

COVID-19 Guidance for Fitness Facilities

Background

On June 15, 2021, California reopened the economy and lifted restrictions on almost all businesses and activities. However, COVID-19 is still causing illness and hospitalizations in Sacramento County. Variants of COVID-19 continue to pose a significant risk. [Vaccinations](#), sanitation measures and [face masks](#) have helped reduce the spread of COVID-19, but everyone needs to remain vigilant.

[COVID-19](#) is a respiratory illness that is usually spread through the air via respiratory droplets from an infected person. The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms.

If you have a family member that is high risk, you might consider choosing low risk activities and skipping some events all together. If your family decides to participate, please remember to follow basic COVID-19 prevention measures.

Consider following these recommendations to help prevent the spread of COVID-19:

- Wash hands often, and use hand sanitizer when hand washing is not an option
- Stay home when sick
- Wear a face mask
- Clean and disinfect high contact surfaces often

Face Coverings

In Sacramento County, **masks are required to be worn in all indoor public settings**, including fitness facilities, regardless of vaccination status. Exceptions to required face covering use include while showering or swimming at a fitness facility or if one qualifies for a general [exemption](#).

Individuals, businesses, venue operators, hosts, and others responsible for the operation of indoor public settings are strongly encouraged to provide face coverings at no cost to individuals required to wear them.

See current [Sacramento County Public Health Order](#) and [California Department of Public Health](#) for additional information.

Signs

Individuals, businesses, venue operators, hosts, and others responsible for the operation of **indoor public settings must** post clearly visible and easy-to-read signage at all entry points for indoor settings to communicate the masking requirements to all patrons.

- Signs should be posted and information communicated requesting that people do not enter if they feel sick or have received a recent positive test result or any COVID-19 symptoms including:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Repeated shaking with chills
 - Fatigue
 - Muscle pain
 - Headache
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - New loss of taste or smell
- Place signage throughout the fitness facility emphasizing the use of face coverings, frequent handwashing, and disinfecting equipment after use.

Distancing Recommendations

Maintain 6 ft. of distance from other groups, whenever possible.

Sanitation Recommendations

- Wash hands often, and use hand sanitizer when hand washing is not an option.
- Ensure that restrooms stay operational and stocked with soap and paper towels at all times.
- Establish a cleaning schedule for restrooms and ensure that they are cleaned and sanitized routinely.
- Provide handwashing stations with stocked soap and paper towel dispensers.
- Provide hand sanitizer stations throughout facility.
- Identify areas that have multi-contact surfaces and establish a routine cleaning/sanitizing schedule. For further information, please see the CDC's guidance on [Cleaning and Disinfecting Your Facility](#).

Other Recommendations to Prevent COVID-19

This checklist assists fitness facilities with implementing a plan to prevent the spread of COVID-19.

Make a Written Workplace Specific Plan

- Identify the person in charge of implementing the plan.
- Identify the high risk areas and activities. Indicate measures that will be taken to limit the risks.
- Describe how training and communication with employees will be conducted.
- Describe how the facility will self-check for compliance with safety measures and the process for correcting any safety measures that are not being implemented properly.
- Develop a plan for employees that report positive COVID-19 results.

Provide employee training. Topics should include:

- Information on COVID-19, preventing spread, and who is especially vulnerable.
- Self-screening at home, including temperature and/or symptom checks using CDC guidelines.
- The importance of not coming to work if experiencing a frequent cough, fever, difficulty breathing, chills, muscle pain, headache, sore throat, recent loss of taste or smell, or if they or someone they live with have been diagnosed with COVID-19.

- The importance of handwashing and requirements for handwashing.
- State/County guidelines that require face coverings and the proper use of face coverings.
- The importance of distancing, both at work and off work time.
- Information on employer or government-sponsored leave benefits including government programs supporting sick leave and worker's compensation for COVID-19. Implement control measures and on-site employee screening.
- Importance of COVID-19 testing and where it is available.

Health Screening

- Request that workers or patrons who are ill with symptoms of COVID-19, have a positive test result for COVID-19, live with or have close contact with someone who is sick or has a positive test result for COVID-19 remain home and not come to the site. See [CDC guidance on staying home and when it is safe to return to work](#).
- Cal Code section 113949 states that employees with symptoms of gastrointestinal illness (such as vomiting and/or diarrhea) may not engage in any food handling activities.
- If possible, implement a reservation system for the facility. Utilize the reservation system to contact patrons with reservations 24 hours before their scheduled arrival to confirm their reservation and ask if they or someone in their household is exhibiting any COVID-19 symptoms. If the patron answers in the affirmative the patron should be reminded that they should only utilize the fitness facility if they do not pose a health risk to other patrons or fitness facility staff. Such communication can be done via app, email, or text, if possible.
- Patrons should be symptom screened upon arrival and are required to wear face coverings while in the facility.

Cleaning and Disinfecting

Cleaners and Disinfectants

- When choosing disinfecting chemicals, employers should use products approved for use against COVID-19 on the [Environmental Protection Agency \(EPA\)-approved](#) list and follow product instructions. Diluted household bleach solutions (5 tablespoons per gallon of water), or alcohol solutions with at least 70% alcohol may also be used if appropriate for the surface.
- Make sure all workers have been trained to use and have an adequate supply of cleaners and disinfectants. Follow the complete [CDC Guidelines for Cleaning and Disinfecting Your Facility](#). Follow Cal/OSHA requirements and manufacturer instructions for safe use and required personal protective equipment for cleaning products.

