



Roadmap to Recovery for Nevada

Fitness Facilities



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.

Mandatory*

Facility Guidelines

- All clubs will limit access to members providing appropriate space for social distancing while in facilities.
- Access to exercise equipment will be regulated to ensure that proper distancing can be maintained within the clubs. Any equipment, in proximity, that does not allow for 6 feet of distancing will be designated inoperable/turned off.
- Contact sports such as basketball, volleyball, wrestling, and boxing are not permitted.
- Group fitness class participation will be limited to allow for 6 feet of spacing between members.
- Playroom areas will remain closed until local authorities deem playroom areas can be safely reopened. Upon reopening, those areas will follow best practices as determined by the local health district and business licensing department.
- Post informational signs regarding social distancing, facial coverings and what to do if symptomatic.
- Facilities and equipment will be cleaned with hospital grade chemicals outlined on [EPA List N](#) and CDC recommended on a frequent basis of no less than 1 time per shift. Following the directions on the label including contact time.
- Employees must perform daily self-symptom assessment.**
- Close employee break rooms until further notice.
- Close locker rooms until further notice.
- Daily deep disinfection of high contact surfaces (e.g. door handles, light switches, seats, railings, cabinetry handles, appliance handles, toilets, countertops, phones, tables, etc.).

Member Guidelines

- Any member/guest who is experiencing COVID-19 symptoms or has been in close contact with friends or family members who have been diagnosed with COVID-19 or is in a higher-risk category will be encouraged to remain at home.
- Members are required to wear a mask whenever they are not actively exercising.
- Members will be required to maintain strict social distancing guidelines while in the facility.
- Members will be encouraged to wash hands frequently. Disinfectants will be provided to allow members to wipe down equipment before and after use. Disinfectants will be listed on [EPA List N](#) and will have a contact time of 2 minutes or less.
- Hand sanitizer stations will be available throughout the facilities.
- Close all water fountains and require members to bring their own water. Alternatively, touch-less water dispensers can used.

Employee Guidelines

- Face coverings are mandatory for all staff and guests.
- Any employee who is experiencing COVID-19 symptoms or has been in close contact with friends or family members who have been diagnosed with COVID-19 or is in a higher-risk category should notify their supervisor and remain home. Sick employees should follow CDC recommended steps which will be posted for all employees.
- Employees must perform daily self-symptom assessment.**
- Additional staffing will be dedicated to cleaning and disinfecting all areas of the club.
- Employees will disinfect all high touch points (including keyboards, telephones, handrails, and door handles) throughout all hours of operation.
- Require regular handwashing upon arrival, before meals and breaks, after using the restroom, blowing nose and before returning home.
- Employees will minimize face-to-face contact with other employees and work tasks that allow them to maintain a distance of 6 feet from other workers, customers, and visitors.
- Close employee break rooms until further notice.
- Close locker rooms until further notice.

**Daily symptom assessment 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.