

# GYM & FITNESS CENTER GUIDANCE

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

## Utah Leads Together

For more information, visit: [coronavirus.utah.gov/utahs-health-guidance-system/](https://coronavirus.utah.gov/utahs-health-guidance-system/)

As the community moves through phased risk guidance, 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.

### PHYSICAL DISTANCING

- Patrons of different households must maintain 6 feet of distance when feasible; this may be increased based on data & milestone trends; limit the number of patrons, space or close off equipment accordingly
- Spectators wear face coverings when physical distancing guidelines are difficult to maintain
- Pools:
  - Open plunge at reduced capacity that enables appropriate physical distancing to be maintained between households on pool deck
  - Face coverings are worn by individuals on the pool deck when physical distancing is not feasible
  - Lap swimming resumes to normal capacity
  - Swim team & swim lessons allowed as long as there is physical distancing 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 physical distancing guidelines to be met at all times

### CLEANING & HYGIENE

- Provide disinfectant supplies & post signs encouraging patrons to thoroughly disinfect equipment after use
- Clean & sanitize shared contact surfaces regularly & frequently
- Make hand sanitizer, soap & water, or effective disinfectant readily available

### STAFF & PATRON PROTECTION

- Employees working within 6 feet of patrons must wear face coverings. While wearing face coverings has proven to be somewhat effective in slowing the spread of COVID-19, they will not completely eliminate the risk of COVID-19 spread. Therefore, sound judgment, physical distancing and hygiene practices are important principles that must accompany appropriate use of face coverings.
- Employees must go through symptom checking before every shift (checklist or verbal), including temperature checks when feasible; logs must be kept and available for inspections of/by the health department

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.

- Symptom checking of participants prior to each competition or practice (checklist or verbal), including temperature checks when feasible
- Prohibit employees & 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
- Roster/list of participants & their contact information must be maintained when engaging informal competitive events for disease contact tracing efforts when physical distancing is not feasible

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