

## Gyms & Fitness Facilities (including studios)

### Mandatory Procedures to be Followed

#### Facility Guidelines

- **Limit access** to members to provide adequate social distancing
- **Regulate exercise equipment** to provide 6 ft. social distancing or will be designated inoperable/turned off
- **Limit group classes** to allow for 6 ft. of spacing between members
- **Limit playroom areas** to no more than 10 children no longer than 2 hours.
- Post **signage for social distancing**, face covering, and [WCHD information for symptomatic individuals](#)
- **Clean facilities/equipment** with hospital grade chemicals per [EPA List N](#) and [CDC guidance](#) no less than 1 time per shift. Follow directions on chemical label regarding contact time
- **Close locker rooms** and employee break rooms until further notice
- **Disinfect frequently high-contact surfaces** such as door handles, light switches, seating, railings, cabinet/appliance handles, toilets, computers, etc.
- Close water fountains or only allow touchless hydration stations; **encourage members to bring their own water**

#### Member Guidelines

- **Stay home** if experiencing COVID-19 symptoms, a vulnerable population, or have had close contact with those diagnosed with COVID-19
- Maintain **strict social distancing** and **wear a mask** in the Gym while not actively working out
- **Wash hands frequently**, use hand sanitizer, and use provided disinfectants on equipment before/after use
- Bring your own water

#### Employee Guidelines

- **Wear face coverings** at all times
- **Stay home** if experiencing COVID-19 symptoms, a vulnerable population, or have had close contact with those diagnosed with COVID-19
- Perform daily **self-symptom assessment** including monitoring for fever, cough, & trouble breathing
- Assign additional staff to **clean and disinfect areas as necessary** including high-contact surfaces such as door handles, light switches, seating, railings, cabinet/appliance handles, toilets, computers, etc.
- **Wash hands** upon arrival, before and after meals/breaks, after using the restroom, after blowing nose, before leaving

### Questions and Additional Guidance

Washoe County Health District	775.328.2434
City of Reno	Reno Direct at 775.334.INFO (4636) / RenoDirect@Reno.gov
City of Sparks	775.353.5555 / business@cityofsparks.us
Washoe County	Dial 3-1-1 or 775.328.2003 / Washoe311@washoeconomy.us