

COVID – 19 Guidelines

FOR INDOOR SPORTS FACILITIES

(i.e. GYMS)



May 20, 2020

Re-Opening Taskforce of the Emergency Operations Center
Government Administration Building
Soualiga Rd #1, Philipsburg

ENTRANCE:

1. Display a notice at the entrance with the 'house rules', explaining what is expected of the customers (for example: do not enter if you have flu-like symptoms/keep 2 meter social distance/protect yourself and others/wash hands with water and soap or sanitize regularly, etc.).
2. Customers should be asked to use hand sanitizers located at the entrance before entering the establishment.
3. Employees should ensure that the social distancing guidelines are followed and adhered to.
4. Employees should ensure that customers are wearing face shield during work outs.
5. Doors should remain open if/ when possible or have automatic opening technology to prevent frequent touching of door knobs.

EMPLOYEE SAFETY:

1. All employees should be wearing face masks.
2. All employees should be advised to wash and disinfect their hands after every interaction with a customer.
3. At each employee entrance, the establishment should post signs setting forth a checklist of COVID-19 symptoms and instructing employees to remain at home if they experience any of the symptoms.
4. Any staff member showing any flu like symptoms, coughing etc. should not be allowed to come in for work.
5. Employees with high touch public contact should be provided frequent breaks to wash and/or sanitize their hands to reduce the risk of surface transmission.
6. All other employees should be encouraged to wash their hands at frequent set intervals in accordance with CDC guidelines.

GYM HALL:

1. Doors to the halls should remain open or have automatic opening technology to prevent frequent touching of door knobs.
2. Sanitizing wipes/agents should be available for gym goers to clean equipment before and after use.
3. Customers should not be allowed to congregate in groups.
4. Implement a maximum number of persons allowed in the hall in accordance with the 2 meter social distancing protocol.
5. Consider implementing 1 hour appointment slots to manage the number of people in the gym at one time.

GUIDELINES FROM PUBLIC HEALTH REGARDING THE USE OF FACEMASKS, GLOVES AND FACE SHIELDS

There is no need for the use of face masks, gloves and/or face shields when social distancing of 2 meters is respected and regular hand washing with soap and water or a sanitizer is practiced.

The virus can be contracted by droplets of an infected person by:

1. Being directly inhaled by another person who is less than 2 meters from the infected person through openly coughing, sneezing or having close physical contact such as kissing, hugging or sexual contact.
2. Another person touching his/her mouth, nose or eyes after touching the surface where droplets of an infected person have landed (hence the importance of regularly sanitizing frequently touched objects).

If social distancing of 2 meters cannot be practiced or realized, face masks, worn properly (covering both mouth and nose), are sufficient. Bear in mind that surgical masks need to be properly disposed of after use or after getting wet, and that cloth masks need to be washed regularly. Face masks and gloves can cause a false sense of security, thus becoming more of a liability than an asset. Face masks need to cover both mouth and nose.

Face shields and gloves are only recommended for medical staff closely dealing with confirmed or strongly suspected Covid-19 positive persons as well as food handlers.

Medical masks should be limited to use by health care professionals.