

BE SAFE ★
CHICAGO ★



Be Safe.
Health and Fitness

Cautiously reopening Chicago requires:

Healthy interactions

Social distancing



Limitations on physical distance to other individuals

Gathering size



Limitations on gatherings of individuals

Protective gear



Use of protective gear by individuals

Hygiene requirements



Ensuring hygienic interactions (e.g., hand washing)

Safe spaces and conditions

Entry access



Entry/exit condition for access to space

Cleaning standards



Actions taken to disinfect space

Visual guidance



Hygiene resources and guidance posted in space

Workplace conditions



Evaluation of foot traffic, ventilation, etc.

Operational resilience and monitoring

Flexible models



Flexibility with sick leave, remote work (when possible)

Operational resiliency



Support for operational flexibility (e.g., multiple shifts)

Travel guidelines



Restriction of movement of people between locations

Testing / tracking



Facilitation of testing and tracking



Provide adequate space for physical distancing (>6ft)

- Ensure 6 ft distancing between all individuals, including during 1:1 training
- Provide adequate space outdoors for cardio and class exercises to ensure proper 6ft social distancing



Allow indoor 1:1 training, and outdoor class to no more than 10 individuals

- Restrict indoor use to 1:1 training (with employee from the establishment), with total indoor usage limited to 25% capacity
- Close ancillary accommodations (e.g., locker rooms, saunas and steam rooms, childcare, and lounges) to prevent gatherings
- Restrict outdoor fitness classes to no more than 10 individuals, while ensuring proper social distancing



Ensure protective gear worn by employees and customers

- In any outdoor and indoor common spaces, face coverings must be worn over nose and mouth (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
- During physical activity, face coverings must be worn by all participants and trainers



Ensure regular sanitization of hands and high-touch areas

- Provide sanitization products for customer use (e.g., soap and water, hand sanitizer)
- Decommission water fountains, unless used to fill up water bottle
- Encourage employees to complete health and safety training related to COVID-19 when returning to work
- Require employees to wash hands before and after every 1:1 training or other close contact with individuals



Entry Access

Establish employee health screening protocol

- Prior to leaving home, all individuals encouraged to self-identify symptoms and stay at home if symptomatic
- Prior to entering establishment, employees self-screen to ensure no symptoms of COVID-19 (e.g., questionnaire – see appendix)
- Employees should not report to, or be allowed to remain at, work if exhibiting symptoms or reporting they feel ill
- Ensure participants come to facility dressed in exercise clothes due to closure of locker rooms



Cleaning standards

Establish daily cleaning standards for spaces and high-touch items

- Provide convenient and available disinfecting supplies for equipment sanitation
- Require patrons to self-sanitize used equipment whenever possible (with provided wipes)
- Discourage shared instructor equipment (e.g., microphones, stereos, weights, yoga mats, etc.), and encourage staff to bring own equipment wherever possible
- Clean and disinfect all shared equipment (participant or instructor) after each use
- Conduct nightly deep cleaning, in addition to frequent daily cleaning (with emphasis on high touch points)



Visual guidance

Provide visual guidance on hygiene standards and entry requirements

- Post comprehensive health, hygiene, and physical distancing signage throughout facilities (e.g., signage from CDC guidelines)
- Post guidelines and criteria for customers to enter for 1:1 training (e.g., face covering protocols, closures of amenities)
- Provide social distancing guidance in outdoor classes (e.g., grass/pavement markings or tape)
- Encourage vulnerable populations to avoid situations requiring close physical contact with others



Workplace

Modify workplace conditions to minimize contact interactions and improve airflow

- Rearrange or decommission indoor cardio equipment to allow 6 ft distancing for 1:1 training
- Restrict sports to non-contact only with 1:1 trainer (e.g., tennis, swimming)
- If practical, increase airflow of indoor spaces (e.g., windows, ventilations) according to [CDC guidelines](#)



Flexible models



Operation resiliency



Travel guidelines

Limit in-person work where possible

- Minimize in person interactions (e.g., consider utilizing online trainings / virtual staff meetings)
- Require sick employees to stay home

Limit interaction between individuals

- Minimize client overlap (e.g., one client per employee, with no scheduled overlap in clients)
- Train employees on proper protocols to follow social distancing and hygiene requirements
- Promote A/B shifts for workers where possible, and limit overlap of class offerings

Limited travel for business

- If applicable, limit staff travel across multiple locations



Testing/
Tracking

Follow CDPH and CDC guidance for testing and tracing protocols

- If employee does contract COVID-19, they must follow all CDC guidelines before returning to work
- If an employee is identified as being COVID-19 positive by testing, cleaning and disinfecting must be performed according to CDC guidelines
- Any employee who has had close contact with co-worker or any other person who is diagnosed with COVID-19 should self quarantine according to CDC guidelines
- If a facility becomes aware of 2 or more cases possibly associated with an establishment over a 14 day period, employers are required to report cases to CDPH
- Follow all other CDPH guidance set forth and comply with CDPH recommendations in response to a workplace outbreak



Glossary

Gathering: A planned or spontaneous event where individuals are interacting with non-household members within close proximity (<6 ft) for an extended period of time

Handwashing: The act of thoroughly cleaning one's hands with soap and water for at least 20 seconds or using a disinfectant capable of eliminating the virus that causes COVID-19

Social distancing: The physical spacing of at least six feet between individuals, or groups of individuals.

PPE: Personal protective equipment (e.g., face coverings, goggles, face shields); requirements vary based on industry and specific circumstances

Self-screening: A protocol by which an employee answers questions at the start of a shift. Subject to the guidance of the Commissioner of Health, the questions may include:

- Have you had a body temperature over 100 degrees Fahrenheit or have you used a fever reducer in the previous 24 hours to treat a body temperature over 100 degrees Fahrenheit?
- Do you have a new cough that you cannot attribute to another health condition?
- Do you have a new or worsening sore throat that you cannot attribute to another health condition?
- Do you have new shortness of breath that you cannot attribute to another health condition?
- Have you recently developed a complete loss of smell or taste?

Self-screening sample questionnaire



General workplace guidance

National resources for further guidance

CDC – *Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again:*

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/CDC-Activities-Initiatives-for-COVID-19-Response.pdf>

CDC – *Guidance for Businesses and Workplaces*

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>

OSHA *Guidance on Preparing Workplaces for COVID-19:*

<https://www.osha.gov/Publications/OSHA3990.pdf>

CDC– *Guidance for Athletic Facilities*

<https://www.cdc.gov/mrsa/community/environment/athletic-facilities.html>

IHRSA – *Prevention and Best Practices for Your Gym*

<https://www.ihrsa.org/improve-your-club/coronavirus-prevention-best-practices-for-your-gym/>

Health and fitness guidance

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