



Recommendations for Indoor Gyms and Fitness Clubs/Centers

March 25, 2021



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Per the Centers for Disease Control and Prevention (CDC) guidance, ADHS recommends the following precautions should be taken by people utilizing indoor gyms and other fitness venues:



Stay home if you are sick.



Protect yourself while visiting gyms:

- Arizonans are safer at home and should evaluate their personal risk of using an indoor gym or other fitness venue based on the [Arizona COVID-19 Risk Index](#).
- Avoid close contact and stay more than 6 feet away from others.
- It is recommended that you wear a mask while at the gym or indoor fitness venue.
 - Masks should not be placed on children less than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the cover without assistance.
 - In accordance with CDC guidelines, individuals who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing.
- Wash your hands often, especially after leaving the establishment, with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or your sleeve (not your hands) and immediately throw the tissue in the trash.
- If possible, use touchless payment methods. If you must handle money, a card, or use a keypad, use hand sanitizer or wash your hands immediately after.
- If you are at [higher risk](#) for [severe illness](#), you should avoid visiting indoor gyms and other fitness venues. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.

The Arizona Department of Health Services recommends the following additional steps be taken by gyms and fitness providers:

- ☒ **Comply with all local, state, and federal laws pertaining to gyms and fitness centers**
- ☒ **Encourage physical distancing precautions to allow more than 6 feet between individuals who do not live in the same household:**
 - Limit occupancy in communal spaces and common areas where people are likely to congregate and interact.
 - Arrange waiting areas, service areas, and break rooms to allow for physical distancing, and sanitize areas regularly between use.
 - Provide room for physical distancing requirements in employee-only spaces, such as break or dining rooms, uniform control areas, and shared office spaces. Consider closing or restricting access to these spaces.
- ☒ **Consider implementing temperature checks or symptom screening at the door for all guests.**
- ☒ **Consider touchless check-ins, such as guests scanning their own membership tag.**

- ☒ **Recommend online or phone pre-bookings or reservations for fitness classes and, if possible, limit the number of guests in the class to allow for appropriate physical distancing.**
 - It is recommended that 15 minutes elapses between classes to allow for full sanitization and to prevent crowding from participants entering/exiting the area.
 - Time between classes allows for the air to recirculate and for staff to thoroughly clean spaces and equipment between classes and provide proper ventilation.
 - Provide lines/markings on fitness class floors to clearly demonstrate where guests should stand to allow for physical distancing.
- ☒ **Consider a reservation system for guests to use the facility.**
- ☒ **Offer virtual or outdoor classes or training where feasible.**
- ☒ **Arrange fitness equipment or consider blocking off machines from use so that guests can physically distance.**
- ☒ **Encourage the use of masks for guests while at the facility.**
- ☒ **Minimize, when possible, sharing of equipment or consider limiting the use of equipment to one user at a time with cleaning and disinfecting between use.**
- ☒ **Post signage at entrances about how to stop the spread of COVID-19, properly wash hands and practice other protective measures, as well as advising those with symptoms of illness to not enter.**
- ☒ **Post signage at entrances about rules for the facility, and ensure that all patrons are notified by email or other contact methods of new rules and changes in rules.**

- ☒ **Ensure that ventilation systems of indoor spaces operate properly.**
 - Increase the circulation of outdoor air as much as possible by opening windows and doors.
- ☒ **Where possible, implement one-way traffic for entrance to and egress from the facility.**
- ☒ **Ensure that all water systems like drinking fountains, decorative fountains, pools, and hot tubs are safe to use after a prolonged facility shut down to minimize the risk of Legionnaires' disease and other waterborne diseases.**
- ☒ **Encourage guests to bring their own water bottles and water.**
- ☒ **Provide adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60% alcohol, disinfecting wipes, tissues, and no-touch trash cans.**
 - Provide access to soap and water for handwashing or an alcohol-based hand sanitizer at stations around the gym for use by employees and clients.
- ☒ **Encourage guests to bring their own towels and mats. If mats are shared they should be sanitized by a staff member after use.**
- ☒ **Implement comprehensive sanitation protocols, including sanitizing gym equipment and mats, after use.**
 - Identify and, if possible, dedicate staff for cleaning and sanitizing.
 - Provide disposable disinfectant wipes, cleaner, or spray so that guests can wipe down frequently touched surfaces on gym equipment.
 - If feasible, provide each guest with their own sanitation spray bottle during their visit.
 - Wipe any pens, counters, or hard surfaces between each use, including after use by the customer.
 - Consider removing equipment that is difficult to clean, such as yoga blocks and foam rollers.
 - Consider limiting gym hours to allow for proper sanitation.



