

**Anytime Fitness**

**175 S. Orchard Ave. Ukiah, CA 95482**

**COVID-19 Work Site Specific Protection Plan**

**OVERVIEW:**

As stay-at-home orders are modified, it is essential that all possible steps be taken to ensure the safety of workers and the public. Key prevention practices include: physical distancing to the maximum extent possible, use of face coverings by employees (where respiratory protection is not required) and fitness facility patrons, frequent handwashing and regular cleaning and disinfection, training employees on these and other elements of the COVID-19 prevention plan.

1. **Describe the type of signage you will have and locations:**
   1. 8X11 White Paper Flyer with Warning and advisements:
      1. See Attached: <https://www.mendocinocounty.org/business/business-resource-for-covid-19>
         1. [Business Tool Kit (all 3 signs)](https://www.mendocinocounty.org/home/showdocument?id=35690)
         2. [Facial Coverings Required Sign](https://www.mendocinocounty.org/home/showdocument?id=35694)
         3. [Do Not Enter If Sick Sign](https://www.mendocinocounty.org/home/showdocument?id=35692)
         4. [Social Distancing Required Sign](https://www.mendocinocounty.org/home/showdocument?id=35702)
         5. Posted at all entrances, exits and as available throughout the facility - 36 signs posted.
2. **Describe the PPE you will provide to your employees and Members:** All Members are required to bring and wear their own masks. Members are individually advised of all cleaning supplies in the facility and sign a memorandum of understanding for uses. Employees will be provided a branded cloth mask meeting CDC guidelines. They may wear this mask or any other mask meeting CDC guidelines. Hand sanitizer stations are provided throughout the facility. Spray bottles with bleach water solutions will be available to staff. Facility has two single occupant bathrooms with soap and paper towels.

1. **Describe your plans for training employees and temporary workers on the use of PPE;**
   1. Staff will be provided Information on COVID-19, how to prevent it from spreading, and which underlying health conditions may make individuals more susceptible to contracting the virus.
   2. Self-screening at home, including temperature and/or symptom checks using CDC guidelines.
   3. The importance of not coming to work if employees have a frequent cough, fever, difficulty breathing, chills, muscle pain, headache, sore throat, recent loss of taste or smell, or if they or someone they live with have been diagnosed with COVID-19.
   4. To seek medical attention if their symptoms become severe, including persistent pain or pressure in the chest, confusion, or bluish lips or face. Updates and further details are available on CDC’s webpage.
   5. The importance of frequent handwashing with soap and water, including scrubbing with soap for 20 seconds (or using hand sanitizer with at least 60% ethanol or 70% isopropanol when employees cannot get to a sink or handwashing station, per CDC guidelines).
   6. The importance of physical distancing, both at work and off work time (see Physical Distancing section below).
   7. Proper use of face coverings\*, including:
      1. Face coverings do not protect the wearer and are not personal protective equipment (PPE).
      2. Face coverings can help protect people near the wearer, but do not replace the need for physical distancing and frequent handwashing.
      3. Employees should wash or sanitize hands before and after using or adjusting face coverings.
      4. Avoid touching eyes, nose, and mouth. Safe Business Operations Protocol 05/19/2020 3
      5. Face coverings should be washed after each shift.
2. **Describe your plans for protecting your employees' health:** This is an exercise facility. Our mission is health. Masks, washing hand, and social distancing during contact with other is required. Employees are advised to take their temperature during the day. Employees required to stay home if they exhibit symptoms of COVID-19 or temperature goes over 100.5 degrees.
3. **Describe your plans for protecting the health of Members.:**  All Members are required to bring and wear their own masks. Members are individually advised of all cleaning supplies in the facility and sign a memorandum of understanding for uses. Members are advised to personally take their temperature. Members are advised to not enter the facility if feeling ill, have a fever, are coughing or have a temperature reading of 100. All equipment is sanitized after use and at a scheduled frequency throughout the day.
4. **Describe how you will prevent crowds gathering at your facility:** Entrance and exit door is electronic pass coded for members only. We know exactly who goes in and who goes out. During the day when door is open, we personally monitor who comes in and out. Anytime Fitness has a reservation app available to members to schedule their workouts and prevent any gathering of lines or crowds outside of the facility.
5. **Describe how you will enforce physical distancing at your facility:** Members are advised, flyers are posted, each member signs a memorandum of understanding. Administrated counseling, warnings and or denied access can happen to members not willfully following the rule.
6. **Describe the payment methods you will use (contactless is preferred**): Credit or Debit with machine at the facility or by telephone.
7. **Describe your methods for cleaning and disinfecting locker rooms and shower facilities and the types of cleaning products you will be using:** There one shower on site that will be closed for the duration of the Pandemic. Changing room and single bathrooms are cleaned with bleach and water solution 5 tablespoons per gallon of water once every hour during staffed hours.
8. **How will you maintain physical distancing in shower and locker rooms?** Not applicable. Single occupancy changing room has a locking door.
9. **Describe how you will ensure sanitary conditions in multi-stall restrooms: Not** applicable.
10. **If your facility has a snack area, describe the measures you will take to ensure the safety of Members and employees:** Not applicable
11. **If your facility has a retail area, describe the measures you will take to ensure the safety of Members and employees:**  Retail area will be removed during the duration of the Pandemic.
12. **Describe the measures you will take to clean swimming pools and surrounding areas**: Not applicable.



