## Gyms & Fitness Centers
(including indoor recreation centers, yoga studios, dance, tumbling, indoor sports, etc.)
Utah’s Low Risk Phase Guidelines

### 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

### 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.
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