



MINISTRY OF HEALTH CENTRAL BOARD OF HEALTH



Guidelines for Fitness Centers

- The Fitness Centre must be thoroughly cleaned with detergent and water and subsequently disinfected before resuming operation
- Employees and Gym Members **MUST NOT** report to work/to the gym if they have symptoms of COVID-19, including fever, respiratory symptoms such as cough, shortness of breath or loss of the sense of taste/smell. If in doubt call the COVID Hotline at 462-6843
- Gym Owners can consider the use of a touchless infrared thermometer to check the temperature of Gym Members each day before they enter. Any person who has a temperature of 99°F and above, should not be allowed to return until they have no fever and no evidence of COVID-19 symptoms. *Follow guidelines on Taking Temperature
- Employees must wear their facemask while at work
- Wearing a facemask is not mandatory while exercising
- Gym Member **MUST** perform hand hygiene before entering and leaving the Fitness Centre. Either by washing their hands under running water using liquid soap for a minimum of 20 seconds, or using an alcohol based hand rub of 70%
- Owners must provide hand sanitizer at key points in the facility
- There must be crowd control at peak hours (early in the morning and in the evening) to achieve physical distancing. Limit the capacity to 10-15 persons at a time during peak hours.
- Gym Members waiting to enter the gym can do so in their vehicle or wait in a designated area with markings 6ft apart.
- The equipment in the fitness centre should be of an impervious material to facilitate easy cleaning and disinfection.
- Consider workout lengths of maximum 1 hour to avoid unnecessary exposure, decrease congestion, allow for a faster rotation, and to allow for disinfection.
- Gym Members are advised to walk with their own disinfectant wipes or liquid to disinfect the equipment they come in contact with before and after use.
- Gym Owners must provide disinfectants for disinfecting the equipment, which should be applied using a disposable cloth or paper towel.
- When disinfecting the equipment allow for a 30 seconds contact time before utilizing the equipment
- Use only one piece of equipment at a time

Guidelines for Fitness Centers

- Space out accordingly benches and cardiovascular equipment
- Rooms utilized for aerobic classes and yoga must have markers 6ft apart on the floor to achieve physical distancing
- Each Member must walk with their own towel
- Gym Members are advised to walk with their own yoga mats
- Training in groups must be discouraged
- Post extensive signage on health policies to stop the spread of germs, guidance on COVID-19 symptoms, hand washing techniques and social distancing
- Keep doors and windows open were possible
- Disinfect high touched surfaces every 2 hours
- At the end of the workday, clean and disinfect all surfaces. Place focus on high touched areas such as push doors, door handles, reception desk, equipment, faucets, toilet handles, floor, etc.
- Spray on a cloth and wipe all gym equipment like free weights, bars, treadmills, etc
- Close showers, locker rooms and lockers. Ask Gym Members to store personal belongings in small gym bags. Provide a secure area for such belongings.
- Use an approved disinfectant after cleaning. Visit Central Board of Health Facebook Page for the list of approved disinfectants. Do not mix chemicals!

For more information contact us at 462-2936 (Office of the Chief Health Inspector)

Visit our facebook page:  centralboardofhealthantiguandbarbuda