setting.

**During moderate risk time, it is recommended that gyms, fitness centers, and recreation centers remain closed. However, if open, they should follow strict social distancing and cleaning guidelines.**

Please work with your employees and patrons to implement the following:

#### SOCIAL DISTANCING

- Patrons of different households must maintain 10 feet of distance at all times from other individuals, including coaches and trainers
- Space or close off equipment so patrons can maintain 10 feet of distance at all times
- Do not engage in sporting activities requiring teammates or opponents to be closer than 10 feet from one another
- Skill development and conditioning activities are allowable under social distancing guidelines
- Pools:
  - Lap swim only
  - 1 swimmer per lane
  - No congregating on the pool deck
  - Swim team is allowed as long as social distancing guidelines can be met
  - Maintain signage that encourages social distancing guidelines to be met at all times

#### CLEANING & HYGIENE

- Ensure equipment is disinfected after each use
- Clean and sanitize shared contact surfaces regularly and frequently
- Clean and sanitize equipment before and after use
  - Single use supplies only; no shared wiping rags
- Prop doors open to avoid frequent touching of handles
- Make hand sanitizer, soap and water, or effective disinfectant readily available at or near the entrance, at checkout counters, or anywhere else where people have direct interactions
- Require hand washing and/or hand sanitizing upon entry into the facility
- No locker room or shower use (toilets and sinks allowed)

## STAFF & PATRON PROTECTION

- Face coverings should be worn by employees, ensure that face coverings are available
- Patrons encouraged to wear face coverings whenever possible
- Employees must go through symptom checking before every shift, including temperature; log must be kept and available for inspection by health department
- Screen patrons upon entering facility; ask about symptoms, travel, and any sickness in the home
- Prohibit employees and patrons from entry into the facility if they are sick or if they have had recent exposure to someone with symptoms or diagnosis of COVID-19
- Do not require sign-in sheets, touchpads, or touch surfaces for entry
- High-risk individuals discouraged from using facilities at this time

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Thank you for your patience and cooperation during this COVID-19 pandemic.  
Feel free to contact the Davis County Health Department with any questions at 801-525-5128.