



## PHASE 3 OPERATING REQUIREMENTS

### Fitness and Gyms

**Sectors:** Outdoor Fitness, Boutique Fitness Clubs (Yoga, Pilates etc.), Gyms, Swimming Pools, Organized or Team Sports

**Description:** Activities and businesses that typically attract groups, may require individuals to project their voices and/or cause elevated respiration.

## BEST PRACTICES FOR BUSINESS

### Alternate Registration and Transaction

- Implement and encourage cashless and receipt-less transactions.
- Reservations encouraged. Walk-ins are permitted.
  - A visitor log is not required but is useful for COVID-19 contact tracing by public health professionals if needed.
  - A visitor log should contain sufficient information for public health professionals to contact an individual in COVID19 cases and should be available for 30 days.

### Support and Promote Personal Mitigation Strategies

- Participants and staff should wear cloth face coverings at all times, including while working out, if practicable and safe for the individual.
  - Face covering should not be worn in the water.
- High-risk population encouraged to stay home. Consider having reserved hours of operations limited to high-risk populations.
- For class or group settings (whether indoor or outdoor), the facility should provide clear markings to indicate where each person should stand or sit to maintain the prescribed physical distance for that activity.
- The facility should fully clean and disinfect any equipment prior to the activity, between each participant's use of the equipment, and after the activity.
  - Equipment should not be shared between patrons at the same time (must be fully disinfected prior to the next participant's use).
- Participants should be strongly encouraged to bring their own personal equipment, including, but not limited to, yoga mats and props, ball gloves/bats, etc.
- Ensure that ventilation system is operating properly and if possible, increase circulation of outdoor air.
- Business should have a designated employee on-site responsible for monitoring and following all sanitation protocols.

## SAFETY MEASURES\*

\* Individual businesses may choose to be more restrictive.

### GENERAL

- Employees and customers strongly encouraged to continue practicing 6-foot physical distancing protocols.
  - Physical distancing notification prominently posted and viewable to the public.
- Hand sanitizer or hand washing publicly available for customers.
- Frequent hand washing by employees, and adequate supply of soap, disinfectant, hand sanitizer, and paper towels available onsite.
  - Staff to follow Centers for Disease Control (CDC) [guidance](#) for COVID-19 hand hygiene.
- Develop COVID-19 Mitigation Plan that contains, at a minimum, the Operating Requirements in this document and other protocols to minimize direct contact between employees and customers, increase physical distancing, and protect staff and the public.
  - The COVID-19 Mitigation Plan must be kept on the business premises that includes written safety, sanitization, and physical distancing protocols (specific to COVID-19.)
  - Businesses should utilize the [Centers for Disease Control guidance for Sports](#) to the maximum extent possible.
- Businesses and events with Dine-In facilities or Retail services such a gift store, pro-shop, or convenience store must meet the requirements of Attachment A in Emergency Order 10.

### CAPACITY

- Businesses and facilities, for both indoor and outdoor events, may operate at a capacity that maintains physical distancing of 6-feet for customers and staff.
- Large events of over 500 people are not permitted without advanced permission from the Municipality.

### OPERATIONS

- Businesses must post entryway signage stating that any customer who has [symptoms of COVID-19](#) must not enter the premises and notifying the public of the COVID-19 Mitigation Plan for the business.
- Restrooms may be open but must be cleaned and disinfected regularly.
- Locker rooms may be open, but cleaning and sanitization protocols must be adequately addressed in the COVID-19 Mitigation Plan or be closed.
  - Swimmers must follow appropriate pre-swim shower protocols before entering the pool. Swimmers shall shower with warm water and soap and shall rinse off all soap before entering the pool.
- Ancillary accommodations such as Steam Rooms, Saunas, and Jacuzzis/Hot Tubs may open, provided physical distancing can be maintained.

## ATTACHMENT C

- Fully sanitize hard surfaces and common touch points, such as tables, chairs, screens, doorknobs, water fountains, restrooms, etc. at least daily or between use as much as possible.
- Weekly cleaning and disinfecting of the premises must be conducted in compliance with [CDC protocols](#). In lieu of performing the CDC cleaning and disinfecting, the facility may shut down for a period of at least 72 consecutive hours per week to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.

### STAFF

- Provide training for employees on COVID-19 and the COVID-19 Mitigation Plan for the business.
- Conduct pre-shift screening and maintain staff screening log.
  - Employer is to maintain staff screening log for 30 days.
  - No employee displaying [symptoms of COVID-19](#) will be permitted to be in the facility.
  - An employee who becomes sick while at work should be immediately sent home.
  - No person may work within 72 hours of exhibiting fever.
- Symptomatic or ill employees may not report to work.
- Employer must establish a plan for an Occurrence of COVID-19 in the workplace and include it in the COVID-19 Mitigation Plan. CDC guidance [here](#).

### IN THE EVENT OF OCCURRENCE

- When an active employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting must be performed as soon after the confirmation of a positive test as practical. In lieu of performing CDC cleaning and disinfecting, retail businesses may shut down for a period of at least 72 consecutive hours to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
- CDC protocols for Cleaning and Disinfection can be found [here](#).

### QUESTIONS?

- Email us with questions at: [COVID-19-business@anchorageak.gov](mailto:COVID-19-business@anchorageak.gov)