**DCFA BEST PRACTICES FOR OPERATIONS DURING COVID-19**

Health clubs, gyms, and fitness studios are an integral part of our communities and are needed now more than ever for everyone’s health and wellbeing. We believe that by agreeing to operate using the best practices outlines below, DCFA gyms and fitness studios can play an important role in minimizing the spread of Covid-19 and continuing to operate so that our members and clients can obtain the physical and emotional benefits that come from regular exercise.

The Best Practices outlined below assure a safe experience for members & participants and follows all recommended guidelines on proper distancing & sanitation practices. They are in adherence with the White House guidelines and the CDC, and in consideration of Best Practices from our Industry (International Health Racquet and Sportsclub Association).

**PHASE 1**

* Facility capacity shall be reduced to a fraction of total capacity, ether by square footage, C of O occupancy load, or Fire Marshall capacity limit:
  + Square Footage: no more than 5 members per 1,000 square feet
  + Fire Marshall or C of O occupancy load: 50% of total capacity
* In a fitness studio, there shall be no more than 5 members per 1000 square feet based on the actual size of the studio. Studio floors will be marked to ensure proper spacing between people. Studio class schedules will be staggered to allow users/staff time to properly disinfect equipment and class space. Members will not share equipment during classes.
* Signage at entry points to the facility will include the following notices:
  + Practice Social Distancing
  + Wayfinding signage showing members the approved path of travel to maintain 6 feet of distance from other members
  + Do not enter if you have a fever or are experiencing any signs of illness
  + Wash hands frequently following the CDC’s recommended guidelines
  + Clean all equipment before & after use
* All employees and members will wear protective facemasks at all times while inside the facility, even when working out. The club will provide facemasks as necessary.
* Following CDC recommendations, employees and members will have their temperatures taken upon arrival. Entry will be denied to any employee or member with a fever above 100.3 degrees.
* Each member we be reminded at check in of the social distancing and mask requirements by our staff to ensure we have constant reminders in place both verbally and through signage
* All fitness equipment will be placed to allow for 6 feet of social distancing. Equipment that does not allow for this will be put out of order.
* Furniture throughout facilities (indoors and outdoors) will be spaced to allow for proper social distancing, or will be put out of order, or will be labeled with signage stating for everyone to adhere to social distancing requirements.
* Hand sanitizers and disinfecting wipes will be placed throughout clubs for easy access by all users and employees.
* Walkways and hallways will be marked with directional signage so that social distancing can be achieved.
* Saunas, steam rooms, showers, and hot tubs will be closed. Toilets and lockers within locker rooms will remain open, subject to social distancing limitations. The club will outline a one way path of travel.
* Limit workout towels to a single pick-up and drop-off location.
* Water fountains will be closed. Bottle filler stations so long as they are touch-less may remain in use. Members must provide their own water bottles.
* Lap swimming and water exercise is allowed in pools that allow for proper social distancing (1 lap swimmer per lane for normal use)
* All areas will be sanitized regularly throughout the day and after hours. The club will provide all employees with training on proper disinfecting and sanitization practices.
* Sanitation wipe downs of all fitness equipment will be done after each use by user and will be enforced by staff. The club will provide each member with a microfiber towel and sanitizing spray.
* Clubs must complete an end of day disinfecting protocol of all equipment and surfaces with an appropriate cleaning system (i.e. Tersano SAO, electrostatic sprayers/foggers, etc.).
* The check-in process will be monitored closely to ensure a minimum of 6 feet is maintained for waiting members while temperature checks are facilitated
* Access to smaller studio spaces will be by appointment only to ensure proper capacity limitations are maintained at all times
* Members are limited to one visit per day at a maximum time limit of 90 minutes per visit.
* The club will provide hands-free, no contact check-in and transaction processing.
* Guests are not permitted in the club.
* The club will maintain social distancing in all staff areas.

**PHASE 2**

* Facility capacity shall be increased:
  + Square Footage: no more than 1 member per 75 square feet
  + Fire Marshall or C of O occupancy load: 60% of total capacity
* Saunas, steam rooms, showers, and hot tubs can re-open if proper sanitation and proper social distancing can be achieved.

**PHASE 3**

* Facility capacity shall return to normal limits
* Normal operations may resume

**ADDITIONAL RESOURCES**

* CDC guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
* EPA approved disinfectants: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
* CDC Use of Cloth face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
* CDC Handwashing training videos: <https://www.cdc.gov/handwashing/videos.html>
* CDC information on swimming pools/hot tubs: <https://www.cdc.gov/coronavirus/2019-ncov/daily-lifecoping/visitors.html>
* CDC What to do if you are Sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
* IHRSA Guidelines and Best Practices for Health Clubs/Gyms/Fitness Studios: <https://www.ihrsa.org/improve-your-club/topic/coronavirus/>