

Outdoor Recreation: Health and Fitness Centers – Phase 1

Industries: Health and Fitness centers such as Gyms, Yoga Studios, Gymnastics clubs, Martial Arts, Tennis clubs, Dance Studios, CrossFit, Qi Gong, Tai Chi etc..

Safeguarding Guidance:

In addition to strict adherence to CDC guidelines, the State of New Hampshire recommends enacting measures to protect consumers and employees, including:

Employee Protection:

- 1.) Follow Universal Guidelines
- 2.) Follow disinfectant and sanitization frequency guidance contained in this document at all times
- 3.) If providing Food Services Provide ServSafe COVID-19 training as soon as possible
- 4.) Hand sanitization will be available at entrances and exits throughout the club and the main entrance of the facility.

Consumer Protection:

1) Capacity:

- a. NH Residents or Members, registered participants, and students only. No new memberships or registered participants or students will be extended to out of state residents No guests allowed.
- b. Capacity set at 50% maximum licensed capacity or as social distancing allows, whichever is less.
- c. Spatial distancing of a minimum of 6 feet or more throughout the facility will be practiced,
- d. if required:
 - i. A minimum of six plus feet of separation will be in between each person using each piece of operating equipment.
 - ii. Group fitness programs will have limited attendance as social distancing allows,
 - iii. Each group activity will utilize a reservation system for the max capacity.
 - iv. Social distancing may be guided using decals on the floor or walls to denote where members should stand to ensure appropriate distancing.
 - v. Whereever possible areas will be staffed during all hours of operation to enforce guidelines in each space.
- e. Members who do not comply after one warning will be asked to leave the facility. Members who have repeat offenses will not be able to access the club until all Covid-19 restrictions have been lifted and all operations have

returned to normal.

2) Storage of Equipment and Self Care Items

- a. Only clean equipment should be placed back on a storage rack or in a container to be ready for the next use.
- b. Workout/Yoga type mats will be provided by the members.
- c. Only soiled towels will be stored in the laundry room.
- d. Clean towels will be stored in clean storage locations.
- e. Hairdryers and locker room toiletries (except female sanitation products) will be eliminated.

3) Cleaning and Disinfecting of Equipment, Member Use Items, and Surfaces

- a. Each member will be required to clean and disinfect equipment after each use with business supplied cleaner and disinfectant.
- b. Areas will be staffed during all hours of operation to enforce guidelines.
- c. Equipment, surfaces, locker rooms and other member accessed spaces will be cleaned and disinfected at regular intervals based upon club usage with disinfectant by club staff at a minimum of every 2 hours during open hours.
- d. Disposable, pre-moistened disinfectant wipes can be used but are not required. Lids should be kept closed to prevent the wipes from drying. Follow the disinfectant's instructions for use for appropriate wet time to ensure proper disinfection. Check that the product is not expired.
- e. Follow manufacturer's instructions for proper dilution and wet times for cleaning or disinfectant solutions. Only clean cloths and mops should be used with cleaning solutions. Do not use cleaning solution after contact with soiled equipment or surfaces.

4) Cleaning Procedure

- a. Remove and discard all disposable materials.
- b. Manually remove visible foreign material or bio-burden (e.g., body fluids, gels) with disinfectant.
- c. Discard the cleaning cloth into the laundry or disinfectant wipes into the garbage after use.

5) Disinfecting Procedure

- a. Wipe down all exterior surfaces with disinfectant.
- b. Ensure surfaces stay wet for the appropriate time according to the disinfectant's instructions to ensure proper disinfection.
- c. Allow surfaces to air dry or wipe with a clean cloth once wet time has been met.
- d. Unless prohibited by the manufacturer's cleaning instructions:
 - i. Clean equipment surfaces with disinfectant.
 - ii. If there is a concern for surface incompatibility, the surface can be wiped with a clean, moist cloth after disinfectant contact time has

been achieved.

6) Specialized Equipment and Space Cleaning Requirements and Group Fitness Studios and Equipment

- a. Floors will be cleaned with disinfectant, and door handles and music displays will be cleaned and disinfected or sanitized by sanitization wipes by the instructor at the end of each class.
- b. Microphones will not be shared. Instructors will need to use their own microphone or use a personal microphone cover, if a company chooses to provide them, or not use a microphone during class.
- c. Doors will remain open to increase air flow until class begins. Instructors will close and open doors at the end of class.
- d. Class schedules will be created with a recommended 15-minute break in between each class to allow for exit, cleaning protocols, and a safe entry for the next class to eliminate congregation before and after classes.
- e. Members are required to clean all equipment and weights used in class with disinfectant provided. Members should bring their own mat for each visit.
- f. Instructors will direct members to gather equipment and return equipment one by-one to avoid grouping near the equipment storage space.
- g. Instructors will enforce guidelines in each space to ensure proper cleaning.
- h. Members who do not comply after one warning will be asked to leave the facility. Members who have repeat offenses will not be able to access the club until all Covid-19 restrictions have been lifted and all operations have returned to normal.

7) Food and Liquor Service: Align with the Food Services phased schedule.

- a. Water fountain capability will be disabled and water bottle refill stations may be available.

8) Personal Training or Group Appointments

- a. Personal trainers and members will be required to wash their hands before and after each session.
- b. Gloves and masks will be made available for client use if desired, if client contact is needed, instructors will disinfect hands between each client contact during instruction (e.g assists in yoga).
- c. After each client session, the training area, including the floor and equipment, will be cleaned and disinfected with disinfectant.
- d. Group sessions will be held with social distancing protocols.

9) Locker Rooms (shower, steam, sauna)

- a. Where possible, a locker room attendant will be staffed full-time to monitor and clean during all hours of club operations.

- b. Members will be encouraged to bring their own bath towel.
- c. Gloves and masks will be available to use if desired or required.
- d. Showers, Steam room and saunas will be closed, customers will preferably practice wear-in / wear out.
- e. Locker facilities can be used for changing of clothes.
- f. Hand sanitizer stations will be available outside of entrances.
- g. Disinfectant will be available to clean lockers and keypads.

10) Pools

- a. Pools will open at 50% occupancy or as social distancing merits, whichever is less, provided staff are monitoring to ensure compliance for social distancing in the pool and on the pool deck.

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11) Communal Areas

- a. All indoor communal areas will be closed to discourage gatherings,
- b. Concerning the SafeSport guidelines, viewing areas will be limited to one parent or guardian, upon request. Furniture will be removed, except as needed for ADA compliancy.

12) Covid Signage:

- a. Must be prominently posted at the entrance and throughout the venue to ask customers regarding COVID-19 symptoms.
 - i. Have you been in close contact with a confirmed case of COVID-19?
 - ii. Are you experiencing a cough, shortness of breath or sore throat?
 - iii. Have you had a fever in the last 48 hours?
 - iv. If you answered yes to any of these questions, please do not put our employees and other members at risk and come back another day when you feel better.
 - v. If you answered no, please remember to maintain proper social distancing for duration of your visit.

Business Process Adaptations:

- 1) Provide disinfectant and sanitization materials, such as hand sanitizer and disinfectant spray, to staff, and patrons
- 2) Disinfect all common surfaces including door handles, screens, phones, pens, keyboards and other areas of hand contact every two hours, at a minimum.
- 3) Plexiglas protective shields will be added to service desks as needed.
- 4) All employees will be retrained on proper cleaning, sanitizing, and disinfecting procedures for each area of the facility.