

PHASED REOPENING OF

GYMS AND FITNESS CENTERS

WITH PRECAUTIONS FOR CUSTOMERS AND EMPLOYEES

In accordance with the Governor’s April 28 announcement, Salt Lake County will allow gyms and fitness centers—including yoga, martial arts, and dance studios— to reopen on Friday, May 1, 2020, if they follow strict guidelines to help prevent the spread of infectious disease. As outlined in the state’s [Utah Leads Together 2.0 plan](#), resuming operations should be delayed until businesses meet all conditions below. It is critical for the health of all Salt Lake County residents that business owners, employees, and customers understand and comply with these requirements. Businesses that do not comply may be closed by Salt Lake County Health Department (SLCoHD).

- **Exclude ill employees and customers.** Managers must monitor themselves and all employees at the beginning of their shift for symptoms. Anyone with symptoms of COVID-19 must not be allowed on the premises. Establishments must also post signs in work areas that advise employees not to work if they are experiencing fever, cough or difficulty breathing; similarly, they must post signs in public areas advising customers to stay home if ill. SLCoHD will provide signage online that establishments may print and use to fulfill this requirement.
- **Wear face coverings.** Employees and customers must always wear face coverings over the nose and mouth to effectively reduce the spread of respiratory droplets. Customers may remove their face covering while engaged in heavy physical activity during which a face covering could adversely affect breathing.
- **Enforce physical distancing of 6 feet (10 feet during workouts).** Check-in and waiting areas must have barriers or floor markers to keep customers 6 feet apart at all times. Establishments must maintain 10 feet of distance between customers in all workout areas, which may require limiting the number of patrons allowed in the facility at one time. Workout equipment must be arranged so customers are not within 10 feet of each other. In addition, group classes must be scheduled by appointment and instructors must limit class sizes to ensure 10 feet between customers.
- **Disinfect equipment between uses.** Proper sanitization of all workout equipment must occur between each user. Employees should also frequently sanitize high-touch surfaces like door handles. No sign-in sheets, touchpads, or similar mechanisms are allowed. The establishment must use disinfectants/sanitizers effective against COVID-19 (approved list at [EPA.gov](#)). Use disposable cleaning supplies if possible (towels, mop heads, etc.); reusable supplies must be laundered daily.
- **Restrict swimming pool, locker room, and shower access.** Hot tubs and children’s pools must remain closed. Swimming pools are limited to one swimmer per lane (for lap pools) or 50% of their capacity (for pools without lanes). Congregating on the pool deck is not allowed. Locker room and shower access must be restricted to pool users only so they can take a cleansing shower before entering a pool, as required by existing health regulations. Steam rooms must remain closed unless a dedicated employee controls access and determines occupancy based on the ability for customers to remain 6 feet apart. All existing pool regulations apply.

FOR MORE INFORMATION

This fact sheet summarizes key requirements for allowing gym and fitness center operations to resume. Additional information is available in the state’s [Utah Leads Together 2.0 plan](#), or call Salt Lake County Health Department at 385-468-INFO (4636).