

## **COVID 19 PROTOCOLS FOR GYMS**

### **Administrative**

- Every Gym must prepare a COVID -19 response plan specific to your operations and ensure all staff are familiar with it. The plan must detail measures in place to address all areas of the operation to mitigate spread of covid-19 virus amongst clients and staff.
- Implementation of a robust continuing education and training system at the establishment to ensure all staff members are fully aware of the risk that exists according to duties and mitigation measures to minimize risk and exposure to covid-19.

### **RESPONSIBILITIES OF GYM OPERATORS**

- Post signs in highly visible locations clearly illustrating:
  - Efforts being made to stop the spread of COVID 19;
  - Social distancing (keeping 6 feet apart);
  - The use of face masks by every participant.
- Screen customers for illness upon entry to the gym:
  - Best practice: Temperature checks for every customer. Persons with temperatures above 100.4 degrees Fahrenheit should not be permitted on premise
  - Question customers regarding COVID-19 symptoms  
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?
- Provide hand sanitizing stations and disinfecting wipes throughout the facility
- Ensure that customers wash or sanitize their hands upon entering and leaving the facility
- Provide adequately designed and equipped washrooms: potable water, hand drying facilities, soap and covered non-touch waste receptacles.
- Determine the number of people who are allowed in the gym at any one point in time (depending on the size of the gym and the number of equipment contained there-in);
- Set hours of operation allowing sufficient time for cleaning and disinfecting of space and its equipment after each use.
- Consider reservations for use of the gym (where applicable)
- Introduce cashless transactions where possible to minimize infection
- Provide adequate supplies – including: soap, hand sanitizer with at least 60% alcohol, paper towels, tissues, and no-touch trash cans - to support good hygiene.
- Provide a comprehensive solid waste management plan.
- Provide adequate thermometers for temperature checks of staff and members

- Provide adequate cleaning and disinfecting supplies for floors, high-contact surfaces, counters etc.
- Design a cleaning schedule to ensure that gym equipment is cleaned and sanitized at regular intervals (e.g. every 30 minutes). This may mean that a sanitization specialist (cleaner) has to be hired to provide this service throughout the day.
- Monitor flow to ensure adherence to social distancing protocol
- Clean and sanitize all equipment and surfaces at the end of every day
- Adjust equipment layout to restrict access and maintain at least six feet of distance between equipment
- Temporarily close water fountains, common areas, break rooms, check-in counters, where customers or employees may congregate. Encourage users to provide their own water.

### **STAFF WELFARE**

- All employees/trainer should stay home if feeling ill, report any symptoms of illness to supervisor
- Direct any employee who exhibits COVID-19 symptoms to leave the premises immediately and seek medical.. Employers should maintain the confidentiality of employee health information.

### **AT THE FACILITY**

- Ensure that each member brings a towel to workout.
- Place towels on equipment surface when in use to minimize contact
- Immediately disinfect equipment thoroughly after use
- Avoid sharing equipment; -complete session, clean and disinfect before use by another patron.
- Where possible, arrive and leave the facility in your exercise attire to minimize time spent in the bathroom/changing room.
- Keep doors and windows open where possible to improve ventilation

### **MEMBER CODE OF CONDUCT**

All members must do their part by:

- Disinfecting before and after each equipment use; use the cleaning products provided to spray and wipe all equipment that you contact during your time at the gym
- Be considerate to fellow members to ensure all can maintain safe distancing.
- Follow guidelines at the facility for maintaining physical distancing at all times.
- While working out or interacting avoid touching your face at all times.
- Stay home when sick;

- Pay close attention to the guidelines stipulated by gym management;
- Adhere to guidelines stipulated by the Ministry of Health and Wellness
- There should be no congregating in break/locker rooms or common areas in order to maintain safe social distancing minimum of 6 feet whenever possible
- Customers should use only one piece of equipment at a time (i.e., no circuits or “super setting”) so that machines are cleaned after use
- Customers should increase hygiene practices—wash hands more frequently, avoid touching face, practice good respiratory etiquette when coughing or sneezing.
- Use face mask at all times

## **ENVIRONMENTAL CLEANING/JANITORIAL SERVICES**

### **PERSONAL PROTECTIVE EQUIPMENT (PPE)**

Cleaning staff should wear the recommended personal protective equipment including a minimal disposable gloves and face mask for all tasks in the cleaning process, including handling trash.

- Gloves should be compatible with the disinfectant products being used.
- Additional PPE might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
- Gloves should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to clean hands after removing gloves.
- Gloves should be removed after cleaning a room or area occupied by ill persons. Clean hands immediately after gloves are removed.
- Cleaning staff should immediately report breaches in PPE (e.g., tear in gloves) or any potential exposures to their supervisor.
- Cleaning staff and others should clean hands often, including immediately after removing gloves.