



# Roadmap to Recovery for Nevada

## Boutique Gyms, Dance Instruction Studios, and Personal Fitness Studios



### MANDATORY AS OF 6/26/2020:

- Face coverings are required for all activities except for high intensity activities including but not limited to running, sprinting, and cross training or under other exemptions established by [Directive 024](#).
- If face coverings are removed when engaged in high intensity activities, appropriate measures must be taken to ensure social distancing at all times.
- If you have a medical condition preventing you from wearing a face covering, you are strongly encouraged to wear a face shield.

## Facilities

### Mandatory\*

#### Spacing, Capacity, Numbers

- Limit capacity (employees and members/clients) based on available space and ability to social distance with 6 feet between members/clients, except in facilities where instructor/student must be in close proximity (e.g. dance instruction, swimming, personal training, etc.).
- Set facility up for social distancing by spacing equipment to provide a 6-foot radius (as measured from the center of the main operation of the specific piece of equipment) or by disabling equipment (bike, treadmill, elliptical, etc.) to provide a 6-foot radius.
- For class settings, set up work areas before arrival of students, allowing at least a 6-foot radius around users.
- Reinforce spacing through training with employees, and reinforcement with members/clients.
- Remove excess seating throughout the facility to discourage lingering.
- Reduce class sizes, if necessary, to accommodate the required 6 feet of social distancing.
- Eliminate lost and founds.
- Establish log-in procedures for members/clients, and maintain that information for potential contact tracing.

#### Sanitization

- Hand washing or sanitization upon entry to facility.
- Use sanitizer products that meet the CDC guidelines.
- Have sanitizer available throughout the facility for employees and members/clients.
- Use a disinfectant on equipment between guest uses that has less than a 2 minute contact time.
- Provide cleaning products, disinfectants, and disinfecting wipes on EPA List N for disinfecting equipment before and after use by clients.
- Deep cleaning after hours or during low-use times for 24-hour facilities.

#### Signage

- In entry, post signs requiring social distancing and recommending face coverings.
- Post reminder signage for hand-washing, sanitization of equipment, distancing, etc.

### Recommended Best Practices\*

#### Spacing, Capacity, Numbers

- When applicable, set aside specific hours for vulnerable populations.
- Provide space at entrance or in lobby area to allow spacing for coat racks and when used, kiosks for check-ins.

#### Sanitization

- If possible, provide foot pedals to open doors, or prop doors open to avoid contact.

#### Signage

- Post sign with COVID-19 screening questions.
- Post directional signage to encourage separation of entrances and exits.

#### Air Circulation

- Limit use of fans.
  - If fan use is necessary, place fans to blow away from members/clients.
- Open exterior doors when possible.
- If available and owner has access, open fresh air handlers.

\*\*Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.

## Mandatory\*

## Recommended Best Practices\*

### Locker Rooms/ Public Restrooms

Locker rooms for non-aquatic facilities are to be closed to the public. For combined locker rooms/public restrooms:

- Clean and disinfect public areas and restrooms every 4 hours using EPA-registered disinfectants, particularly on high-touch surfaces such as faucets, toilets, doorknobs and light switches.
- Disable or close-off showers except for rinsing before and after any pool activity.
- Make sure supplies for handwashing, including soap and materials for drying hands are fully stocked every time the bathroom is cleaned.
- Disable or close-off steam rooms and saunas.
- If towels are provided, they are to be stored in covered, sanitized containers that are clearly delineated clean versus soiled. Appropriate temperatures are to be used when washing and drying towels to ensure sanitation (hot water for washing, ensure they are completely dried). Employees handling towels must wear gloves and face covering.
- Restroom facilities should limit the number of users at any one time based on the facility size current social distancing guidelines. These facilities should be cleaned/sanitized per CDC recommended protocol along with established restroom cleaning schedules.

- Remove or block off any casual seating.
- Disable or block off lockers to discourage use.

