



Guidance for Gyms & Fitness Centers During Utah's Moderate Risk Phases*

Updated April 30, 2020

Effective May 1, 2020

(including indoor recreation centers, yoga studios, dance, tumbling, indoor soccer, etc.)

Recommended closure of fitness centers and gyms; if open, fitness centers and gyms should follow strict distancing and cleaning guidance.

- Follow all employer guidelines outlined in the General Business Guidelines
- Employees must go through symptom checking before each shift, including temperature. A log must be kept and made available for inspection by the Local Health Department
- Screen patrons upon entering facility with a questionnaire asking about symptoms, travel, and any sicknesses in the home
- Employees must wear face coverings; patrons are encouraged to wear face coverings whenever possible
- Patrons of different households must maintain 10 feet of distance at all times (limit number of patrons, space or close off equipment accordingly)
- No team or group activities
- Staff must disinfect all equipment after each use
- No sign-in sheets, touchpads, or touch surfaces required for entry
- High-risk individuals discouraged from using facilities at this time
- Follow Pool Guidelines

**Adapted from Utah's Phased Guidelines for the General Public and Businesses to Maximize Public Health and Economic Reactivation*

<https://coronavirus-download.utah.gov/Health/Phased%20Health%20Guidelines%20V4.0.pdf>