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# COVID19 Business Specific Health & Safety Form

# GYMS and FITNESS CENTERS

**NOTE:** In order to self-certify compliance at [www.mendocinocountybusiness.org](http://www.mendocinocountybusiness.org/), you must **read and implement** the County of Mendocino-specific guidelines for Campgrounds, RV Parks and Outdoor Recreation issued in the June 12, 2020 Public Health Order.

In order to fill out this form and create a health and safety plan for your business, refer to the [State of California Guidelines for Gyms and Fitness Centers](https://covid19.ca.gov/pdf/guidance-fitness.pdf) and the [County of Mendocino Public Health Order dated June 12, 2020](https://www.mendocinocounty.org/home/showdocument?id=36100). A health and safety plan is required to operate.

1. Describe the type of signage you will have and locations.

The county provided 3 signs. These are posted at the entrance to the building. In each bathroom, the entrance to the yoga room, all over the lobby area, and in the hall ways. Also, we have a printed procedure manual available upon request. As well, there are printed copies upon request of the State of California Guidelines for Gyms and Fitness Centers available to read.

1. Describe the PPE you will provide to your employees and clients.

All employees, staff and clients must wear a face mask to enter the building. We provide those if needed before entering the building. We have hand sanitizer in the lobby, entrance to yoga room, in the yoga room, in the dressing rooms, and in each bathroom. Soap and paper towels in each bathroom and no touch garbage containers. The front doors are open so no touch entry is possible. All employees and clients must maintain 6ft social distance at all times. Employees and clients must use hand sanitizer or soap and water upon entry into building.

1. Describe your plans for training employees and temporary workers on the use of PPE; disinfection; sanitation and other cleaning techniques.

This business holds a weekly meeting with all staff on cleaning protocols, the use of EPA approved disinfectant products, hand sanitizer, hand washing, cleaning all high touch surfaces, cleaning the entire studio after each class, bathroom, changing areas wiped down, etc. The importance of maintaining a 6ft distance while in the building at all times. We clean after each class, wipe down all surfaces and high touch areas, and clean the entire studio at the end of the night for about two hours. Each week we discuss how this will be carried out, what each staff is responsible for and what we can do to help each other stay safe and healthy.

1. Describe your plans for protecting your employees' health

All employees are asked to stay home if they are sick or have been around anyone sick. They must perform a self screening at home and are advised to seek medical attention if they have symptoms. All employees will have a temperature check on arrival to studio and must wear a face mask to enter the building. All employees must use hand sanitizer or wash hands upon entering the building and avoid touching eyes, nose, and mouth. Copies of this protocol will be distributed to employees/staff.

1. Describe your plans for protecting the health of clients.

Same as above for employees. We are limiting class sizes to allow for the 6ft social distancing measures. Hand sanitizer is readily available in all areas of the building. We have markings on the floor in the lobby and yoga room to adhere to the 6ft social distancing at all times. Clients must sign up online for class, bring their own mats and towels, and leave 1 at a time through the side door immediately after class. We have asked clients to not use shower rooms if not necessary at this time. We’ve sent out detailed protocol, to all clients, of all measures taken during this time to ensure safety and health of every person walking through our doors. Copies of this protocol will be distributed to clients.

1. Describe how you will prevent crowds gathering at your facility.

There are markers/tape on the floor in the lobby to adhere to the 6ft social distance rule. All clients must sign up online to prevent gathering in the lobby area. All transactions are handled through the internet rather than in person. There are markers/tape in our yoga room to adhere to the 6ft social distancing rule. No rental of mats or towels at this time. Clients must bring their own. Clients have been asked to leave immediately after class during this time.

1. Describe how you will enforce physical distancing at your facility.

Signage posted everywhere noting social distancing procedures. No gathering in the lobby. Studio will open 30 minutes prior to class and each client must go directly to their spot after health screening. Exit through the side door one at a time slowly, with 6ft social distance. Class sizes are limited to allow for 6ft social distancing measures. Markings/tape on the floor to provide enough space between each client. Employee in the lobby at all times ensuring these protocols are adhered to at all times.

1. Describe the payment methods you will use (contactless is preferred).

All transactions are handled online through the business software before client comes to the business. Credit card must be on file for no touch/no contact check in process.

1. Describe your methods for cleaning and disinfecting locker rooms and shower facilities and the types of cleaning products you will be using.

We will be cleaning the bathrooms and dressing rooms with bleach each night. During the day, between each class we will be wiping down all high touch areas with EPA approved cleaning products, such as Sol U Guard, Force of Nature, and 70% isopropyl alcohol. We are spraying our yoga room floor with alcohol spray between each class and ventilate the room for 20 minutes. As well, we have installed a hepa filter air purifier in the room. We keep the room at 40% humidity.

1. How will you maintain physical distancing in shower and locker rooms?

We have asked clients not to use shower rooms unless necessary. 1 or 2 people at a time with 6ft social distance between them. The two shower rooms are sanitized after each class. We don’t have lockers.

1. Describe how you will ensure sanitary conditions in multi-stall restrooms.

Not applicable.

1. If your facility has a snack area, describe the measures you will take to ensure the safety of clients and employees.

Not applicable.

1. If your facility has a retail area, describe the measures you will take to ensure the safety of clients and employees.

We have a few clothing items for sale. Clients can try items on one at a time, in a bathroom by themselves. If they wish to purchase, no cash transactions. These sales are done online with the clients’ credit card on file. No touch transactions. Hangers will be sanitized immediately.

1. Describe the measures you will take to clean swimming pools and surrounding areas.

Not applicable.

*Your Business Specific Health & Safety Plan will become public record.*