

COVID-19 SAFETY CHECKLIST

HEALTH CLUB REOPENING CONSIDERATIONS

The following lists the operational adjustments that health clubs may want to consider as they reopen to the public during the COVID-19 pandemic. It is important to note that many of these considerations may change as government guidelines, industry standards and guidance from medical professionals evolve. As you develop your reopening plans, it is critical that you ensure that they are compliant with federal, state and local laws and government regulations. Additionally, it is always a good idea to review your plans with your legal counsel.

HEALTH CLUBS		
CLUB ADMITTANCE PROTOCOLS		
1	Consider conducting daily temperature checks for members and employees prior to allowing them entrance into the facility. No touch infrared thermometers can be purchased at a reasonable cost and is an effective way to ensure individuals inside your facility do not have a fever. Additionally, anyone exhibiting cold or flu like symptoms should not be allowed into the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Consider having members and employees complete a Travel Declaration and COVID-19 form. ❖ <i>Note: Individuals that have traveled overseas, or even to "hot-spot" areas in the United States, as well as individuals who have been in contact with an individual affected by the COVID-19 virus, should be subject to a 14-day self-quarantine prior to being allowed to participate.</i>	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Develop a written sick policy. Members and employees should be symptom free for at least 14 days prior to entering the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
4	Consider having members and employees complete medical questionnaires. Individuals with preexisting medical conditions should be discouraged not to enter the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
5	Post signage at or near the entrance areas informing patrons of the facility's policies, procedures, and guest code of conduct relative to COVID-19.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
6	Develop attendance or log-in procedures for all individuals present and maintain that information for potential contact tracing.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
PHYSICAL DISTANCING POLICIES AND PROCEDURES		
1	Develop policies and procedures to ensure the number of individuals allowed inside each area of the facility meets the requirements set forth by state and local guidelines.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	To enforce social distancing policies, consider dividing the facility into zones and limit the capacity per zone. Staff should monitor the areas to ensure safe distancing is taking place.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Ensure all staff members have been trained and are knowledgeable of your club's new social distancing policies and procedures. Social distancing parameters should apply to all club members and all staff without exception.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

4	Consider having alternative operating plans in place whereby the club is open to members for defined time periods (e.g. 90-minute block segments), followed by a 30-minute closing time dedicated to cleaning the facility. While it is uncertain if any local or state agency will require health clubs to adhere to this type of operating schedule, these mandates were part of common protocol in several cities in Asia.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
5	Limit the number of participants in group fitness classes. Additionally, ensure the classrooms are properly arranged to ensure proper distancing is observed (e.g. space yoga mats a minimum of six-feet apart, cover or remove bikes for spin classes, etc.).	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
6	Block off cardio equipment with signs, or rope off with tape, to allow six-feet of separation between users.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
7	Block-off changing room lockers, sinks, toilets, and urinals so that available ones are spread out at least six feet apart. Consider eliminating the use of showers.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
8	Suspend any classes, sports or activities where close contact between participants occurs (e.g. cardio kickboxing, partner yoga, racquetball, basketball, etc.).	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
9	Ensure personal trainers and yoga instructors maintain a six-foot distance and follow a "no touch" and "no adjustment" rule.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
10	Consider having employees and members wear masks. <i>Note: Health Clubs should follow the guidelines set forth by the state and/or local health departments.</i>	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
11	Ensure notices about the social distancing measures that are in place at the facility to inform and educate guests about the new procedures with regard to COVID-19 are in place.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
CLEANING, DISINFECTING & HYGIENE		
1	Ensure all facility staff are properly trained on the facility's enhanced cleaning policies and procedures. Document all enhanced sanitation practices that the facility has developed as well as the training sessions for employees.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Ensure enough time, staff, and resources are available for cleaning the facility throughout the day and after the facility closes. Develop a cleaning checklist and ensure that all cleanings are properly documented.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Use EPA-approved disinfectants and disinfecting wipes when disinfecting the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
4	Ensure staff are constantly cleaning high touch areas (doors, door handles, tables, counters, chairs, restroom amenities, etc.) with a disinfectant throughout the day and as needed.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
5	Install additional hand sanitation stations at strategic locations throughout the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
6	Clean and disinfect all equipment after each use.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
7	Consider temporarily eliminating towel service.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
8	Consider temporarily suspending the use of showers, spas, and steam rooms.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
9	Consider temporarily eliminating the usage of yoga props that are difficult to clean (blankets, bolsters, straps, etc.)	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
10	Ensure each member uses their own water bottles and Gatorade. Inform members not to use water fountains.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

11	Educate all members on the proper hygiene (not touching eyes, nose, mouth with unwashed hands), and the proper sneeze/cough etiquette.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
12	Limit the use of fans. If fan use is necessary, position fans to blow away from members.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
13	Develop cleaning response protocols for potential biohazards in the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
14	Install signage throughout the facility informing patrons of your club's enhanced cleaning and hygiene policies and procedures.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
15	Develop procedures if there is a reported case by an employee, member, or a local health authority that a confirmed COVID-19 case has been at the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
16	Develop a relationship with a reputable cleaning company that can be quickly deployed in the event enhanced cleaning is required due to a confirmed COVID-19 case at the facility.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

ADDITIONAL NOTES: