

Guidance for Gyms/Fitness Studios

STATUS: Open with Restrictions

GENERAL REQUIREMENTS FOR GYMS/FITNESS STUDIOS

- Continue following the Guidance for Specific Types of Employers and Other Organizations.
- Prior to resuming operations, the entire gym must be deep cleaned.
- Gyms must close to the public by 10:00 PM each day.
- An employee dedicated to safety protocols must be onsite at all times there are customers.
- Gyms shall conduct a daily screening of all employees at the beginning of their shifts. Such daily screening shall include the following questions, and any employee answering any question in the affirmative shall be sent home: (1) have you been in close contact with a confirmed case of COVID-19 in the past 14 days; (2) are you experiencing a cough, shortness of breath, or sore throat; (3) have you had a fever in the last 48 hours; (4) have you had new loss of taste or smell; and (5) have you had vomiting or diarrhea in the last 24 hours.
- All employees shall be required to report any symptoms of COVID-19 to their supervisor, and any employee who exhibits any of the symptoms of COVID-19 during their shift shall be sent home immediately and advised to consult with their physician.
- Conduct daily temperature checks of employees and restrict employees from working if they have fever.
- Employees must wear face coverings (when tolerated medically and physically) when social distancing of 6 feet between individuals cannot be consistently maintained and when required by industry specific standards.
- Classes or group exercise activities are permitted. Participants shall maintain a minimum of six feet of separation between each individual at all times.
- Customers must wear face coverings (when tolerated medically and physically) when not performing high intensity exercise.
- Break rooms shall be thoroughly cleaned and sanitized, and the number of employees in the break room shall be limited to allow for strict social distancing.
- Limit the number of customers (excluding employees) to 30% of occupancy.
- Customers shall be screened for illness upon their entry. (This can be done by posting signage and asking if the customer or group of customers would respond yes to any question.)
- Sanitize all high-touch areas at least once every two hours.
- Hand sanitizer must be placed at all entrances and throughout the gym floor.
- Wipe all equipment before and after use.
- Rearrange or deactivate exercise machines and equipment to ensure at least 6 feet between customers.
- All common areas with the exception of bathrooms must remain closed. The gym floor

shall be deep cleaned daily.

- All gyms are expected to take every step necessary to implement the regulations, orders, and guidance from the Mississippi State Department of Health and CDC to prevent the spread of COVID-19.

GENERAL RECOMMENDATIONS FOR GYMS/FITNESS STUDIOS

- Continue following the general recommendations for all employers.
- Encourage customers to use hand sanitizer upon entering the facility.
- Provide an adequate number of trash receptacles.
- Use distancing floor markers to encourage social distancing of 6 feet.
- Add plexiglass protective barriers for employees working at counters or check-in areas.

TIPS FOR MANAGING GYMS/FITNESS STUDIOS

- Request customers shower and change prior to coming to the facility and after that leave instead of using facility locker rooms.
- Ask customers arriving for group fitness classes to remain in their vehicle or outside until the class is ready to begin.
- Create a contactless method of check-in.
- Prop all doors open that are practical.
- Offer reservation hours to assist in controlling number of customers in the gym at one time.
- Use pop-up tents outside to greet customers and assist them in following safety protocols.

INDUSTRY CONTACT:

**City of Jackson Planning and Development
Office Phone: 601-960-1993**