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/

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 the 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

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.