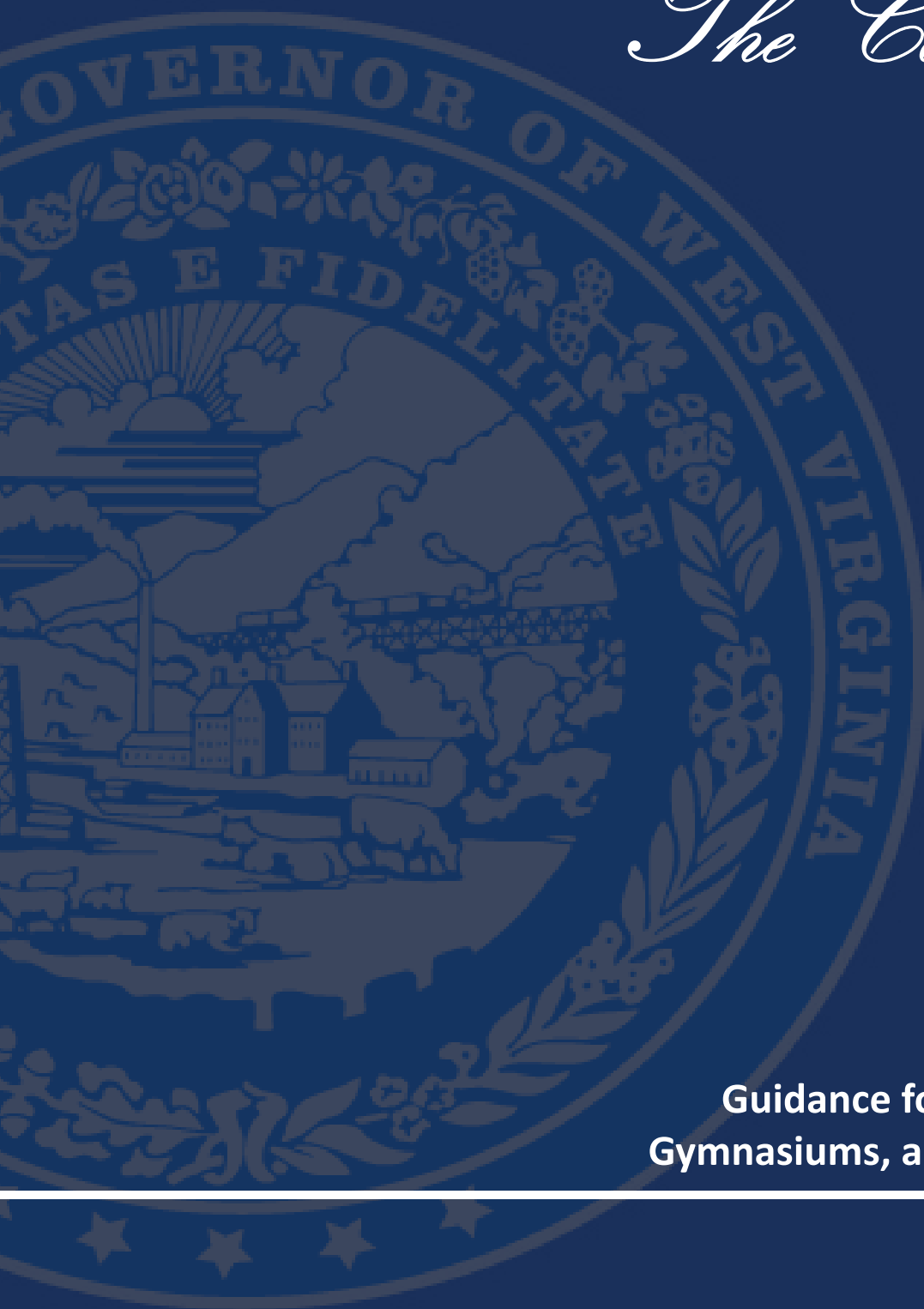


# WEST VIRGINIA STRONG

## *The Comeback*



**Guidance for Fitness Centers,  
Gymnasiums, and Recreation Centers**

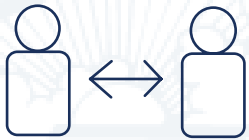
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Issued on May 19, 2020

## Guidance for Fitness Centers, Gymnasiums, and Recreation Centers

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Under Gov. Justice's reopening plan, West Virginia Strong — The Comeback, fitness centers, gymnasiums, health clubs, and recreation centers are to be allowed to resume operations on Monday, May 18, 2020. To do so, Gov. Justice has issued the following guidance to mitigate the exposure and spread of COVID-19 among staff and patrons. These guidelines, in addition to any and all relevant guidelines established by the Centers for Disease Control (CDC), will help West Virginians safely obtain the services provided by such facilities. Businesses are allowed and encouraged to implement more stringent protocols as they see fit.



As your business reviews and implements these new measures, we encourage you to share and discuss them with your employees and your patrons. Communicating enhanced cleaning and sanitization practices will make staff and patrons feel more confident in your wellness center/exercise therapy facilities.

**Please note:** The following guidelines are being published in advance of Governor Justice's Executive Order — currently anticipated to be effective as of the week of May 18, 2020 — that will allow for the opening of fitness centers, gymnasiums, health clubs, and recreation centers.

