

Reopening Tips for Medical Fitness Facilities



For more see https://bit.ly/COVID19_Reopening



Requirements to initiate re-opening, including national, state, local and organizational criteria, as well as the timelines of phases, to coincide with those criteria.



Communication strategy.

- Notifications to staff, members and the community, before and during the re-opening, via channels such as email, social media, websites and text SMS messages.
- Additional signage, including requirements for entry screening, mask wearing, distancing and equipment cleaning.



Cleaning plans, including additional/new cleaning stations, supplies and procedures. Extra staffing should be considered to ensure all equipment and surfaces are being disinfected at frequent intervals.



Process to be followed should a COVID-19 exposure occur within the facility.



Employee considerations, such as education on COVID-19, use of PPE (masks, gloves), environmental changes (plexiglass barriers, removing items that are not cleanable), distancing rules at workstations and for member appointments, work from home and virtual meetings.



Membership and billing. Consider allowing a way for members to freeze their account, suspending new memberships and guest passes initially to focus on existing members and expanded financial assistance options.



Programs and services that should be considered for temporary closure during the initial phases of re-opening:

- Programs for children, including childcare, kids' camps where small groups and social distancing are not possible and swimming lessons.
- Clinical fitness programs and services for conditions such as cardiac, Parkinson's, prenatal, cancer and other high-risk populations.
- Sports that involve close proximity and contact, such as basketball and racquetball.



Capacity and distancing monitoring.

Although the minimum of six-foot distancing would be 36 square feet per member, many facilities are taking the distancing even further, up to 225 square feet per member, to account for increased respiration and movement while exercising.

- Specific rooms and areas that can create the greatest challenges to distancing include steam rooms, saunas, hot tubs, locker rooms and group exercise class studios, all of which should be considered for temporary closure during the initial phases of re-opening.
- Reservation systems for classes and programs should be used when possible to control capacity.



Virtual options should be incorporated for programs such as group exercise, personal training, nutritional counseling and health education.

