



SUGGESTED GUIDELINES FOR GYMS, FITNESS CENTERS, AND SIMILAR FACILITIES

EMPLOYERS

- Open by appointment only
- Ensure 6 feet between employees and clients
- Train employees on importance of hygiene and sanitation
- Develop a protocol to screen employees upon entry or before they arrive at the facility
- Require symptomatic employees to stay home and recommend they be tested
- Advise clients to stay home if they are ill
- Require face coverings for employees (e.g. masks, scarfs, surgical masks)
- Ensure guests clean high-touch items, equipment, and areas after each use (e.g. treadmills, weights, yoga mats)
- Group employees by shift to reduce exposure to others
- One machine should be empty between guests when possible
- Provide sanitizing supplies near all equipment and exercising areas (e.g. treadmills, bikes, weights, yoga rooms)
- Administer quick verbal health check at gym or facility entry
- Implement no-touch payments or check-ins, if possible
- Water fountains should be closed. Guests should be asked to bring or buy their own drinks
- Disinfect high-contact surfaces regularly
- Place signage stating the requirement of guests to thoroughly clean equipment after each use, to socially distance, and to not return when they are sick
- Schedule regular deep cleaning
- Maximize spacing at check-in and check-out

A number of associations and businesses have provided the state with guidance for their members and associates. These may be found at www.in.gov/backontrack/industryguidelines.htm.

AIHA guidance for gyms and workout facilities reopening:

aiha-assets.sfo2.digitaloceanspaces.com/AIHA/resources/Guidance-Documents/Reopening-Guidance-for-Gyms-and-Workout-Facilities_GuidanceDocument.pdf