



FITNESS

Protocols for Fitness

Facilities

Mandatory

Spacing, Capacity, Numbers

- Limit capacity (employees and members/clients) based on available space and ability to social distance with six feet between members/clients, except in facilities where instructor/student must be in close proximity (i.e. dance instruction, swimming, personal training, etc.).
- Set facility up for social distancing by spacing equipment to provide a six foot radius (as measured from the center of the main operation of the specific piece of equipment) or by disabling equipment (bike, treadmill, elliptical, etc.) to provide a six foot radius.
- For class settings, set up work areas before arrival of students, allowing at least a six foot radius around users.
- Reinforce spacing through training with employees, and reinforcement with members/clients.
- Remove excess seating throughout the facility to discourage lingering.
- Reduce class sizes, if necessary, to accommodate the required six feet of social distancing.
- Lost and found items will be discarded.
- Establish log-in procedures for members/clients, and maintain that information for potential contact tracing.

Sanitization

- Hand washing or sanitization upon entry to the facility.
- Use sanitizer products that meet the CDC guidelines.
- Have sanitizer available throughout the facility for employees and members/clients.
- Provide cleaning products, EPA-approved disinfectants or disinfecting wipes for sanitizing equipment before and after use by client, with equipment cleaning backed up by employees.
- Routine disinfection of high-contact surfaces, desk workstations, restrooms, pool ladders, as well as, equipment.
- Deep cleaning after hours will be conducted.

Signage

- In entry, post signs requiring social distancing and recommending face coverings.
- Post reminder signage for hand-washing, sanitization of equipment, distancing, etc.

Air Circulation

- Fans will not be used

Recommended Best Practices

Spacing, Capacity, Numbers

- When applicable, set aside specific hours for vulnerable populations.
- Provide space at entrance or in lobby area to allow spacing for coat racks and when used, kiosks for check-ins.

Sanitization

- If possible, provide foot pedals to open doors, or prop doors open to avoid contact.

Signage

- Post sign with COVID-19 screening questions.
- Post directional signage to encourage separation of entrances and exits.

Mandatory

Locker Rooms & Public Restrooms

- Disable, or mark every other or every third locker for non-use to enforce six-foot social distancing requirement. Facilities where lockers are assigned to members are not required to disable lockers but must enforce social distancing requirement.
- Remove any casual seating other than benches by lockers as necessary.
- Public areas and restrooms will be cleaned and disinfected every two hours using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines.
- If independent showers are available and used, they must be attended and sanitized between each use.
- Disable or close-off communal style showers except for rinsing before and after any pool activity.
- Make sure supplies for handwashing, including soap and materials for drying hands are fully stocked every time the bathroom is cleaned.
- Disable or close-off steam rooms and saunas.

Recommended Best Practices

- Discourage use of locker rooms – encourage members/clients to arrive dressed for a workout and clean up at home.

Employees

- Provide instruction/education on COVID-19 prevention.
- Encourage employees to take their temperature and perform a self-assessment and not report to work if they are ill or exhibiting symptoms of COVID-19.*
- The Community Center must require all employees to wear facial coverings, except for one of the following reasons:
 - Facial coverings in the work setting are prohibited by law or regulation
 - Facial coverings are in violation of documented industry standards
 - Facial coverings are not advisable for health reasons
 - Facial coverings are in violation of the Community Centers' documented safety policies
 - Facial coverings are not required when the employee works alone in an assigned work area
 - There is a functional (practical) reason for an employee not to wear a facial covering in the workplace.
- (The Community Center must provide written justification, upon request, explaining why an employee is not required to wear a facial covering in the workplace. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.)
- Maintain at least six feet from other employees and members unless instruction makes it impractical.

- Screen for temperature, history, exposure in accordance with CDC recommendations every work period (if symptomatic for illness, do not allow to work).
- Stagger shifts, breaks, and lunches to avoid mass entry/exit.
- Wear gloves when appropriate and possible.

Mandatory

Recommended Best Practices

Members

- Perform a self-health assessment (check thermometer) before leaving home.
- Stay home if you are ill.
- Bring your own water bottle.
- Bring your own mat.
- No spotting in the free weight room.
- No congregating.
- Follow social distancing guidelines.
- Check-in upon arrival at facility.
- Members must conduct self-assessment and not enter the facility if they are exhibiting symptoms or have been exposed to COVID-19.
- When participating in class training, do not arrive more than 10 minutes prior to class.
- No socializing or extra-curricular activities.
- Maintain six foot social distancing, except when instruction requires close interaction with instructor/ coach.
- Partners exercising together and sharing equipment must maintain group segmentation from others exercising.
- At child-centric training/instruction, limit parents/guardians to one individual.

- Provide option to screen for temperature, history, and exposure.
- Wear face coverings, based on activity.
- Encourage members/clients to bring their own mats, bands, and or equipment.
- In martial arts training, consider elimination of drills done with a partner.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms while at work.
- Shutdown area for deep sanitation if possible.
- Notify the City at the Community Center front desk or call 440-546-2300.

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/ notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact the City and the local health department to initiate appropriate care and tracing.

WHAT WE WILL DO IF A COVID-19 INFECTION IS IDENTIFIED:

- **Immediately report employee or customer infections to the local Board of Health.**
- **Work with the local Board of Health to identify potentially exposed individuals.**
- **Facilitate appropriate communication/contact tracing. Shutdown for deep sanitation and cleaning.**
- **Reopen in consultation with the local Board of Health.**

***Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.**