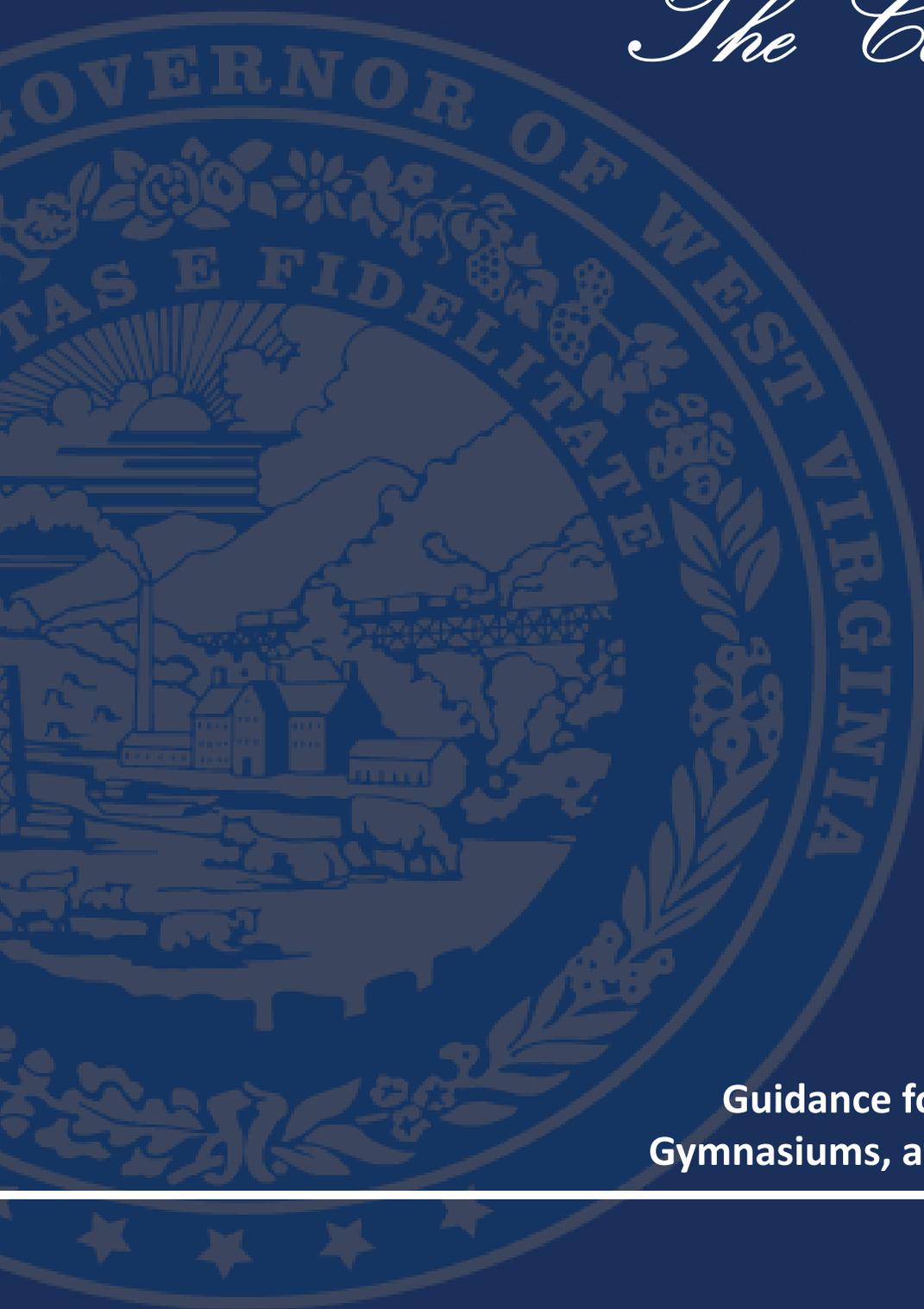


WEST VIRGINIA STRONG

The Comeback



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

Guidance for Fitness Centers, Gymnasiums, and Recreation Centers

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. 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) and the West Virginia Department of Health and Human Resources (WV DHHR), 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.



Note: Effective as of November 14, 2020, all individuals over the age of 9 are required to wear face coverings while in confined, indoor spaces where other individuals may be present, regardless of one's perceived ability to social distance from other individuals, pursuant to the Governor's Executive Order 77-20. This requirement does not apply to individuals in their own residence, individuals actively engaged in the consumption of food and/or beverage, and those individuals who are in an enclosed office or separate room.

Per CDC Guidance, exempt from this requirement are:

- children younger than 2 years old,
- anyone who has trouble breathing through a face covering, and
- persons who are unable to remove the face covering without assistance

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.

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, 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:** 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:** Per Executive Order 77-20, all individuals over the age of 9 are required to use face coverings (masks, bandannas, face shields, etc.) when in confined, indoor spaces where others may be present, other than for individuals in their own residence, individuals actively engaged in the consumption of food and/or beverage, and those individuals who are in an enclosed office or separate room.
- **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. In addition to frequent cleaning of equipment by staff during shifts, require thorough cleaning and sanitization of all equipment at the start and finish of any staffed hours.
- **Limitations on Facilities:** The following should remain closed or limited to the greatest extent possible. Where they are allowed to open, such areas must be restricted to allow for proper social distancing and be cleaned and sanitized frequently:
 - Showers, locker rooms, and lockers (access to restrooms should be provided).
 - 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 face coverings as applicable.
- **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 appropriate face coverings as applicable.
- **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.