

Teton County Health Department

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



Reference: CDC Considerations for Gyms and Fitness Centers and Pools and Hot Tubs
Revised on May 9, 2022

Face Coverings

- When in the Red (High) Risk Level the CDC recommends wearing a mask when in public, indoor settings.
- Businesses may develop their own mask policies for their staff and patrons, as long as accommodations can be made for those requiring exemptions.
- Suggestions Include:
 - Staff that come within 6 feet of patrons and other staff should wear face coverings.
 - Patrons should wear face coverings at all times when entering and while inside the business.
 - 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 all employees:
 - To stay home, stay away from others and test regardless of vaccination status if they have any COVID-19 like symptoms.
 - To quarantine and test (at appropriate time) if not fully vaccinated and have been exposed to an individual who tested positive for COVID-19.
 - To get vaccinated.
- Visit the CDC's website for guidance on fully vaccinated individuals.