

Teton County Health Department

COVID-19 Guidance for Gyms, Fitness Centers, Pools and Hot Tubs



References: Teton District Health Order #21-3

CDC Considerations for Gyms and Fitness Centers and Pools and Hot Tubs

Face Coverings

- Continue to comply with Teton District Health Order #21-3.
 - Staff that come within 6 feet of patrons and other staff shall wear face coverings.
 - Patrons shall wear face coverings before and after their workout, or when passing within 6 feet of another gym user.
 - Face coverings are not required when engaged in exercise or athletic activities.
- Provide free masks at the entrance, which can be obtained from the Jackson Hole Chamber of Commerce.

Cleaning and Disinfecting

- Provide disinfecting wipes and/or paper towels and disinfectant for patrons to use before and after exercising at each location/station/piece of equipment.
- Workout equipment should be cleaned by staff or patrons between use
- Clean and disinfect frequently touched surfaces (e.g., door knobs, lockers, bathrooms, showers) several times daily.

Hand Hygiene

- Handwashing stations or hand sanitizer should be readily available throughout gym and fitness centers.

Signage

- Post signage in highly visible locations (e.g., at entrances and in restrooms) that promote social distancing, hand hygiene, use of face coverings and not to enter if they have symptoms of COVID-19.

Physical Distancing

- Modify or adjust cardio equipment, free weight areas, weight training equipment, and fitness classrooms to maintain social distancing of at least 6 feet between all patrons and employees.
- If rearranging is not an option, place “do not use” signage and turn-off/unplug select equipment to allow for proper social distancing.
- Patrons should maintain physical distancing (at least 6 feet) during their workout (including the swimming pool) unless members of the same household.
- Patrons should maintain physical distancing (at least 6 feet) while in the spa, steam room, sauna and locker room, unless members of the same household.
- Continue to offer virtual class options.

Employee Illness and Testing

- Encourage employees
 - who have even minor symptoms to stay home and test for COVID-19.
 - who have tested positive for COVID-19 to isolate and stay home until their isolation period is over.
 - who have recently had a close contact with someone who tested positive for COVID-19 to quarantine and test.
- Encourage employees to get vaccinated.
- Participate in Teton County Surveillance Program.