Facility Cleaning

- Evaluate the existing cleaning and disinfecting protocols for the fitness facility, including reception areas, locker rooms, restrooms, changing areas, and showers and update the cleaning protocols where necessary.
- Fitness facilities should develop a detailed schedule and adjust or modify operating hours to provide adequate time for regular, thorough cleaning and disinfecting throughout the day.
- Provide time for workers to implement cleaning practices during their shift. Cleaning assignments should be assigned during working hours as part of the workers' job duties.

- Perform thorough cleaning throughout the day in high traffic areas, such as reception and lobby areas, changing rooms, locker rooms, break rooms, and entrance/exit areas including stairways, stairwells, escalators, handrails, and elevator controls.
- Frequently disinfect commonly used surfaces, including personal exercise machines and equipment, countertops, vending machines, doorknobs, and hand washing facilities.
- Shared restroom facilities and locker rooms should be cleaned and disinfected regularly throughout the day. High-touch surfaces such as faucets, toilets, doorknobs, and light switches must be frequently cleaned and disinfected.
- Create and post a cleaning schedule and checklist for the restroom facilities and locker rooms. Post the cleaning schedule on the front of the door so patrons know when they can/cannot use the restroom and/or locker room. Make sure to close the restroom during the cleaning and disinfecting process.
- Workers should have enough ventilation (air flow) in areas where they are disinfecting. If cleaning in a bathroom or other small space, make sure the door and windows are propped open.
- Where possible, do not clean floors by sweeping or other methods that can disperse pathogens into the air. Use a vacuum with a HEPA filter wherever possible.
- Clean HVAC intakes and returns daily.

Cleaning and Disinfection of Equipment

- Equip entrances, exits, and areas throughout the facility with hand sanitizer, disinfectant spray, paper towels and sanitizing wipes. Keep products stocked and readily available to workers and patrons.
- Require patrons to disinfect individual exercise equipment, mats, and machines before and after use with provided disinfecting wipes.
- Ensure that lined, non-touch trash receptacles are available throughout the fitness facility to dispose of used wipes.
- If members are unable or unwilling to wipe/disinfect equipment after exercise, provide “ready to clean” tags for members to place on equipment after use, to ensure equipment is disinfected before the next use.
- Consider implementing a check-out system for patrons to utilize any small equipment and accessories (i.e. exercise bands, ropes, mats, foam rollers, etc.). Develop a process to clean and disinfect these items upon return.
- Amenities, including magazines, books, self-serve water stations (unless touchless), and other items for patrons, must be removed from reception areas and elsewhere in the fitness facility. Non-essential vanity items should also be removed from locker rooms to help reduce touch points.

Water dispensers

- Wherever possible, install touchless, automatic water dispensers for use with personal, reusable water bottles or single-use, disposable paper cups.
- Display signage reminding workers and patrons that the bottle or cup should not touch the water dispenser.
- If a touchless water dispenser is not feasible, remind workers and patrons to wash their hands or use proper hand sanitizer before and after touching the water release button on drinking fountains.

Towels

- Encourage patrons to bring their own towels and mats and consider disbanding the provision of any facility-provided towels or personal hygiene products.
- For any towels, cloth wipes, or other laundered items that are used at the facility, follow [CDC guidelines](#) for those items. Provide a closed container where patrons can place used towels or other items. Ensure those items cannot be used again until properly laundered either by a commercial laundering service or a laundering process which includes immersion in water of at least 160 degrees Fahrenheit for at least 25 minutes. Store all clean linens in a clean, covered place. Ensure workers who handle dirty linens or laundry wear gloves.

Questions

Thank you for your efforts in keeping Sacramento County residents and visitors safe!

- For details, refer to the [State of CA COVID-19 Industry Guidance for Fitness Facilities](#).
- [California Department of Public Health - Guidance for the Use of Face Coverings](#)
- For questions or to update your contact information, call EMD: (916) 875-8440.
- For business assistance information, contact the [Sacramento Business Environmental Resource Center \(BERC\)](#).

Document was prepared by the Sacramento County [Environmental Management Department](#)

Summary of Revisions

7/7/20: Initial version

8/26/20: Added guidance for outdoor activities per Public Health Order dated 7/14/2020. Updated links to recreational health guidance.

9/8/20: Updated wording on page one to “current Public Health Order”

9/30/20: Updated to include color tier restrictions in alignment with State of CA requirements

10/8/20: Updated capacity description.

12/2/20: Updated the link for the CDPH Guidance for the Use of Face Coverings.

9/20/20: Updated to current recommendations and requirements.

12/10/20: Updated p.1 with Regional Stay at Home Order requirements. Updated Pool Spa requirements in p1 table. Added physical distancing warning.

1/5/21: Updated quarantine requirement to 10 days for asymptomatic individuals, both tested and untested.

1/13/21: Removed Regional Stay at Home Order requirements from p.1 to align with public health order dated 1/13/21.

4/16/21: updated p1- saunas and steam rooms may be opened in the yellow tier.

5/6/2021: updated definition for persons fully vaccinated.

09/24/21: updated to current requirements and recommendations.