

Employer Guidance for Oklahoma's Open Up and Recover Safely Plan

Fitness and Recreational Sports Centers: Gyms, aerobic dance or exercise centers, gymnastics training, swimming schools, tennis club facilities, ice/roller skating rinks and similar facilities

- **May reopen beginning May 1, 2020**
- Should adhere to sanitation and disinfecting protocols and social distancing guidelines from the CDC.

Recommended Guidelines for Temperature Checks & Employer Policies

Hair and nail salons and barbershops should consider use of a touchless infrared thermometer to check the temperature of employees each day. Employees with a temperature above 100.4°F are recommended to be sent home until they have no fever and no evidence of COVID-19 symptoms. Employers should consider implementing flexible sick leave and supportive policies and practices for employees and consider needs of employees older than 65 years or in other vulnerable populations.

Sanitation & Disinfecting Guidelines

- You are encouraged to develop, implement, and maintain and revise a cleaning and disinfecting plan for your workplace.

Developing Your Plan

- Evaluate your business to determine what kinds of surfaces and materials make up that area. Most surfaces and objects will just need normal routine cleaning. Frequently touched surfaces and objects like light switches and doorknobs should be cleaned and then disinfected to further reduce the risk of germs on surfaces and objects.
 - First, clean the surface or object with soap and water.
 - Then, disinfect using an [EPA-approved disinfectant](#).
 - If an EPA-approved disinfectant is unavailable, you can use 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions to disinfect. Do not mix bleach or other cleaning and disinfection products together.

Determine What Needs to be Cleaned

- If your business has been unoccupied for 7 days or more, it will only need your normal routine cleaning to reopen the area. This is because the virus that causes COVID-19 has not been shown to survive on surfaces longer than this time.

Determine What Needs to be Disinfected

- Following your normal routine cleaning, you can disinfect frequently touched surfaces and objects using a product from EPA's list of approved products that are effective against COVID-19.
- If you are cleaning or disinfecting a hard and non-porous material or item like glass, metal, or plastic, consult [EPA's list of approved products for use against COVID-19](#). Examples of high-touch areas that need to be disinfected are:
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks, touch screens, and ATM machines.
 - Exercise machines, workout equipment, benches, locker rooms, and other related equipment.
- If you are cleaning or disinfecting a soft and porous material or items like carpet, rugs, or seating in areas, these soft and porous materials are generally not as easy to disinfect as hard and non-porous surfaces. EPA has listed a limited number of products approved for disinfection for use on soft and porous materials.
 - Soft and porous materials that are not frequently touched should only be cleaned or laundered, following the directions on the item's label, using the warmest appropriate water setting.

Implement Your Plan

- Clean visibly dirty surfaces with soap and water. Clean surfaces and objects using soap and water prior to disinfection. Always wear gloves appropriate for the chemicals being used for routine cleaning and disinfecting.

Maintain and Revise Your Plan

- Routine cleaning and disinfecting are an important part of reducing the risk of exposure to COVID-19. Normal routine cleaning with soap and water alone can reduce risk of exposure and is a necessary step before you disinfect dirty surfaces.
- Surfaces frequently touched by multiple people, such as door handles, desks, phones, light switches, and faucets, should be cleaned and disinfected at least daily.
- More frequent cleaning and disinfection may be required based on level of use.

Additional Cleaning and Sanitation Practices

- Use alcohol-based disinfectants that are appropriate to use in Fitness Centers and place sanitizing stations in the gym for patrons to use.
- Prior to opening, fitness and recreational sports centers should disinfect the entire facility and equipment.
- Clean and disinfect bathrooms and locker rooms regularly, particularly high-touch surfaces, and ensure they have handwashing supplies.
- Ensure that access to handwashing/hand sanitizing facilities and supplies are available for employees and customers and consider placing alcohol-based hand sanitizer in the facility for patrons to use.

- Employees are encouraged to use proper handwashing, observe respiratory etiquette, and avoid using other employees' phones, desks, offices, or other work tools or equipment.
- Have a plan or encourage patrons to clean and sanitize all community equipment such as tennis rackets, lockers, basketballs, etc. must be cleaned and sanitized before and after each use.
- Encourage patrons to disinfect all exercise equipment before and after each use.
 - Larger facilities may consider designating employees to specific rooms or areas to ensure equipment is disinfected promptly after usage.
 - Employees disinfecting equipment should wear gloves.
- Consider providing face masks for employees that regularly interact with the public should.
- Encourage customers to avoid touching other customers' items such as tennis rackets or other recreational equipment.
- Encourage customers to bring their own personal equipment such as yoga mats, towels, rackets, etc.
- Consider cleaning and sanitizing water fountains and refillable water stations regularly or encourage patrons to bring their own water.

Social Distancing Guidelines

- Request patrons that are exhibiting symptoms of fever or sickness to postpone activities in the fitness center for the health and safety of the community.
- To the extent possible, encourage customers and employees to maintain six feet of social distancing.
- Relying on judgement of coaches and participants, fitness training may mean being closer than six feet for the physical safety of everyone. Coaches and participants that do not want to participate should not be required to participate.
- Minimize face-to-face employee and customer interaction. Implement online or other contactless measures to take reservations and payments, or other purchases
- Consider displaying posters and signs throughout facility to frequently remind customer to take steps to prevent the spread of COVID-19. These messages may include information about:
 - Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
 - Covering coughs and sneezes with a tissue, then throwing the tissue in the trash.
 - Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
 - Using hand sanitizer that contains at least 60% alcohol if soap and water are not available.
 - Avoiding touching eyes, nose, and mouth with unwashed hands.
- Postpone or cancel events, such as tournaments that encourage people to congregate.
- Limit the number of participants in group fitness classes to maintain the recommended six feet social distancing.
- To the extent possible, Gyms should consider arranging exercise equipment to ensure customers maintain six feet of social distancing while using the equipment.

