



Gyms & Fitness Centers

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

Version 4.8 Guidelines



Moving to orange

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.

Recommended closure of fitness centers and gyms; if open, fitness centers and gyms should follow strict distancing and cleaning guidance.

- Follow all employer guidelines (see below)
- Employees must go through symptom checking before every shift (checklist or verbal), including temperature checks when feasible. Log must be kept and available for inspection by health department
- Screen patrons upon entering the facility with a questionnaire asking about symptoms, travel, and any sicknesses in the home
- Employees must wear face coverings; patrons encouraged to wear face coverings whenever possible
- Patrons of different households must maintain 10 feet of distance at all times (limit the number of patrons in the gym or class, space or close off equipment accordingly)
- Do not engage in sporting activities requiring teammates or opponents to be closer than 10' from one another
- Skills development and conditioning activities are allowable under physical distancing guidelines
- Staff must disinfect all equipment after each use
- No sign-in sheets, touchpads, or touch surfaces required for entry
- Higher-risk individuals discouraged from using facilities at this time

Pool guidelines

- Pools are limited to lap swim only, one swimmer per lane; no congregating on pool decks
- Swim team is allowed as long as physical distancing is allowed on pool deck
- Symptom screening
- Maintain signage that encourages physical distancing guidelines to be met at all times



General Employer Guidelines

Employers exercise extreme caution, with employees working remotely, evaluating workforce concerns, and enacting strategies to minimize economic impact. Businesses that necessitate on-site work should monitor workforce for symptoms and well-being.

- Employers take extreme precautions
- Provide accommodations to higher-risk employees
- Employees and volunteers operate remotely, unless not possible
- 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
- Make every possible effort to enable working from home as a first option; where not possible, workplaces comply with distancing and hygiene guidelines
- Minimize face-to-face interactions, including with customers (e.g. utilize drive-thru, install partitions)
- Where distancing and hygiene guidelines cannot be followed in full, businesses should consider whether that activity needs to continue for the business to operate
- Eliminate unnecessary travel and cancel or postpone in-person meetings, conferences, workshops, and training sessions
- 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>