Maintain clean locker room areas.

- Consider enhanced sanitization of locker rooms, showers and lockers, if utilized (e.g., at least every two hours for high-touch surfaces like handles, sinks).
- Encourage patrons to wipe down locker room amenities before and after use.
- Encourage patrons to provide their own lock for lockers (only applies to lockers who have removable locks).
- Provide hand sanitation or hand washing stations in the locker rooms.
- Encourage employees and patrons to clean out day use lockers nightly to facilitate overnight deep cleaning processes (this does not apply to long term rented lockers).
- Consider making lockers available for use at least 6 feet apart to allow for appropriate physical distancing, such as restricting access to 2-3 lockers in between every locker available for use.
 - Do not allow lockers available for use directly above or below other lockers.
 - Clearly mark usable lockers.
- Encourage patrons to remain physically distanced by at least 6 feet in showers or physically separated by stalls or a barrier.
- Limit items that are shared by patrons, such as toiletries (shampoo, mouthwash, deodorant, etc). Instead, require patrons to bring their own toiletries from home.
- Encourage or require patrons to provide their own towels.
 - If towels must be provided, provide individual towels for each patron.
 - Patrons should be informed to not shake used towels and to discard used towels into appropriate bins.
 - Launder and disinfect towels in between patrons.



Use a system that separates the already cleaned and disinfected items from the items that need to be cleaned and disinfected.



See additional [CDC guidance](#) and [EPA guidance](#) on cleaning and disinfecting. The list of EPA-approved disinfectant products for use against the virus that causes COVID-19 can be accessed [here](#).

The Arizona Department of Health Services recommends the following additional steps be taken for staff:

- ☒ **Sick employees should stay home and not return to work until they have met criteria to return to work.**
 - Employees who appear to have symptoms or who become ill while at work should immediately be separated from others and sent home.
- ☒ **Document and communicate sick leave policies to employees and staff.**
- ☒ **Implement flexible sick leave policies that permit adherence to public health isolation and quarantine guidance.**
- ☒ **Consider implementing symptom screening or temperature checks for employees prior to the start of their shift.**
- ☒ **Train all employees on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.**
- ☒ **Ensure that all employees are notified of new facility rules and any changes in rules.**
- ☒ **Encourage employees to maintain more than 6 feet of separation from other individuals, when possible.**
- ☒ **Provide appropriate personal protective equipment (PPE) for employees in accordance with public health recommendations.**

- ☒ **Provide adequate supplies in employee workspaces to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60% alcohol, disinfecting wipes, tissues, and no-touch trash cans.**
- ☒ **Encourage the use of disposable gloves while laundering towels and clothing and, in accordance with manufacturer's instructions, use the warmest allowable water temperature and ensure items are completely dried.**
 - Do not shake used towels.
 - Clean and disinfect bins that hold used towels.
 - Wash hands right away after removing gloves and handling used towels.
- ☒ **See Department of Labor and Occupational Safety and Health Administration (OSHA) COVID-19 guidance for employers and workers.**

The list of EPA-approved disinfectant products for emerging viral pathogens expected to be effective against COVID-19 can be accessed [here](#).

For additional guidance on cleaning, visit CDC's [Cleaning and Disinfecting Your Facility](#) page and CDC's [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#).

For COVID-19 questions, please call the Arizona COVID-19 Hotline at: 1-844-542-8201

For more information on Arizona's response to COVID-19, please visit: azhealth.gov/COVID19.