



# Gyms & Fitness Centers

(including indoor recreation centers, yoga studios, dance, tumbling, indoor sports, etc.)  
Utah's Low Risk Phase Guidelines

Version 4.8 Guidelines



## Moving to yellow

A color-coded health guidance system has been developed by the State of Utah to guide health behaviors for individuals and businesses. Each level of the dial is guided by a rigorous measurement system which can be different by each region, county, city, or community.

### Fitness centers and gyms are open with some distancing and cleaning guidance

- Follow all employer guidelines (see below)
- Employees must go through symptom checking before every shift, including temperature. Log must be kept and available for inspection by health department
- Symptom checking of participants prior to each competition or practice (checklist or verbal), including temperature checks when feasible
- Spectators wear face coverings when physical distancing guidelines are difficult to maintain
- Employees working within 6 feet of patrons must wear face coverings
- Patrons of different households must maintain 6 feet of distance when feasible; this may be increased based on data and milestone trends. Limit the number of patrons, space or close off equipment accordingly
- Roster or list of participants and their contact information must be maintained when engaging in formal competitive events to assist with contact tracing efforts when physical distancing is not feasible
- Make chemical disinfectant supplies available throughout the establishment and post signs encouraging patrons to thoroughly disinfect equipment after use

### Pool guidelines

- Open plunge operates at a reduced capacity that enables appropriate physical distancing to be maintained between household groups on pool deck
- Face coverings are worn by individuals on the pool deck when physical distancing is not feasible
- Lap swimming resumes to normal capacity
- Swim team and swim lessons are allowed as long as physical distancing is followed on pool deck
- Lifeguard training is allowable; safeguards encouraged as much as possible during training including symptom checking of trainees (checklist or verbal), including temperature checks when feasible
- Maintain signage that encourages physical distancing guidelines to be met at all times



## General employer guidelines

Employers encourage flexible working arrangements (rotating shifts, remote work, etc.). Comply with distancing guidelines. Increased cleaning regimen of high-touch areas. Monitor employees for symptoms and well-being.

- All businesses operational if they can meet and adhere to all guidelines
- Employers take reasonable precautions
- Provide accommodations to higher-risk employees; minimize face-to-face contact, assign tasks that allow these individuals to maintain a 6-foot distance from other employees or customers, implement flexible work hours or staggered shifts, allow higher-risk individuals to work remotely
- Symptom\* checking in business interactions
- Face coverings worn in settings where other physical distancing measures are difficult to maintain; ensure that face coverings are available
- Encourage remote work when possible; employers exercise discretion with returning to onsite work
- Workplaces comply with distancing and hygiene guidelines
- Limit unnecessary travel
- Require employees to self-quarantine when returning from higher-risk\*\* areas
- Employers evaluate workforce strategy and concerns and enact strategies to minimize economic impact
- Employers must not allow any individuals under isolation or quarantine to come to work at any time unless authorized by LHD

\* Symptoms include fever of 100.4 degrees Fahrenheit or above, cough, trouble breathing, sore throat, sudden change in taste or smell, muscle aches or pains; refer to CDC symptoms list for updated details <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

\*\* <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

