



COVID19 Business Specific Health & Safety Form GYMS and FITNESS CENTERS

NOTE: In order to self-certify compliance at 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](#) and the [County of Mendocino Public Health Order dated June 12, 2020](#). A health and safety plan is required to operate.

1. Describe the type of signage you will have and locations.
 - a. Stay home if sick, hand washing, face masks and physical distancing is place all over gym and at every point of entry
 - b. proper pool usage at all pool entry sites
 - c. Occupancy per room signs at every room, 6' spacing at every room
 - d. see attached
2. Describe the PPE you will provide to your employees and clients.
 - a. All Staff will have available gloves, sanitizer and masks
 - b. All members or clients will have available gloves, masks, gym wipes, and disinfecting spray
3. Describe your plans for training employees and temporary workers on the use of PPE; disinfection; sanitation and other cleaning techniques.
 - a. we have gone over the CDC guidelines in spanish and english to facilitate all staff
 - b. We will have deep cleaning take place at night when closed and light cleaning during the day

- c. Staff will review CDC guidelines for work locations (see attached)
4. Describe your plans for protecting your employees' health
 - a. All Staff will self certify and self check, (See Attached)
 - b. All staff will keep 6' or more distance from members and staff
 - c. all staff will wear mask while dealing with members
 - d. All Staff will review and follow the CDC guidelines for working
 5. Describe your plans for protecting the health of clients.
 - a. All members will wear a mask when entering and exiting the building
 - b. All members will be required to wipe equipment down before and after use
 - c. Staff will clean all equipment often daily
 - d. Room occupancies will be posted and enforced
 - e. We will move some exercise equipment outdoors
 - f. All HVAC will be on regulate 24 hours a day and all HVAC units have UV disinfection installed
 - g. The whole building will be treated with ozone every night
 - h. Doors and windows will be open as much as the environment allows
 6. Describe how you will prevent crowds gathering at your facility.
 - a. This has not been an issue in the past if it does we will go to a reservation/sign up system that we have already have just not in use due to not needing at this time.
 7. Describe how you will enforce physical distancing at your facility.
 - a. We will post signs, we will also monitor via cameras and patrolling areas. We will not be able to police the locker rooms as at times we do not have opposite sex staff on duty.
 - b. We will ask people to self police
 - c. see attached map, we will include occupancy per room
 - d. we will self impose a tight occupancy limit. It would be 118 people in the gym at a time, The normal rated capacity in the gym is around 800. Knowing that we will not fill each room to capacity we will cut that in half and make it were we will not allow more than 60 in the gym per hour (excluding staff) This will allow for more than adequate physical distancing.

Room by Room occupancy rated capacity based off of 6' of distance per person, in most cases we are limiting the capacity to less than 1/2 of the COVID minimum recommendations

Studio 1 capacity is 54 we are limiting it to 20

Studio 2 capacity is 22 we will limit to 10 people

Spin room is 11 people we are limiting to 6

Free Weight room capacity is 22 we will limit to 10

Stretch room capacity is 22 we will limit to 10

Circuit room capacity is 33 we will limit to 12

Leg room capacity is 23 we will limit to 8

Cardio rooms capacity is 44 we will limit to 16

indoor Pool have a max capacity of 90 and we will limit to 12 at a time per pool

Kids club will be no more than 12

Capacities will be posted at the entrance of every room

8. Describe the payment methods you will use (contactless is preferred).
 - a. 95% of all business is EFT and only requires a single physical exchange, we encourage people to sign up on line where there is no physical exchange.
 - b. We do accept all forms of payment, but the most common is EFT and we will encourage charge to accounts
9. Describe your methods for cleaning and disinfecting locker rooms and shower facilities and the types of cleaning products you will be using.
 - a. We Clean locker rooms several times a day, daytime cleaning is with spray bottles, mops and rags and is done with a peroxide based cleaner that is documented on Corona Virus,
 - b. Night time cleaning locker rooms bleach and water is used
 - c. Once staff leaves we use ozonators to disinfect areas that were not reached and

10. How will you maintain physical distancing in shower and locker rooms?
- a. In the mens we will shut off every other shower, in the women's they are separated by partitions, locker rooms we did not include in our capacity for the gym and we will ask members to limit their time and keep 6' distance
11. Describe how you will ensure sanitary conditions in multi-stall restrooms.
- a. The restrooms are cleaned regularly and we provide toilet covers. With the cleaning that occurs it should not be a problem
12. If your facility has a snack area, describe the measures you will take to ensure the safety of clients and employees.
- a. All food is single serve dishes (cans, bottles, or disposable cups) we discontinued water at the front desk
 - b. We will encourage outdoor or to go food
13. If your facility has a retail area, describe the measures you will take to ensure the safety of clients and employees.
- a. We have a small selection of clothes, We have a no try on policy and a no return policy.
14. Describe the measures you will take to clean swimming pools and surrounding areas.
- a. Swimming pools are computer controlled with the newest of CAT controllers
 - b. The pools have a UVO3 installed (uses UV light and ozone as a suplimintal source or disinfecting)
 - c. Pools are vacuumed daily
 - d. Pool decks are wiped down multiple times a day and cleaner is available to members
 - e. pool equipment is cleaned after use for any shared equipment
 - f. we offer 23,000 sq ft of outdoor areas to keep social distance and keeping social or family pods
 - g. we have outdoor showers with soap to assist with keeping things clean

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