### Employees

- Provide instruction/education on COVID-19 prevention.
- Encourage employees to take their temperature and perform a self-assessment and not report to work if they are ill or exhibiting symptoms of COVID-19.\*\*
- Businesses must require all employees to wear facial coverings, except for one of the following reasons:
  - Facial coverings in the work setting are prohibited by law or regulation
  - Facial coverings are in violation of documented industry standards
  - Facial coverings are not advisable for health reasons
    - a● Facial coverings are in violation of the business' documented safety policies
    - Facial coverings are not required when the employee works alone in an assigned work area
    - There is a functional (practical) reason for an employee not to wear a facial covering in the workplace.

*(Businesses must provide written justification, upon request, explaining why an employee is not required to wear a facial covering in the workplace. At minimum, facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.)*

- Maintain at least 6 feet from other employees and members/clients unless instruction makes it impractical.

- Screen for temperature, history, exposure in accordance with CDC recommendations every work period (if symptomatic for illness, do not allow to work).\*\*
- Stagger shifts, breaks, and lunches to avoid mass entry/exit.
- Wear gloves when appropriate and possible. Dispose of gloves between interactions with members/clients.

\*\*Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.

## Mandatory\*

## Recommended Best Practices\*

### Members/ Clients

- Check-in upon arrival at facility.
- Members are required to wear a mask whenever they are not actively exercising.
- Members/clients must conduct self-assessment and not enter a facility if they are exhibiting symptoms or have been exposed to COVID-19.\*\*
- When participating in class training, do not arrive more than 10 minutes prior to class.
- Maintain 6-foot social distancing, except when instruction requires close interaction with instructor/ coach.
- Partners exercising together and sharing equipment must maintain group segmentation from others exercising.
- At child-centric training/instruction, limit parents/ guardians to one individual.

- Provide option to screen for temperature, history, and exposure.
- Provide training/instruction by appointment.
- Encourage members/clients to bring their own mats, bands, and/or equipment, when appropriate.
- In martial arts training, consider elimination of drills done with a partner.
- At child-centric training/instruction, request parent/guardian wait in parking lot.

### Indoor Sports

- Social distancing of 6 feet will be adhered to unless drills and personal instruction require less separation.
- Members/Clients will use their own balls/racquets/paddles/equipment.
- If balls are passed, they must be disinfected after the training session.
- See other guidance documents for game play and contact competition sports.

### Pools

- Follow COVID-19 protocols as established by the state for local pools and aquatic centers.

### Restaurants/ Smoothie Bars/ Vending/ Drink Stations

- Follow COVID-19 protocols as established by the state for restaurants.
- Remove or disable water fountains, but allow bottle filling stations, if they are no-touch stations. If the station requires pushing a button or lever, or pushing the bottle against the dispenser, they must be disabled or sanitized after each use.

- Encourage members/clients to bring their own water bottles.
- Limit or eliminate grab- and go stations/vending machines. If vending machines are available, they must be sanitized after each use.

### Child Care

- Follow COVID-19 protocols as established by the state for child-care facilities.

### Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms while at work and follow CDC guidelines.
- Contact the local health district about suspected cases or exposures and employers should maintain the confidentiality of employee health information.
- Shutdown any facility for deep cleaning and disinfection, if possible.
- Use disinfectants outlined on [EPA List N](#).

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

\*\*Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.

\*These recommendations were compiled by the LEAP based on guidance from the CDC, the U.S. Food and Drug Administration (FDA), Nevada OSHA, and other relevant agencies for the industry and public health officials, including state licensing boards. The information provided is only intended as general information to the public. Following these guidelines does not constitute, and is not a substitute for, compliance with all laws and regulations applicable at any particular time. Individuals and businesses are responsible to ensure that they comply with all laws and regulations that apply to them, including, but not limited to, federal and state health and safety requirements. Additionally, compliance with these regulations does not ensure against the spread of infections from COVID-19 or any other cause.