

COVID-19 Guidance for Gyms and Fitness Centres in Fraser Health's Region

Introduction

These guidelines have been created to provide owners of gyms or fitness centres with guidance on how to reduce the risk that COVID-19 could be spread at their establishments if they wish to open. Any facility wishing to resume operation needs to develop a plan based on the attached guidance. Additional guidance from Work Safe will be released in the future and your plan may require updating based on that information.

These guidelines may be revised or rescinded at any time. Orders and recommendations issued by the Provincial Health Officer supersede these guidelines.

Guidelines

1. Control access

Gyms and fitness centres need to have at least one staff member present when open. Maintaining physical distancing cannot be ensured if patrons have uncontrolled access. Additionally, staff are needed to ensure that disinfection of equipment is being performed after each use. 24-hour unrestricted access without staff present on site should not be allowed.

2. Limit occupancy

The number of patrons allowed into the facility at any one time should be limited to:

- a) Ensure there's sufficient space to allow patrons to remain two metres from one another
- b) Prevent large gatherings
- c) Allow staff sufficient time to clean and disinfect equipment and other surfaces frequently

Based on the above considerations, Operators need to determine what the maximum number of persons is they can safely allow in the facility in advance of opening. Consider using a booking system that allows a limited number of patrons to book and attend a specified time slot. Ensure there is sufficient time between time slots to allow for cleaning and disinfection of the facility and equipment.

3. Post signs

Place signs at any entrance to notify patrons that they should not enter if they have the symptoms of COVID-19 (see #4 below). Signs should be posted throughout the facility to make patrons aware of the physical distancing requirements, enhanced sanitation procedures (including reminders for members to wipe equipment after each use), and any other instructions and limitations, as applicable.

Some links to example signs to use:

- [Do Not Visit if Unwell Poster](#)
- [Physical Distancing Poster](#)
- [Hand Hygiene Poster](#)

4. Screen arriving patrons

Patrons can be asked the following questions when they arrive:

- Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
- Are you, or anyone you are living with, either sick, self-isolating, or quarantined?

Any patron who answers yes to either of the questions above should not be permitted to enter. It is recommended that anyone who has the symptoms of COVID-19 call 8-1-1.

5. Manage customer entry points

Place markers such as tape or cones every two metres at entrances to provide patrons with visible queues that encourage physical distancing.

6. Require staff to self-monitor for symptoms of COVID-19

Staff who have symptoms of the illness must not work.

7. Whenever possible, use contactless forms of payment and check-in

8. Provide hand sanitizer stations or handwashing stations for patrons and encourage their use

9. Use appropriate disinfectants

Gyms and fitness centres must verify that the disinfectant(s) they use are effective against SARS-CoV-2 (the virus that causes COVID-19). To do this, either:

- a) Use the [list on Health Canada's website](#) to identify if a disinfectant has been reviewed and confirmed to be effective against SARS-CoV-2
- b) Use the [list on the EPA's website](#) to identify if a disinfectant has been reviewed and confirmed to be effective
- c) Contact the disinfectant supplier or manufacturer to identify if the disinfectant has been confirmed to be effective
- d) Make a 500 parts per million chlorine disinfectant solution using bleach and water. To make a solution of this concentration: mix 1 part bleach to 99 parts water (e.g. mix 10 ml bleach (5.25%) with 990 ml water)

10. Provide patrons with either disinfectant wipes or disinfectant in a spray bottle and paper towels for disinfecting equipment and surfaces

Disinfectants for patrons should be conveniently located. Patrons should be required to wipe down the equipment before and after use. Discontinue use of re-usable towels and cloths.

11. Where possible, increase the space between cardio machines to achieve adequate distancing between users

Note: If it is not possible to space cardio machines far enough apart, other measures should be considered, such as only allowing patrons to use every other machine (i.e. not allowing two machines next to each other to be used at the same time).

12. Encourage physical distancing and discourage congregating

Patrons should be encouraged to conduct their workout and exit the facility without unnecessary delay.

13. Do not offer group classes unless patrons are able to remain two metres from one another at all times during a class

If group classes are offered, they should also be scheduled to allow staff adequate time to disinfect equipment and surfaces before each class.

14. Close the following facilities and equipment within a gym or fitness centre: basketball courts and other group sport areas, saunas, and steam rooms

15. Limit locker room use and avoid use if possible

Patrons should be encouraged to arrive at the gym or fitness centre in workout clothes and to avoid using locker rooms on site. When locker rooms are used, a disinfectant spray or wipes should be available for patrons to disinfect locker contact surfaces before and after use.

16. Where applicable, do not offer food service, other than take out

17. Close customer self-serve drink stations, water dispensers and water fountains

Customers should be advised to bring their own filled water bottles. Staff can fill drink orders for customers, but must not refill a used cup.

18. Consider developing online fitness participation, if practical, until such time that physical distancing recommendations are suspended

Questions?

If you have any questions about meeting these guidelines, please [contact your local environmental health officer](#). Alternatively, please call the Fraser Health Central Intake Line at 604-587-3936 and ask for the Health Protection office in your city.