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Health & Fitness

CHICAGO

Effective January 23, 2021

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What's in this guide?

Gradually Resume (Phase IV)

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

- Recommended guidance -

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Illustrative example

Gradually Resume (Phase IV)

What may be different?

1. **Indoor use restricted**[1]
2. Facilities and equipment **frequently disinfected** by employees
3. All individuals required to wear **face coverings** at all times
4. **Sanitization products** available for employee and client use
5. **Fitness class size restricted both indoors and outdoors**[1]

- Recommended guidance -

1. CLICK HERE to view more specific Health & Fitness Phase IV capacity restrictions

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Healthy interactions

Gradually Resume (Phase IV)

Provide adequate space for physical distancing (>6ft)

- Ensure 6 ft distancing between all individuals in all areas of the gym / health club
- Provide 6 ft distancing between equipment; 3 ft distancing allowed if impermeable physical barriers are used
- Provide adequate space outdoors for cardio and class exercises to ensure proper 6 ft social distancing

Indoor capacity and gathering sizes

- **CLICK HERE to view more specific Health & Fitness Phase IV capacity restrictions**
- Limit indoor capacity, including gatherings of employees and customers (e.g., in locker rooms, check-in areas), and indoor and outdoor fitness classes
- Locker rooms, shower facilities and other ancillary accommodations such as saunas and steam rooms should adhere to the most up to date recommendations of the City
- Ancillary accommodations like food service, childcare, retail, etc. can reopen according to relevant industry guidelines

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Healthy interactions

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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 indoor physical activity, face coverings must be worn by all participants and trainers
- For outdoor physical activity / classes, face coverings may be removed, as long as individuals are practicing social distancing

Ensure regular sanitization of hands and high-touch areas

- Provide sanitization products for customer use (e.g., soap and water, hand sanitizer)
- Encourage individuals to use reusable water bottles, and provide disposable cups near drinking fountains, where possible; encourage guests and staff to clean hands after touching surfaces
- Encourage employees to complete health and safety training related to COVID-19 when returning to work
- Require employees to wash hands before and after close contact with individuals (e.g., during 1:1 training, group exercise classes)

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Safe spaces and working conditions

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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

Establish daily cleaning standards for spaces and high-touch items

- Provide convenient and available disinfecting supplies for equipment sanitation
- Require patrons to sanitize used equipment (with provided wipes) after each use, or dedicate employee(s) to clean equipment after each use
- 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)

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Safe spaces and working conditions

Gradually Resume (Phase IV)

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 (e.g., face covering protocols, closures of any 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

Modify workplace conditions to minimize contact interactions and improve airflow

- Rearrange or decommission indoor cardio equipment to allow 6 ft distancing, or 3 ft distancing if impermeable barrier between equipment
- Allow indoor private pools to reopen at 25%, and outdoor private pools to reopen at 50% capacity; PPE not required while individuals are in the pool if practicing social distancing. Individuals should not congregate while in pools.
- If practical, increase airflow of indoor spaces (e.g., windows, ventilations) according to CDC guidelines

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Operations and monitoring

Gradually Resume (Phase IV)

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

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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 a 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 group of individuals outside a single household who are part of a spontaneous or planned event convening for more than ten minutes

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 sample questionnaire

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?

National resources for further guidance

General workplace 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

Health and fitness guidance

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/

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