

Delta County Safer at Home Variance Guidance May 2020

The information is provided for your business to follow in order to help protect your customers and staff from infections from the COVID-19 corona virus. This guidance summarizes the requirements of Delta County Public Health Order DCHD2020-01 "Safer at Home Delta County" as a variance from the provisions of Governor Polis' Executive Order D 2020 044 and CDPHE Amended Public Health Order 20-28. These guidelines will remain in effect until the final expiration of PHO 20-28.

Fitness Facilities Best Practices

Facility

1. Restrict facility access to staffed hours only (i.e., any unmanned facilities must be manned) and limit facility occupancy to **maintain six foot (6 ft) social distancing** with no more than **30% of occupancy capacity** per exercise room as dictated by the fire code.
2. Staff shall conduct regular (i.e., every 2 hours) disinfecting of high-touch surfaces, equipment and common areas of the facility using disinfectant cleaning supplies according to CDC guidelines.
3. **Showers, locker rooms, and lockers will remain closed until further notice.** Ask customers to instead use small gym bags to store personal belongings; remind customers to appropriately monitor or secure such personal belongs or provide a secure area monitored by staff.
4. **Swimming pools, hot tubs, saunas** and other recreational water or spa facilities **will remain closed** due to inability to consistently clean and disinfect these areas.
5. **All indoor basketball courts, racquetball courts,** and other places where formal and informal group or team sports may occur **will remain closed** due to potential of direct contact with others and inability to maintain consistent cleaning and disinfecting of area due to size.
6. Restrict usage of cardio machines to every other machine to maintain acceptable Social Distancing between users performing cardio exercises.

Customers Safety

1. Mitigate exposure in the workplace by implementing social distancing guidelines and modify the scheduling. Make reasonable accommodations for vulnerable individuals who are still under Stay at Home advisement (i.e. special hours, designated entrances, etc.).
2. Encourage all customers to wear PPE where applicable, and recommend that customers wear a non-medical cloth face covering.
3. Screen customers for illness upon entry to the fitness facility:
 - Best practice: Temperature checks should be conducted with an infrared thermometer for every customer. Persons with temperatures above 100.4 degrees Fahrenheit should not be permitted on premise
 - Question customers regarding COVID-19 symptoms
 - ✓ Have you been in close contact with a confirmed case of COVID-19?
 - ✓ Are you experiencing a cough, shortness of breath, or sore throat?
 - ✓ Have you had a fever in the last 48 hours?
4. Keep doors and windows open where possible to improve ventilation.

Employees Safety

1. All employees are to wear a non-medical cloth face covering.
2. Allow employees to work from home as much as possible.
3. Screen all employees reporting to work for COVID-19 symptoms:
 - Persons with temperatures above 100.4 degrees Fahrenheit should not be permitted to work
 - Minimum practice: Question employees regarding COVID-19 symptoms:
 - ✓ Have you been in close contact with a confirmed case of COVID-19?
 - ✓ Are you experiencing a cough, shortness of breath, or sore throat?
 - ✓ Have you had a fever in the last 48 hours?
4. Provide training on personal protective equipment based on CDC guidelines
5. Encourage employees to wash their hands regularly. Provide a sanitizing station such as a wash basin with soap and/or bottle of hand sanitizer
6. Practice recommended social distancing to the greatest extent possible.

Fitness Facilities Best Practice

Facility Continued

7. **Any youth or adult team leagues or sports should remain closed.**
8. Adjust equipment layout and close or restrict access to equipment to maintain at least six feet of distance between equipment.
9. Temporarily close water fountains, common areas, break rooms, where customers or employees may congregate. Encourage users to provide their own water.
10. If practical, install physical barriers such as partitions or Plexiglas barriers at enrollment desks or guest service desks that must remain open to guests and employees. Utilize no contact payment systems for new and monthly enrollment payments.
11. **No self-service options** shall be offered (e.g. coffee bars, smoothie stations and other forms of communal food in facilities). Food retail should follow restaurant guidelines.
12. Ensure that staffing of facilities is sufficient to enable enhanced sanitization and cleaning measures.

Customer Safety Continued

5. Post signs encouraging social distancing (visible to customers).
6. Require that customers wash or sanitize their hands upon entering and leaving the facility.
7. Require customers to clean equipment they come in contact with using disinfecting wipes before and after each use.
8. Encourage customers to use a single piece of equipment at a time (i.e., no circuits or “super setting”) so that machines are cleaned after each use.
9. Usage of cardio machines shall be limited to every other machine to maintain acceptable Social Distancing between users.
10. Consider limiting workout length to avoid unnecessary exposure, decrease congestion, and allow for additional sanitization.
11. Recommend that persons more vulnerable or at-risk for COVID-19 as identified by the CDC—including those who are over the age of 65 or those who have chronic medical conditions—take extra precaution and refrain from use of the facility during re-opening.

Employee Safety Continued