Gyms and exercise facilities and classes may operate up to 50% of the total listed occupancy of the gym or exercise facility. Employees and contractors of the gym or exercise facility are not counted towards the occupancy limitation. The following are the minimum recommended health protocols for all gyms and exercise facilities and classes, whether indoor, outdoor, individual, or group, choosing to operate in Texas. Gyms and exercise facilities and classes may adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all employees, contractors, and customers.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Please note, public health guidance cannot anticipate every unique situation. Gym and exercise facilities and classes should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization. Gyms and exercise facilities and classes should also be mindful of federal and state employment and disability laws, workplace safety standards, and accessibility standards to address the needs of both workers and customers.

Health protocols for your employees and contractors:

- Train all employees and contractors on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.

- Screen employees and contractors before coming into the gym or exercise facility or class:

  - Send home any employee or contractor who has any of the following new or worsening signs or symptoms of possible COVID-19:
    - Cough
    - Shortness of breath or difficulty breathing
    - Chills
    - Repeated shaking with chills
    - Muscle pain
    - Headache
    - Sore throat
    - Loss of taste or smell
    - Diarrhea
    - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
    - Known close contact with a person who is lab confirmed to have COVID-19

- Do not allow employees or contractors with new or worsening signs or symptoms listed above to return to work until:
  - In the case of an employee or contractor who was diagnosed with COVID-19, the individual may return to work when all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or
In the case of an employee or contractor who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to work until the individual has completed the same three-step criteria listed above; or

- If the employee or contractor has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional’s note clearing the individual for return based on an alternative diagnosis.

- Do not allow an employee or contractor with known close contact to a person who is lab-confirmed to have COVID-19 to return to work until the end of the 14 day self-quarantine period from the last date of exposure (with an exception granted for healthcare workers and critical infrastructure workers).

- Have employees and contractors wash or sanitize their hands upon entering the gym or exercise facility.

- Have employees and contractors maintain at least 6 feet of separation from other individuals. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.

- If a gym or exercise facility or class provides a meal for employees and/or contractors, the gym or exercise facility is recommended to have the meal individually packed for each individual.

- Consistent with the actions taken by many employers across the state, consider having all employees and contractors wear cloth face coverings (over the nose and mouth). If available, employees should consider wearing non-medical grade face masks.

**Health protocols for your facilities:**

- Space workout equipment to provide for at least 6 feet of separation between patrons.

- Regularly and frequently clean and disinfect any regularly touched surfaces, such as doorknobs, tables, chairs, restrooms, and shower and locker room facilities. Ensure spacing in showers and locker room facilities by, for example, closing off certain lockers and/or showers.

- Disinfect any items that come into contact with customers.

- **Provide equipment cleaning products throughout the gym or exercise facility or class for use on equipment, including dead weights.**

- Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available to employees, contractors, and customers.

- Consider placing readily visible signage at the gym or exercise facility or class to remind everyone of best hygiene practices.

- For facilities with more than 10 employees and/or contractors present at one time, consider having an individual wholly or partially dedicated to ensuring the health protocols adopted by the facility are being successfully implemented and followed.
Additional Recommendations and Best Practices for Gyms and Exercise Facilities

The following are best practices and recommendations identified by local business representatives. While these are not mandatory, they are encouraged to protect employees, customers, and instill confidence as the local economy is safely restarted.

- Establishments should consider prominently displaying signs at all customer entrances with the following information:
  - Instructions to follow social distancing guidelines.
  - Request that customers not enter if they are sick or have any COVID-19 symptoms, or if they have been exposed to anyone who has been sick or shows symptoms of COVID-19.

- Each business should consider designating a responsible individual to ensure compliance for all policies and best practices for the business related to COVID-19. This individual would be prepared to answer questions and deal with customer concerns related to their business response of COVID-19.

- Businesses should consider using an employee health monitoring log to document employee health screening prior to work each day (e.g. Operation Restart resources).

- Promote hand washing and hand sanitizing upon entry of the building and throughout the day.

- When possible, establish practices that promote flexible worksites (e.g. telecommuting) and flexible work hours (e.g. staggered shifts) to support social distancing guidelines.

- Coordinate outside contractors or vendors contact points (such as deliveries) to one isolated place when possible. When possible, designate one entry point and one separate exit point.

- Provide one-time use supplies, such as pens for signing documents that a signer may keep or discard.

- Recommended additional signage throughout establishment to re-enforce social distancing.

- Indoor and outdoor waiting areas should be clearly marked, so that social distancing guidelines are met.

- Promote tele-medicine options for employees to use, when available.

- Utilize outside meeting areas, promote social distancing in all break rooms and bathrooms.

- Issue travel advisory warning to employees, and limit business travel when applicable.

- Offer translation for all guidelines and best practices for all non-English speaking employees.

- Discourage the use of public water fountains or ice machines.

- Highly discourage the use of showers.

- Personal belongings should always remain with customers, preferably in a bag or backpack.