



Yavapai County Community Health Services

Our Mission: "Yavapai County Community Health Services will provide leadership, information, and services that contribute to improving the health and well-being of Yavapai County residents."



Gyms

Guidelines and Best Practices for Preventing the Spread of COVID-19

Managers and Staff should implement the following to prevent the spread of COVID-19:

- Frequently wash hands with soap and warm water, for **at least 20 seconds**, under the following circumstances:
 - After you have been in a public place
 - After blowing your nose, coughing, or sneezing
 - Before touching your face
 - After going to the bathroom
 - Anytime your hands become contaminated

NOTE: Your best DEFENSE for COVID-19 is proper hand washing.

- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Coat all surfaces of your hands and rub them together until they feel dry. Hand sanitizer should be made available for use at **ALL** entrances and exit points.
- **Disinfect surfaces with 1/3 Cup Chlorine Bleach per gallon of water** or switch to disinfectant products that have been pre-approved by the U.S. Environmental Protection Agency (EPA) for use against emerging viral pathogens. Disinfectants should be applied during routine cleaning of equipment that are frequently touched and before and after patron use, such as: treadmills, exercise bikes, weights, other exercise equipment, door handles, racks and public spaces like in restrooms, etc. Wipe down equipment before and after use. The current list of disinfectants with EPA pre-approval is available at <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>
- **Train ALL staff to use the disinfectants safely and correctly.** Staff should wear gloves when cleaning. Many of these cleaning products need to remain on hard surfaces for several minutes in order to work. Make sure to get the surface completely wet and allow time for it to air dry. Follow the manufacturer's instructions for proper use to get the most virus killing protection.
- **Implement symptom checks** for employees and gym members. Prohibit sick staff from entering the work place. The most common signs and symptoms of coronavirus infection are fever, dry cough, and shortness of breath. Symptoms typically occur 1-14 days after exposure, though a small proportion of people who are infected don't have symptoms.
 - **Temperature checks:** Gyms should consider the use of a touchless thermometer to check the temperatures of staff and clients prior to entering the business. Anyone with a temperature above 99°F should not be allowed to enter the shop.
 - Screening question examples for staff and clients include:
 - Have you had a cough?
 - Have you had a fever?
 - Have you been around anyone with coronavirus symptoms in the last 14 days?
 - Are you living with anyone who is sick or quarantined?
 - Employees who are sick will be expected to stay home
- Personal Protective Gear:
 - Face masks: **Consider wearing cloth face coverings** if it can be safely managed in public settings where other physical distancing measures are difficult to maintain.
 - Gloves: Wear single use gloves when cleaning or providing service to gym members.
- Practice social distancing recommendations:
 - Gyms should limit member and guest capacity and practice the 6-foot social distancing recommendation. Consider scheduling appointments for gym use, not just for scheduled classes but also to enter the gym. Consider having members wait in their car until the gym is ready for that member.

- Do not allow people to congregate together.
- Exercise equipment may need to be altered to maintain physical distance.
- Gym Facilities:
 - Products on display: Limit what is within reach of members and guests, such as flyers, brochures, promotional items. **Encourage gym members** to view classes and information online.
 - Disinfect any products for sale within the public's reach daily
 - Consider limiting the payment options to credit/debit cards and avoid cash payments.
 - Wipe down phones, register, card machines, counters and equipment after each use.
 - Consider having staff designated for each part of the gym (free weights, aerobic equipment, etc.) to monitor the social distancing on machines and to thoroughly disinfect each piece of equipment after each use. Do **NOT** use the disinfecting cloths and gloves for multiple pieces of equipment.
 - Waiting areas: Disinfect tables and chairs after each use/daily.
 - **Please note** the use of harsh disinfectants may damage certain materials like leather. Consider using plastic chair covers. Porous surfaces, such as cardboard and cloth, cannot be disinfected.
 - Remove anything unnecessary, such as magazines, newspapers, and other paper leaflets.
 - Maintain locker room, restrooms and showers: Clean and disinfect regularly, including faucets, doorknobs, light switches, lockers, benches, floors, etc. Stock supplies for handwashing (soap, materials for drying hands, and provide hand sanitizer).
 - Towels: Laundry and clean towels often. Any used towel should immediately be placed in a bin clearly marked for dirty towels. Consider a "nothing gets used twice" attitude.
 - Provide no-touch trash cans.
- Gym Use
 - Exercise classes: Maintain physical distance between participants. **Consider marking spaces for participants to move and exercise in.** Some exercise rooms may only have space for a quarter occupancy. Clean and disinfect any equipment, weights, mats, etc., used before and after class.
 - Personal Training: Provide masks to staff and patrons. Follow physical distance guidelines.
 - Swimming Pools: **Continue to properly clean and disinfect** pools and as well as regular, routine maintenance. Consider leaving the entrance to the pool open to reduce touched surfaces.
 - Courts: Be mindful of the proximity gym members may have in contact sports, such as Basketball, Volleyball, and Racquetball. These courts may need to remain closed. Tennis and Pickleball courts often provide ample space for physical distancing
 - Spa Amenities: Clean and disinfect tanning beds, massage chairs, saunas, etc.
 - Child Care Areas: Regularly clean and disinfect toys, chairs, tables, frequently touched areas.
 - The capacity of the child care areas should also be decreased, both for children and workers.
- Disposable one-time use towels should be used to disinfect common areas, which includes waiting rooms, entrances, doorknobs and front desks.
- Stay informed with updated and credible information on the COVID-19 virus and follow the information listed by the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or the Arizona Department of Health Services (ADHS) at <https://www.azdhs.gov>