



## 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, the County of Mendocino Public Health Order dated June 19, 2020 and the County of Mendocino Facial Coverings Order dated June 19, 2020. A health and safety plan is required to operate.

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

-Signs regarding masks, physical distancing, & no entry if symptomatic have are all posted at all 3 points of public entry.

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

-I will have disposable masks available near the entrance of our room.

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

-I do have not employees. However, I will self-screen at home & cancel class if exhibiting any symptoms. I will keep a stocked supply of disinfecting wipes & spray, hand sanitizer, & masks in the supply cabinet.

4. Describe your plans for protecting your employees' health.

-I don't have any employees.

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

- Everyone will be asked to wash hands before coming to class. They will be asked to use hand

sanitizer upon entry of our room & upon exit. There will be a supply of masks available to clients near the entrance of our room. Disinfectant wipes & hand sanitizer will be strategically placed around the room for ease of use. Before and after class I will disinfect commonly touched surfaces near the entry of the building, in our room, & in the bathroom. I will leave open the front door, bathroom door, & room door prior to class start. Prior to re-opening I will convey to my clients our new protocol, the importance of maintaining a minimum 6 foot distance, & the importance of staying home if exhibiting any symptoms; I will continue to make this announcement in class on a regular basis. There will be no shared equipment, if desired clients may bring their own weights for use. I will advise clients to limit the items they bring to class (IE: weights, water, towel, & keys).

**6. Describe how you will prevent crowds gathering at your facility.**

-By limiting class size to 15 customers. Advising entrance & exit through separate doors. I will discontinue client check-in & will instead keep a list myself & manually enter clients into my database afterward. I will ask that upon entry clients go straight to their spots (floor marker).

**7. Describe how you will enforce physical distancing at your facility.**

-Our room is 2400SF, we had already been practicing social distancing in the past. I will place floor markers on the floor before class of at least a 10 foot space between each marker.

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

-Current customers memberships are automatic EFT payments. New customers will have to fill out a form, I will disinfectant clipboards & pens before & after each use.

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

-There are no locker room or showers.

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

-There are no locker rooms.

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

- I will disinfect commonly touched surfaces in the bathroom before & after class. I will leave the door open & open stall doors. I will put disinfectant wipes in the bathroom & explain that users can use the wipes to open & close the stall door, disposing the wipes in the waste receptacle, and I will

ask customers to wash their hands with soap & water after using the restroom.

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

-No snack area.

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

-No retail area.

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

-No swimming pool.

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