**Note further:** Such fitness centers, gymnasiums, health clubs, and recreation centers should also consult the Guidance for West Virginia Small Businesses, available at [governor.wv.gov](http://governor.wv.gov), to determine other best practices.

Failure to adhere to these guidelines may result in appropriate enforcement measures.

## GUIDANCE FOR FITNESS CENTERS, GYMNASIUMS, AND RECREATION CENTERS

### OPERATIONAL RESTRICTIONS/REQUIREMENTS:

- **Plan:** Develop and implement appropriate policies, in accordance with federal, state, and local regulations and guidance, and informed by industry best practices:
  - Prepare the building for reopening;
  - Prepare your employees for their return to work;
  - Create a social distancing plan to manage and reduce excessive contact and interaction;
  - Create a plan for personal protective equipment;
  - Reduce touch points to the maximum extent possible;
  - Increase cleaning frequency and the availability of hand sanitizer, disinfectant wipes, and other DIY cleaning products to ensure touch points and exercise machines and equipment are properly sanitized between each use by customers;
  - Establish an open line of communication with employees regarding safety.
- **Occupancy:** Restrict facility access to staffed hours only and limit facility occupancy to 40 percent of capacity as dictated by fire code.
- **Social Distancing and Equipment:** Implement strict social distancing guidelines of at least six feet between individuals, modify scheduling to reduce unnecessary interactions, to the greatest extent possible adjust equipment layout or close or restrict access to equipment to maintain at least six feet of distance between equipment or to the greatest extent possible provide physical barriers between exercise equipment and/or machines to separate patrons (e.g. plastic or plexiglass shields, plastic sheeting, shower curtains, etc.).
- **PPE:** All employees and patrons must wear appropriate personal protective equipment (PPE), including appropriate face coverings to the greatest extent possible.
- **Cleaning:** Ensure that staffing and supplies available for such facilities are sufficient to enable enhanced sanitization and cleaning measures in accordance with appropriate CDC guidelines.
- **Limitations on Facilities:** The following should remain closed:
  - Showers, locker rooms, and lockers (access to restrooms should be provided).
  - All swimming pools, hot tubs, saunas, steam rooms, and other or spa facilities.
  - Basketball courts, racquetball courts, indoor tennis courts.
  - Tanning beds (until May 21, 2020).
  - Water fountains, common areas, break rooms, check-in counters, and other areas in which patrons or employees may congregate.
- **Limitations on Group Classes:** Group exercise classes should be conducted outdoors, limited, or canceled to the greatest extent possible. In the event group exercise classes are held, such classes may only be held if they can be completed in accordance with social distancing recommendations (including but not limited to the restriction of 40% capacity, with more than 6 feet of distance maintained between participants at all times; no shared equipment during the class; sufficiently adjusted class schedules to allow for deep cleaning between classes; and martial arts and other contact activities should be completed without any person-to-person contact). To the greatest extent possible, such classes should be held outdoors.
- **Touch points:** Point of sale equipment, doorknobs, light switches, buttons, and exercise machines and/or equipment should be cleaned and sanitized between each use or touch by different staff or patrons.
- **Payments:** Encourage customers to make non-cash payments.
- **Plan:** Plan for potential COVID-19 cases and work with local health department officials when needed (i.e., monitor and trace COVID-19 cases, deep-clean facilities).

## GUIDANCE FOR FITNESS CENTERS, GYMNASIUMS, AND RECREATION CENTERS

- **Signage:** Post extensive signage on health policies, including the following documents in the workplace to help educate all on COVID-19 best practices:
  - [CDC: Stop the Spread of Germs](#)
  - [CDC: COVID-19 Symptoms](#)

## CUSTOMER PROTECTION

- **Customer screening:** Screen patrons for illness prior to entry:
  - Temperature checks
  - Have you been in close contact with a confirmed case of COVID-19?
  - Are you experiencing a cough, shortness of breath, or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had new loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
- **PPE:** All patrons shall be required to wear appropriate personal protective equipment at all times, including appropriate facial coverings to the greatest extent possible.
- **Ventilation:** Keep doors and windows open where possible to improve ventilation.
- **Signage:** Post signs encouraging social distancing of at least six feet between individuals.
- **Cleaning:** Require patrons to sufficiently clean all equipment they come in contact with by using disinfecting wipes before and after each use and provide, at each piece of equipment, appropriate materials to clean and disinfect such equipment.

## EMPLOYEE PROTECTION

- **Employee screening:** Screen all employees reporting to work for COVID-19 symptoms.
  - Temperature checks.
  - Have you been in close contact with a confirmed case of COVID-19?
  - Are you experiencing a cough, shortness of breath, or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had new loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
- **PPE:** All staff shall be required to wear appropriate personal protective equipment, including face coverings to the maximum extent possible.
- **Training:** Provide training on PPE based on CDC guidelines.
- **Personal cleaning:** Provide a sanitizing station with soap and/or bottle of hand sanitizer and require regular hand washing.
- **Customer contact:** Limit customer contact to the greatest extent possible, and require proper cleaning and sanitization between any necessary customer contact.
- **Distancing:** Practice recommended social distancing to the greatest extent possible.