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**COVID-19 –Detailed Risk Assessment**

**Resources:**

[Environmental Cleaning & Disinfection Recommendations](https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html) (CDC)

[Coronavirus: Prevention & Best Practices for Your Gym](https://www.ihrsa.org/improve-your-club/coronavirus-prevention-best-practices-for-your-gym/) (IHRSA)

[Club Cleaning Checklist](https://resourcecenter.sebrands.com/af/cleaning-checklist-1705996.html) (Resource Center)

**Introduction:**

Ownership and staff have been educated on the symptoms and preventing the spread of COVID-19 in our gym. Main risks associated with our location are passing of the virus on common touch location throughout the gym and ensuring physical distancing guidelines. For this risk assessment the following definitions will be used:

       **Cleaning** refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

       **Disinfecting** refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after*cleaning, it can further lower the risk of spreading infection.

**Non- Porous Surfaces:**

There are non-porous surfaces throughout the gym presenting a hazard to employees and members if they are not cleaned and disinfected regularly. Staff will clean/wipe down non-porous surfaces every two hours using the following guidance:

* Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer’s instructions for cleaning and disinfection products used. [Clean hands](https://www.cdc.gov/handwashing/when-how-handwashing.html) immediately after gloves are removed.
* If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
* For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
  + Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer’s instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.  
      
    Prepare a bleach solution by mixing:
    - 5 tablespoons (1/3rd cup) bleach per gallon of water or
    - 4 teaspoons bleach per quart of water

**Towels**:

 We do not supply towel service to our membership. Members my bring a towel for their personal use during their workout. At no time are employees to contact, touch or move any members personal towels or items during the day. Employees are to ask the member to move or carry the items and minimize any contact with outside personal items. If employees are required to move or dispose of personal items left behind, they will wear a mask and gloves before touching/handing any items and wash hands directly after.

**Entrances**:

1. Key Fob Reader- Public touch point – On site staff will disinfect the key fob reader every 2 hours.

2. Guest and Member Door Handles - Disinfect guest and member door handles (both external and internal handles).

3. Additional Front Entrance Doors: Staff will disinfect any additional front entrance doors or surfaces every 2 hours.

**Guest and Member Lobby:**

The Guest and Member Lobby are will be swept and mopped at the beginning and end of staffed hours. Staff member will disinfect tables, chairs, and shelves after each use by members. Additionally, the following locations have been assessed as potential common touch points.

      Staff will clear out and disinfect retail wall.

