

# WORKPLACE GUIDELINES

## FITNESS & RECREATION CENTERS



In addition to reviewing the [Workplace Guidelines General Industry Fact Sheet](#), employers should continue to review U.S. Centers for Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA) websites, to ensure their workplace policies and procedures are based on the most up-to-date information available.

Specific Reopening Requirements for Gymnasiums, Fitness Centers, Recreation Centers, Sports Facilities, Exercise Facilities, Exercise Studios and like facilities:

### ✔ Workplace Controls

- Post signs outside of entrance(s) informing individuals not to enter if they are or have recently been sick.
- Maintain accurate records, including date and time of event, name of attendee(s) and contact information to aid with contact tracing.
- To the extent feasible, configure workout stations or implement protocols to enable ten (10) feet of distance between individuals during exercise sessions (or six feet of distance with barriers).

### ✔ Social Distancing

- Reduce class sizes, as necessary, to enable at least six feet of separation between individuals.

### ✔ Sanitizing and Cleaning

- Regularly disinfect exercise equipment, including immediately after use. If patrons are expected to disinfect, post signs encouraging patrons to disinfect equipment.
- Make hand sanitizer, disinfecting wipes, soap and water or similar disinfectant readily available.
- Provide equipment cleaning products throughout the gym or exercise facility for use on equipment.
- Regularly clean and disinfect public areas, locker rooms and restrooms.

### ✔ Ventilation

- Ensure that ventilation systems operate properly.
- Increase introduction and circulation of outdoor air as much as possible by opening windows and doors, using fans or other methods.

### ✔ Closures

- Close steam rooms and saunas.

### ✔ Contact MIOSHA

Michigan Occupational Safety and Health Administration (MIOSHA)  
530 W. Allegan Street  
P.O. Box 30643  
Lansing, Michigan 48909-8143

If you need further information, call **855-SAFEC19 (855-723-3219)**. To request consultation, education and training services, call **517-284-7720** or visit our website at [Michigan.gov/MIOSHA](https://Michigan.gov/MIOSHA).

For more information visit [OSHA.gov/Coronavirus](https://OSHA.gov/Coronavirus) or call **800-321-OSHA (6742)** or visit the U.S. Centers for Disease Control at [CDC.gov/coronavirus](https://CDC.gov/coronavirus).