

Reopening Guidance - Phase I for Gyms / Fitness Centers

SOCIAL DISTANCING

Missourians shall abide by the 6-foot distancing rule from other individuals. This does not apply to family members or individuals performing job duties that require contact with other people to perform their work duties.

Enhanced precautions should be taken when work duties require contact with people less than 6 feet apart.

GENERAL GUIDELINES

- Citizens who feel sick should stay home.
- Continue to practice good hygiene.
- Avoid socializing in groups that do not allow for appropriate physical distancing.
- When in public, maximize physical distancing from others.
- Minimize travel to the extent possible.

For Questions:
Laclede County Health
Department
417-532-2134

Gyms, Fitness Centers and other similar establishments are permitted to reopen, but are cautioned to implement adjustments to reduce the risk of contracting and/or spreading COVID-19 between employees and patrons. The following is recommended guidance for these establishments:

- Temperature screening of all employees at the beginning of each shift, along with assessment for COVID-19 symptoms, including those in the employee household.
- Employees and patrons are encouraged to wear masks.
- Establishment should follow the building occupancy code guidance as detailed in the Show-Me Strong Recovery Plan: Phase I.
- Require 6-foot social distancing between patrons (non-family). This should be monitored during all times the establishment is available to patrons.
- Do not allow congregating of groups (non-family).
- If classes are offered (e.g.: Zumba, Pound, Spin, Kick Boxing, etc.) consider the continuation of postponing to eliminate larger groups. If adequate space is available, require the 6-foot social distancing between patrons. Adjust offering times to control group size.
- Allow adequate time between classes (if offered) to ensure cleaning and sanitizing of all contact surfaces.
- Cleaning and sanitizing of all equipment (machines, weights, all items made available to patrons) after each patron use.
- Employees must perform hand hygiene (hand washing or hand sanitizer) between interactions of each patron.
- Require hand washing of patrons upon entering establishment.
- Cleaning and sanitizing of all tables, chairs, door handles, floors, restrooms, and any other high-touch surfaces must be performed multiple times throughout each workday. Ensure proper concentration and contact time of sanitizer.
- If applicable, encourage contactless and/or non-signature of check-in and/or payments. If not possible, check-in and payment stations must be sanitized between each client use.

Establishments are encouraged to post your guidelines on your websites, Facebook pages, and in media advertising so your patrons will know what is expected upon arrival.

ENFORCEMENT & EFFECTIVE DATES

The state is working with local health authorities to support the order. Local health authorities and law enforcement maintain the same jurisdiction and authority they have always had. This order is in effect beginning 12:01 AM, Monday, May 4, 2020 until 11:59 PM, Sunday, May 31, 2020.

