

WORKPLACE GUIDELINES

FITNESS & RECREATION CENTERS



In addition to reviewing the [Workplace Guidelines General Industry Fact Sheet](#), employers should continue to review U.S. Centers for Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA) websites, to ensure their workplace policies and procedures are based on the most up-to-date information available.

Specific reopening requirements for gymnasiums, fitness centers, recreation centers, sports facilities, exercise facilities, exercise studios, bowling alleys, roller rinks, ice rinks and like facilities:

✔ Workplace Controls

- Post signs outside of entrance(s) informing individuals not to enter if they are or have recently been sick.
- Maintain accurate records, including date and time of entry and exit, names of patrons and contact information, to aid with contact tracing; and deny entry to any visitor who does not provide at a minimum their name and phone number.
- Use best efforts to provide opportunities for patrons to exercise outdoors.
- Configure workout stations or implement protocols to enable six feet of distance between individuals during exercise sessions.
- Limit capacity in the facility to 25% of the total occupancy limits.
- Mandate wearing of facial coverings at all time except when swimming.

✔ Pools

- Outdoor pools: Limit capacity to 50% of the bather capacity limits
- Indoors pools: Limit capacity to 25% of the bather capacity limits
- Limit capacity on the pool deck to ensure that persons not part of the same household maintain six feet of distance from one another.

✔ Sanitizing and Cleaning

- Regularly disinfect exercise equipment, including immediately after use. If patrons are expected to disinfect, post signs encouraging patrons to disinfect equipment.

- Regularly clean and disinfect public areas, locker rooms and restrooms.
- Make hand sanitizer, disinfecting wipes, soap and water or similar disinfectant readily available.
- Provide equipment cleaning products throughout the gym or exercise facility for use on equipment.

✔ Ventilation

- Ensure that ventilation systems operate properly.
- Increase introduction and circulation of outdoor air as much as possible by opening windows and doors, using fans or other methods.

✔ Closures

- Close steam rooms and saunas, jacuzzis and cold plunge pools.

✔ Contact MIOSHA

Michigan Occupational Safety and Health Administration (MIOSHA)
530 W. Allegan Street
P.O. Box 30643
Lansing, Michigan 48909-8143

If you need further information, call **855-SAFEC19 (855-723-3219)**. To request consultation, education and training services, call **517-284-7720** or visit our website at Michigan.gov/MIOSHA.

For more information visit OSHA.gov/Coronavirus or call **800-321-OSHA (6742)** or visit the U.S. Centers for Disease Control at CDC.gov/coronavirus.