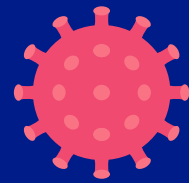


COVID-19 (Coronavirus)

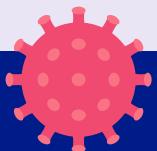


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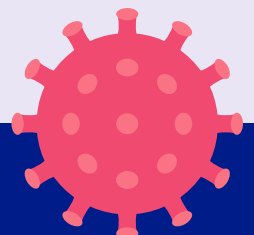
Guidance for Gyms, Exercise Facilities, Health Clubs and Dance Studios



Stay informed on the latest developments about COVID-19 by visiting the
Government of Bermuda's website coronavirus.gov.bm



GOVERNMENT OF BERMUDA
Ministry of Health



Updated 20th August 2020

Guidance for Gyms, Exercise Facilities, Health Clubs and Dance Studios

As your business reviews and implements these new measures, we encourage you to share and discuss them with your employees and patrons. Communicating enhanced cleaning and sanitization practices will make staff and patrons feel more confident in your facilities.

Plan:

- Develop and implement appropriate policies, informed by industry best practices:
- Prepare the building;
- Prepare your employees;
- Develop a policy for return to work after travel for employees and clients;
- Create a physical distancing plan to manage and reduce excessive contact and interaction and maintain 6 feet distance between clients and between clients and employees wherever possible;
- Create a plan for personal protective equipment (PPE);
- Reduce touch points to the maximum extent possible, remove extraneous décor, magazines, flyers, items on counters etc;
- Increase cleaning frequency and the availability of hand sanitizer, disinfectant wipes, and other approved cleaning products to ensure touch points and exercise machines and equipment are properly sanitized between each use by customers. Deep clean regularly;
- Establish an open line of communication with employees regarding safety.
- Plan for potential COVID-19 cases and maintain detailed records for contact tracing which are kept for a minimum of 21 days.

Preparation

- Ensure staff have adequate [COVID-19 awareness and procedure training](#) to oversee the safe use of the facility and that all inspections (e.g. equipment is in good condition and safe to use, comprehensive cleaning has been completed, etc.) against a risk assessment and have been checked by a competent person.
- Ensure there is a fair and robust entry procedure and booking system in place which correctly limits numbers accessing the facility to ensure adherence with 6 ft (2 metres) physical distancing requirements.
- Operators will need to maintain a high-level of communication with their customers which reinforces all new requirements for facility use, and what to do in the event of a problem occurring.
- Adequate, approved hand sanitizer and/or soap must be ready and available for both staff and customers to use throughout the facility.
- Protective equipment (PPE) should be available for all operational staff.

Employees:

- Must follow any return to work after travel policy.
- Do not allow an employee who is sick or has any of the COVID-19 symptoms or with known close contact to a person who is lab-confirmed to have COVID-19 or under quarantine, to return to work until the end of the 14 day self-quarantine period from the last date of exposure.
- Have employees wash or sanitize their hands thoroughly upon entering the gym or exercise facility.

- Have employees maintain at least 6 feet (2 metres) of separation from other individuals. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- All employees who are not engaged in exercise themselves must wear cloth face coverings or non-medical grade masks over the nose and mouth. Eye protection such as safety goggles or a face shield may provide additional protection.
- Provide training on correct usage and wearing of Personal Protective Equipment (PPE).

Health protocols for your facilities:

Records: Maintain records of time of arrival, classes or areas attended and staff involved for possible contact tracing purposes. **N.B. Maintain these records for a minimum period of 21 days.**

Occupancy: Restrict facility access to staffed hours only and limit facility occupancy to that indicated by physical distancing required. Any curfew restrictions should be adhered to.

Physical Distancing and Equipment: Implement strict physical distancing guidelines of at least six feet between individuals, modify scheduling to reduce unnecessary interactions, to the greatest extent possible adjust equipment layout or close or restrict access to equipment to maintain at least six feet of distance between equipment or to the greatest extent possible provide physical barriers between exercise equipment and/or machines to separate patrons (e.g. plastic or Plexiglas shields, plastic sheeting, etc.)

Cleaning: Regularly and frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms. Touchpoints may include; point of sale equipment, door handles, light switches, buttons, equipment and controls. Those parts of equipment/machines touched by one client or employee, should be cleaned and disinfected before another client.

- Provide equipment cleaning products and wipes throughout the gym or exercise facility or class for use on equipment, including dead weights after each use.
- Make hand sanitizer, disinfecting wipes, soaps and water or similar disinfectant readily available to employees and customers. Have both employees and customers sanitize hands on entry to the facility.
- Place readily visible signs and posters at the gym or exercise facility or class to remind everyone of best hygiene practices, key messages and safety policies, such as physical distancing. Post a copy of this Guidance for staff and clients.
- Consider an individual wholly or partially dedicated to ensuring the health protocols adopted by the facility are being successfully implemented and followed.

Ventilation: Ensure good or improved ventilation and increase fresh air component. Enhance ventilation to ASHRAE standard if possible. Open doors and windows if possible. Any fans should draw air away from persons.

Payments: Avoid cash transactions and promote online payments and booking of time-slots, classes etc.

Limitations on Facilities:

The following should remain closed:

- Hot tubs, saunas, steam rooms, and other or spa facilities. Tanning beds, or disinfect after each use.
- Water fountains (unless hands free bottle filling), common areas, break rooms, and other areas in which patrons or employees may congregate, unless 6 ft distancing can be achieved and supervised.
- Sweat absorbing equipment such as yoga or exercise-mats should not be communal. Customers should bring their own if required for their exercise.

Consider closing off showers, locker rooms, and lockers (access to restrooms should be provided). Clients come to facility in their gym or dance clothes and shower at home afterwards. **If showers are used, they should be disinfected after each use.**

If towels are provided, store in covered sanitized containers, clearly marked: clean and used. Use appropriate temperatures when laundering (hot wash, dry completely), staff use appropriate PPE.

Patrons:

Specific instructions should be made to customers before they enter the facility so they are aware of expectations and requirements and how to conduct themselves. It is highly likely that they will have to pre-book visits and that these are time-limited. Consider users sign a declaration that they have read and understood their obligations.

N.B. Recent Travellers: No gym attendance or enclosed group settings, or attendance at facilities where 6 feet distancing cannot be maintained, until negative day 8 COVID-19 test has been received.

Patron screening: Screen patrons for illness prior to entry (e.g. can be via form or checklist with contact details):

- Have you been in close contact with a confirmed case of COVID-19 or someone in quarantine?
- Are you experiencing a cough, shortness of breath, or sore throat
- Have you had a fever > 100.4 F in the last 48 hours?
- Have you had new loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?

Personal Protective Equipment (PPE):

- All patrons must ensure they maintain 6ft (2 metres) distance between themselves.
- Patrons must be aware that even with physical distancing, during exercise droplets containing COVID-19 may travel longer distances and a gym workout is a high risk activity.
- Masks may be removed during gym activities of high exertion.
- For lower intensity activities, patrons should wear a mask as long as it can be tolerated. If a patron is struggling to breathe, feeling faint or dizzy or experiencing chest pain or other discomfort they should remove the mask.
- Children younger than 2-years-old must not wear masks, and children between 2- years-old and 10-years-old use only for limited periods of time (Please refer to our Children Face Covering Flyer.

- Patrons must always wash their hands with soap and water for at least 20 seconds (or use alcohol/disinfectant sanitizers) on entering the building, at regular intervals and after using equipment, etc.
- To be respectful of all other people in the facility and to keep a 2m/6ft physical distance.
- To wear clean workout clothes and shoes (not from the outside).
- If it is necessary to cough or sneeze, to do this into a clean tissue which is safely discarded, or into their elbow.
- To follow facility guidance on disinfecting machines and equipment before and after use, and to consider using appropriate gloves on small equipment such as dumbbells.
- Personal towels should not be used to wipe equipment – instead provide adequate quantities of single-use paper towels or wipes which can be properly disposed.
- To bring pre-filled drinks/water bottles.

Limitations on Group Classes:

Group exercise classes should be conducted outdoors, limited, or canceled to the greatest extent possible.

In the event group exercise classes are held, such classes may only be held if they can be completed in accordance with:

- physical distancing recommendations with more than 6 feet (2 metres) of distance maintained between participants at all times;
- no shared equipment during the class;
- sufficiently adjusted class schedules to allow for deep cleaning between classes; and
- martial arts and other contact activities should be completed without any person-to-person contact). To the greatest extent possible, such classes should be held outdoors.

Limitations on group sizes should be adhered to (current max. is up to 75 persons).

Do not arrive more than 10 minutes prior to class, no socializing, extra-curricular activities. At child centric facilities, limit parents/guardians to one individual.

Note further:

Gyms, fitness centers, health clubs, and dance centers should also consult the Bermuda government COVID-19 Guidance at www.coronavirus.gov.bm, to determine other best practices.

Failure to adhere to these guidelines may result in appropriate enforcement measures.

References and further information/resources:

[Infection Prevention Course-mandatory](#)

Workplace Guidance, including Infection Prevention course (mandatory): <https://www.gov.bm/coronavirus-workplace>

Masks Guidance: <https://www.gov.bm/mask-guidance>

Children's Masks: https://www.gov.bm/sites/default/files/children_facemasks.pdf