SUGGESTED GUIDELINES FOR GYMS, FITNESS CENTERS, AND SIMILAR FACILITIES

EMPLOYERS

• Open by appointment only
• Ensure 6 feet between employees and clients
• Train employees on importance of hygiene and sanitation
• Develop a protocol to screen employees upon entry or before they arrive at the facility
• Require symptomatic employees to stay home and recommend they be tested
• Advise clients to stay home if they are ill
• Require face coverings for employees (e.g. masks, scarfs, surgical masks)
• Ensure guests clean high-touch items, equipment, and areas after each use (e.g. treadmills, weights, yoga mats)
• Group employees by shift to reduce exposure to others
• One machine should be empty between guests when possible
• Provide sanitizing supplies near all equipment and exercising areas (e.g. treadmills, bikes, weights, yoga rooms)
• Administer quick verbal health check at gym or facility entry
• Implement no-touch payments or check-ins, if possible
• Water fountains should be closed. Guests should provide their own drinks
• Disinfect high-contact surfaces regularly
• Place signage stating the requirement of guests to thoroughly clean equipment after each use, to socially distance, and to not return when they are sick
• Schedule regular deep cleaning
• Maximize spacing at check-in and check-out

A number of associations and businesses have provided the state with guidance for their members and associates. These may be found at www.in.gov/backontrack/industryguidelines.htm.

AIHA guidance for gyms and workout facilities reopening: