

Indoor gyms and recreational facilities include those facilities with exercise and fitness equipment, indoor pools, tennis courts, racquet or squash courts, batting cages, bowling alleys, or putt-putt golf. These types of recreational facilities are generally believed to be able to ensure physical distancing of at least six feet between participants and disinfection of shared equipment between participants. For those recreational facilities with multiple activities in one location, the facility may work with the appropriate local public health district to develop plans for opening specific portions of their facility. Facilities that provide childcare should review the guidance for childcare at <https://rebound.idaho.gov/wp-content/uploads/2020/04/stage1-protocols-childcare.pdf>.

Plans do not need to be submitted for review or approval. However, indoor gyms and recreational facilities should make plans available to staff and patrons. Requirements for staff and patrons visiting the facility should also be posted on the organization's website and displayed prominently at the facility.

INDOOR GYMS AND RECREATIONAL FACILITIES SHOULD USE THE FOLLOWING PROTOCOLS AS THEY OPERATE.

Establish protocols to maintain the six feet physical distance among patrons and staff

- Consider how to limit the number of people in the facility at a time to ensure physical distancing
- Make sure there is optimal ventilation for inside activities
- Consider how some activities could be conducted outside
- Substantially limit or prohibit spectators
- Direct the flow of patrons and staff through the facility to reduce person-to-person contact, where possible
- Space exercise equipment at least six feet apart or limit the use of equipment that cannot be stationed six feet apart (e.g. using every other exercise machine or bowling lane)
- Implement physical distancing in the lobby and reception areas and discourage the congregation of people in common areas such as restrooms, locker rooms, or by the water fountain

Establish protocols to reduce the risk of spread of COVID-19 among staff and patrons

- Thoroughly disinfect all equipment before and after each user
- Limit sharing of equipment except people in the same household
- Consider implementing special hours of operation that are exclusive to the elderly and other vulnerable population groups
- Discontinue any type of group activities, classes or feature (e.g. saunas) for which it is not possible to maintain physical distancing guidelines
- Encourage use of cloth face covering or masks and gloves by staff and patrons, where possible and safe
- Post signs on the front door that state any patron, who has a fever or other COVID-19 symptoms, should not enter the facility or recreational area
 - o Consider greeting patrons and staff outside or at the entrance of the facility to administer screening questions about illnesses in themselves or their household members

INDOOR GYMS AND RECREATIONAL FACILITIES SHOULD USE THE FOLLOWING PROTOCOLS AS THEY OPERATE.

Establish protocols to reduce the risk of spread of COVID-19 among staff and patrons

- Monitor employee health by screening employees for fever and symptoms before every shift
 - Check temperature with non-contact thermometer; if fever (temperature greater than 100.4°) or symptoms are present, employee should not work; if no fever, or symptoms are present, require workers to self-monitor and report onset of symptoms during their shift
 - Staff should also self-monitor and stay at home if they have any COVID-like illness symptoms

Establish plans to provide adequate hand hygiene and sanitation

- Identify how the organization will provide for disinfection of the facility and all high-touch surfaces regularly throughout the day
- Make hand sanitizer available at the entrance, in locker rooms, and throughout the facility
- Identify how shared equipment will be disinfected after each user
- Launder all towels and other non-disposable items after each use
- Have all patrons and staff use hand sanitizer or wash their hands at the entrance to the facility upon arrival and departure and often throughout the day
- Establish no-touch procedures for purchase of incidentals
- Disinfect items touched by more than one person after each use (e.g. basketballs, between each group and at the end of the day)

Identify strategies for working with public health to notify patrons and staff if the facility learns someone who developed COVID-19 may have been infectious to others while at the facility

- Identify strategies for addressing ill employees which should include requiring COVID-19 positive employees to stay at home while infectious and may include also restricting employees who were directly exposed to the COVID-19 positive employee, and the closure of the business until the location can be properly disinfected
- Maintain confidentiality of the COVID-19 infected person
- Develop plans for temporary closure of the facility to properly disinfect and to make sure other staff and persons who frequent the facility are not infected
- Consult the local public health district for guidance for specific situations

If the facility has an indoor pool, identify strategies to maintain physical distancing and the prevention of disease transmission. Strategies may include:

- Limit swimming to lap swimming only
- Prohibit the use of the kiddie pool or other congregate areas of the pools
- Close all slides
- Limit the number of patrons in the pools
- Only allow swim lessons or aquatic classes that don't require the instructor to have physical contact with the patron and allows for appropriate physical distancing between the patrons and the instructor

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Resources:

- Centers for Disease Control and Prevention. Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>
- Centers for Disease Control and Prevention. Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplace, Businesses, Schools and Homes: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
- Centers for Disease Control and Prevention. Guidance on Disinfecting: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- Environmental Protection Agency list of COVID-19 effective disinfectants: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>