



THE UNITED STATES VIRGIN ISLANDS
OFFICE OF THE GOVERNOR
GOVERNMENT HOUSE
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Coronavirus (COVID-19) Guidance For Gym and Fitness Center Re-opening

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The Government of the US Virgin Islands (the Government) takes seriously its mission to protect the lives and health of residents and visitors in the COVID-19 Pandemic Emergency. We recognize that use of gyms and other places for physical fitness are a very important part of the lives of many, but the life and safety of fellow users are at stake. The only way we can contain and mitigate the impact of COVID19 is by aggressive social distancing. Please note that the virus can be spread by individuals who show no symptoms and do not know that they are infected. To that end, the Government has developed guidance that may appear drastic in certain instances, but has been developed and deployed to avoid transmission of a virus that has no cure and to achieve the goal of protecting everyone's health and life. THIS IS A SERIOUS PUBLIC HEALTH MATTER.

Employee Health Measures and Screening:

- Workers who seek medical attention or exhibit signs of illness should not report to work. **The U.S. Food and Drug Administration Food Code and Department of Public Health requires workers who are sick to remain at home.**
- Screen all employees reporting to work for Coronavirus Disease (COVID-19) symptoms using the questionnaire attached as Attachment A; should be printed out and completed weekly by each employee and retained by Management.
- Temperature screening of employees:
 - Employers check temperatures onsite with a no-touch thermometer each day upon employee arrival at work. Temperature must be taken before entry.
 - Normal temperature should not exceed 100.3°F degrees Fahrenheit
 - Employees with a temperature below 100.4°F **AND** who answer “**no**” to all questions, can begin their shift.
 - Employees with a temperature higher than 100.3°F **OR** who answered “**yes**” to any question should be sent home by their manager and advised not to return to work until cleared by a medical professional.
 - Employees who refuse to have their temperature checked or to answer any of the questions should be sent home.
 - Employers must provide training on personal protective equipment [PPEs] based on CDC guidelines.

All Employees must wear a facial covering at all times while interacting with patrons or other persons in the facility.

Sanitization Measures Relating to Customer Service

- Use the list on the Virgin Islands Department of Health's website to identify if a disinfectant has been reviewed and confirmed to be effective against SARS-CoV-2.
- **Cleaning** removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- **Disinfecting** kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.
- **Sanitizing** lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.
- Disinfectants for patrons should be conveniently located. Patrons should be required to wipe down the equipment before and after use. Discontinue use of re-usable towels and cloths.

Social Distance Measures

- Space equipment at least six feet apart, with greater distancing for treadmills and other high-exertion aerobic fitness equipment.
- Physical barriers can be helpful to create distancing or segregate exercise areas, but are not required.
- Limit the number of members in the facility at one time. No more than 50% of facility capacity.
- Only allow group fitness classes if classes can be completed in accordance with social distancing recommendations (including but not limited to **less than 50% capacity and with at least 6 feet of distance** maintained between participants at all times. There can be no person-to-person physical contact.
- Only those members that are exercising should be inside the facility.
- Members should not wait in reception areas.
- Members should use a self check-in procedure, or place a barrier or partition between front desk staff and members arriving to check in.
- Develop online signup systems (e.g., first-come, first-served) with set-duration (e.g., one hour) workout periods to decrease the need for front desk interactions while in the gym.
- If a prepay system is not feasible, consider using a plexiglass partition between cashiers and members.
- Create specific hours for older adults with admittance by reservation only, if any members are of the At-Risk age group.

- Consider offering planned circuit type workouts that facilitate distancing and allow for wiping/disinfection of equipment during recovery between exercises.
- Saunas and steam baths should be closed at this time.
- Staff should monitor physical distancing requirements in large whirlpools or swimming pools in outdoor or well-ventilated spaces and limit the number of members based on the size of the pool.

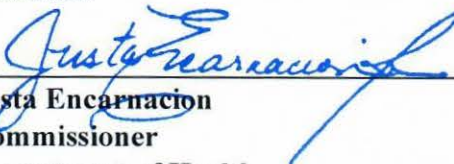
Consumer Protection

- Place signs at entrances to notify patrons that they cannot enter if they have symptoms of SARS-CoV-2 (the virus that causes COVID-19).
- **Screen patrons for illness** upon entry to the gym:
 - Best practice: Temperature checks for every customer. Persons with temperatures above 100.3 degrees Fahrenheit should not be permitted on premises
 - In addition: Question customers regarding COVID-19 symptoms
 - Have you been in close contact with a confirmed case of COVID-19?
 - Are you experiencing a cough, shortness of breath, or sore throat?
 - Have you had a fever in the last 48 hours?
- **Keep doors and windows open** where possible to improve ventilation.
- Post signs encouraging social distancing (visible to customers).
- Provide hand sanitizer stations or handwashing stations for patrons and require their use before, in-between workout stations, and upon completion of work out.
- Require that customers wash or sanitize their hands upon entering and leaving the facility.
- Require customers to clean and disinfect equipment before and after each use. Employers should monitor this and disinfect equipment if customers do not.
- Consider limiting workout length to avoid unnecessary exposure, decrease congestion, and allow for additional sanitization.
- Close showers and locker rooms until further notice. Ask customers to instead use small gym bags to store personal belongings.
- Facial coverings should be worn upon entry and when not exercising but more importantly social distancing is required.

APPROVED BY:



Albert Bryan Jr.
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ATTACHMENT A

COVID-19 Screening Questions:

1. Have you been in close contact in the past 14 days with a confirmed case of COVID-19?
2. Have you been diagnosed with COVID-19?
3. Have you been told by a health care provider or public health official to self-quarantine?
4. Are you experiencing a cough, shortness of breath/difficulty breathing, chills, muscle pain, new loss of taste or smell, or sore throat?
5. Have you had a fever in the last 48 hours?
6. Have you had vomiting or diarrhea in the last 24 hours?