      Staff will disinfect all vending machine exterior buttons and glass every 2 hours

      Staff will Disinfect inside and around cubbies and benches every 2 hours

     Staff will Disinfect Front Door Handles and Push Bars every 2 hours

      Staff will Vacuum entryways and high-traffic areas at open and close of staffed hours

      Staff will Disinfect Key Fob Scanner

**Bathroom**

The following have been determined to be common touch areas and as higher risk of transmitting the virus. In order to mitigate the risk of transmission staff will:

      Disinfect Door Handles every hour

      Disinfect Faucets every hour

      Disinfect Toilet Seat and handle every hour

      Disinfect Shower Handle every hour

      Disinfect Soap dispensers (Ex. Top of push soap dispenser) every hour

      Disinfect Paper Towel dispensers every hour

      Remove Trash every hour

**Office Space**

Members will not be allowed into the office space; staff will conduct business with members standing outside of the glass window. After each transaction these common touch points have been determined to be at higher risk of transmitting the virus. In order to mitigate the risk of transmission staff will:

      Disinfect Money Box/Bag - wash/disinfect hands after the touching of money

      POS card reader

      Disinfect iPads

      Disinfect Desk Surfaces and Chairs, including chair arms

      Disinfect Phone Surfaces

**Equipment – Including Cardio, Functional Training, Strength, Scale**

The equipment throughout the gym will be monitored continually by staff for usage. Social distancing protocols will be un use and equipment arranged to maximize distance between members to a minimum of 6’. Staff and members will be required to perform the following:

      Clean and disinfect after each use. Members will be provided disinfecting wipes to be used on each piece of equipment after it’s use. Staff will monitor equipment and ensure that equipment is wiped down after each use (i.e. the member is unwilling or unable to wipe the equipment down.)

      Members and staff shall disinfect all buttons, handles and surfaces that are touched during the use of the equipment.

**Cardio:**

The Cardio equipment located in the front of the gym will be monitored continually by staff for usage. Social distancing protocols will be un use and equipment arranged to maximize distance between members to a minimum of 6’. Staff and members will be required to perform the following:

      Disinfect the sides of all machines and behind after each use.

      Staff will vacuum carpet around cardio machines at the beginning end of shift.

      Members will disinfect Television screen and buttons after each use. Staff will monitor and ensure equipment is wiped down.

      Members will disinfect Handrails after each use.

      Members will disinfect Consoles after each use.

**Functional Training:**

Prior to Re-opening staff will remove all functional equipment from racks and disinfect them. Throughout the day staff will monitor that members perform the following or will perform it themselves if the member is unwilling or unable to perform:

      Disinfect all handles and weights for dumbbells and kettlebells after each use.

      Disinfect all external surfaces of functional equipment after each use.

**Selectorized Machines:**

Throughout the day staff will monitor that members perform the following or will perform it themselves if the member is unwilling or unable to perform:

      Members will disinfect upholstery (non-porous) utilizing disinfecting wipes after each use.

      Members will clean pins for weight selection. Staff will additionally wipe down every 2 hours.

      Staff will vacuum carpet around machines at the beginning and end of their shift.

      Members will disinfect all handles after each use.

**Strength Training:**

The common touch points below have been identified as higher hazard locations. Prior to re-opening staff will remove all dumbbells and clean dumbbell rack Throughout the day staff will monitor that members perform the following or will perform it themselves if the member is unwilling or unable to perform:

      Disinfect Barbells (each use)

      Disinfect weighted plates and plate racks (each use)

      Disinfect Benches (each use)

      Disinfect dumbbell handles (each use)

      Disinfect Squat racks and pull-up handles (each use)

      Staff will mop strength floor with disinfectant solution every 2 hours

**Studio:**

The common touch points below have been identified as higher hazard locations. Staff will perform the following:

      Sweep and mop studio floor every 2 hours

      Disinfect handles and door to studio room every 2 hours - door will remain propped open.

      Wipe down mirrors at the start and end of shift

      Members should disinfect all floor mats and floor equipment after each use or alert staff if unable to perform.

**Shared Workspace/Common Areas/Breakrooms:**

The common touch points below have been identified as potential locations for the virus to spread.

      Disinfect all panic buttons every 2 hours

      Disinfect all TV/Equipment Remotes every 2 hours

      Disinfect Table and Chair Surfaces every 2 hours

      Disinfect any Refrigerator/Cooler Door Handles and Interior Doors every 2 hours

      Remove Trash as needed throughout the day.

      Disinfect Water Bottle Filling Fountain Push Buttons every hour. Disable and close standard water fountain.