BACK TO WORK SAFELY™ FOR GYM AND WORKOUT FACILITIES

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AIHA BACK TO WORK SAFELY™ GUIDANCE DOCUMENTS

WE WANT AMERICA TO GET

BACK TO WORK SAFELY™

This site features expert, industry-specific guidance for both businesses and consumers to safely re-open and re-engage as they emerge from the COVID-19 quarantines.

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Reopening: Guidance for Gyms and Workout Facilities

Guidance Document

aiha.org

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REOPENING

- Conduct a Hazard Assessment in Your Facility
  - How much space is available
  - What controls can be implemented effectively
  - Determine available resources

- Train Employees and Communicate to Members

- Ease Back into Operation
  - “Soft” or phased opening

- Follow Local & State Requirements
Hierarchy of Controls

- **Elimination**
  - Physically remove the hazard
- **Substitution**
  - Replace the hazard
- **Engineering Controls**
  - Isolate people from the hazard
- **Administrative Controls**
  - Change the way people work
- **PPE**
  - Protect the worker with Personal Protective Equipment

Most effective

Least effective
Minimize the Potential for the Virus to Enter the Facility

- Prescreen Members
- Require Employees and Members to Stay Home if not Feeling Well
- Post Signs at Entrance
- Consider Temperature Checks
Engineering steps to minimize the spread of the Virus

- Distance Equipment
- Limit Number of Members in Gym
- Install Physical Partitions
- Increased Ventilation / Fresh Air
- Increase HVAC Filter Efficiency
Administrative Considerations to Minimize the Spread of the Virus

- Clearly Communicate Requirements
  - Consider a Reopening Guide
- Consider Staffing and Scheduling
- Post Signs
- Enhanced Cleaning & Disinfection
- Training for Employees
- Resources to Evaluate Effectiveness of Controls
PPE Considerations

- Wear Face Coverings
- Consider Face Shields or Goggles
- Wear Disposable Gloves
RESOURCES

- **AIHA Back to Work Safely**
- **EPA List of Disinfectants**
- **CDC List of Disinfectants**
- **ASHRAE**

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