Gyms and Fitness Studios: Best Management Practices Plan

Introduction and Purpose of BMP:

The purpose of this Best Practices Management Plan is to ensure businesses in your industry have a consistent and easy to use outline for suggested approaches to mitigate COVID-19 transition in order to quickly and safely reopen their businesses.

Using this Worksheet:

Instructions: Refer to the EDB Business Checklist for mitigation measures required by the Sonoma County Department of Health. List with sufficient detail how businesses within your industry could implement best practices in adherence to the three main categories.

1.   Minimizing In-Person Interactions:

Refer to the mitigation checklist and list potential BMPs to encourage remote work (when/where possible), provide distancing, and limit/manage person-to-person contact as needed.

1. Encourage staff who are able to tele-work to do so.
2. Consider conducting/continuing virtual trainings where appropriate, especially for vulnerable populations and people with pre-existing conditions.
3. Limit the number of customers/members in the facility (relative to normal capacity) at a given time to allow for sufficient social distancing.
4. Provisions for dedicated time slots per day for members over 65 or with compromised immune systems should be considered.
5. Limit spectator activity, and consider members-only access to gyms, where no visitors or guest passes are allowed.
6. Arrange or eliminate furniture, fixtures, merchandise, and equipment to provide room for 6-feet physical distancing.
7. Space weight machines and cardio equipment at least 6 feet apart, or rotate usage such that physical distancing can be maintained.
8. Where appropriate, consider creating dedicated, distanced and assigned floor spaces or "zones" for members, where they may complete their workout, keep belongings nearby, etc.
9. Create traffic pathways in your physical space to minimize physical interactions using floor stickers, arrows, signage and other methods to clearly mark these pathways.

10. Use markers 6ft apart outside the entrance to ensure physical distance while waiting to check in.
11. Evaluate no-touch methods for members to check-in such as scanning a key fob barcode or a mobile app.
12. Consider utilizing an outdoor space for people to work out and maintain a physical distance of 6 feet.
13. One pool use is allowed by state and local orders,
    a. Ensure sufficient spacing of deck furniture,
    b. Consider reservations or staggered swim sessions
    c. Evaluate the use of lanes and/or zones to provide for sufficient physical distancing

2. Daily Monitoring of Employee Health Requirements:

Refer to the mitigation checklist and list potential BMPs related to employee health and safety, such as verifying employees' temperatures to be below 100.00 degrees Fahrenheit, deploying self-assessments, and enabling/encouraging the use of PPE.

1. Require all employees to perform a self-check for COVID-19 symptoms before reporting to work site or other assignment away from home. This should be done using the Sonoma County SoCo COVID-19 Check available on the Apple and Google App stores, or on the SoCo Emergency website. Alternatives may be employed as long as they meet the same purpose of employee and employer assessments while allowing electronic reporting of equivalent data to be reported to the County in aggregate form. Regardless of how employees/employers conduct the assessment/verification, the Company/employer must verify that employees do not have a temperature of more than 100 Fahrenheit before reporting for work.
2. Provide face coverings and other appropriate personal protective equipment (PPE) to employees and ensure correct usage at all times for employee and customer safety if employees do not have PPE for personal use.
3. All employees should wash their hands or use hand sanitizer frequently and after any of the following activities: patron interactions, using the restroom, sneezing, touching the face, cleaning, sweeping, mopping, smoking, eating, drinking, going on a break and before or after starting a shift.
4. Consider staggering employee arrival and break times.
5. Limit sharing of office supplies and tools.

3. Managing Health and Safety Guidelines:

Refer to the mitigation checklist and list potential BMPs that could be used to communicate COVID-19 mitigation protocols, enforce hygiene and sanitation rules, and effectively train employees as necessary.

1. Provide access to hand sanitizer at entrances and in common areas and near machinery/equipment.

2. Consider closing facilities between appointment blocks for regular cleaning/disinfecting of all equipment and bathrooms.
3. Maintain documentation of regular cleaning regimen.
4. Limit access to restrooms, changing rooms, and shower areas.
5. Evaluate policies around the use of hand towels and other amenities to ensure they are not shared, and may be effectively sanitized after each use.
6. Ensure all weight machines, gym equipment, and cardio machines have disinfectant, paper towels, and waste baskets available, and require members to clean each station before and after use.
7. Ensure adequate signage, and that staff are reminding customers/members to maintain physical distance and clean equipment after use.