



INTERIM GUIDANCE FOR PARKS & REC, GYMS & OTHER FITNESS CENTERS

This document summarizes CUPHD's recommendations for parks and recreation, gyms, and other fitness centers. This guidance will be reviewed and updated by CUPHD on May 31st, 2020.

Updated guidance for social/physical distancing: If gatherings are necessary, limit the number of people to 10.

How Can You Prevent the Spread of Coronavirus?

- There is currently no vaccine for COVID-19. Both the WHO and CDC recommend taking common precautions to prevent respiratory illness, including:
 - Regular hand washing with soap (for at least 20 seconds) or alcohol-based solution (at least 60% alcohol),
 - Covering coughing or sneezing with a tissue or elbow (not your hand),
 - Avoiding touching of eyes, nose, or mouth with unwashed hands,
 - Limiting contact with people who are sick, and staying home if you are sick.

The CDC also recommends cleaning and disinfecting frequently touched objects. Health authorities do not recommend wearing masks at this time, unless you are a healthcare provider, infected with COVID-19, or caring for an infected person.

What Should Your Club Do Now?

- Increase cleaning of shared workstations, computers, or phones
- Encouraging employees to stay home if they are sick, and enabling remote work wherever possible
- Social Distancing
 - Maintain a distance of at least 6 feet between clients
 - Limit groups to no more than 10 per room
- Designate an area for isolation for ill staff until they can go home
- Restrict all non-essential work-related travel
- Restrict all external meetings to conference calls

Protecting Members and Staff

Some clubs have begun enhancing their cleaning procedures during this outbreak. Whether your club decides to do this or not, consider communicating your current cleaning policies with members.

Most of your members spend a fraction of their week in your club, and likely don't know the full breadth of what you do every day to keep your club in top shape and protect them from germs. Communicating these procedures can help reassure members.

Another way to both keep members safe and reassure them is to post signage featuring measures they can take to prevent illness. Reminders can include regular hand washing, wiping down equipment before and/or after use, covering coughs and sneezes, and avoiding touching eyes, nose, or mouth with unwashed hands.

CDC and WHO both recommend staying home while sick to prevent the spread of illness. This can mean staying home when you are only mildly ill and might otherwise decide to power through a workout. Some clubs and studios have begun waiving cancellation fees for people who miss a class due to illness. Clubs can also consider providing options for people to stay active while they are at home, such as providing programming for workouts you can do at home, offering personal training via video chat, or providing access to virtual classes.



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