Gyms, Fitness Centers, Sports, and Recreational Facilities
Attachment K Revised
Issued April 22, 2020
Effective May 8, 2020
Part of Phase II

By: Governor Mike Dunleavy, Commissioner Adam Crum, Alaska Department of Health and Social Services, Dr. Anne Zink, Chief Medical Officer, State of Alaska

I. Applicability: This Attachment applies to gyms, fitness businesses, and sports and recreational facilities (collectively “athletic facilities”). Examples include, but are not limited to: hockey rinks; indoor fields and tracks; yoga, dance, rock climbing, cycling, and gymnastics studios. This Attachment does not apply to pools or pool activities; those facilities are governed by Health Mandate 016 - Attachment P. This attachment supersedes Health Mandate 016 - Attachment K.

II. Classes, training, and activities by gyms and fitness businesses may resume operations if they meet all of the following requirements:

a. Social Distancing:
   i. Reservations are encouraged. Walk-ins are permitted if a visitor log is kept that has sufficient information to be able to contact a visitor should the need arise.
   ii. Indoor activity is limited to 25 percent of maximum building occupancy, as required by law.
   iii. Outdoor activity is limited to a maximum of 50 individuals, including staff and spectators. It is strongly encouraged that spectators wear cloth face coverings.
   iv. Social distancing of at least ten feet between non-household individuals should be maintained while participating in the fitness or sporting activity. When not exercising, non-household social distancing of six feet should be maintained.
   v. In class or group workout settings, the athletic facility should provide clear markings to indicate where each person should stand to maintain the ten-foot distance.
   vi. Workout equipment available for use should be spaced to maintain ten-foot distancing (can use signage to close certain equipment to maintain distancing).
   vii. It is strongly encouraged that cloth face coverings be worn by all employees.
   viii. Athletic facility must establish a COVID-19 Mitigation Plan addressing practices and protocols to protect staff and the public.
   ix. Entryway signage notifying the public of the athletic facility’s COVID-19 Mitigation Plan and stating clearly that any person with symptoms consistent with COVID-19 may not enter the premises.

For the latest information on COVID-19, visit coronavirus.alaska.gov
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x. Each participant must be screened prior to the activity. No one can participate who is exhibiting symptoms or who has knowingly been in contact with a suspected positive case of COVID-19 within the past 14 days.

xi. No participant may use the facility or join an outdoor activity within 72 hours of exhibiting a fever.

xii. This screening, where reasonably feasible, should be conducted electronically, in advance. If the screening is in person, pens and touch screens must be sanitized before and after each use.

b. **Hygiene Protocols:**
   i. Restrooms may be open, but must be cleaned and disinfected hourly
   ii. Locker rooms must be adequately addressed in the mitigation plan and conform to all health mandates, or be closed.
   iii. Ancillary accommodations such as Steam Rooms, Saunas, and Jacuzzis/hot tubs shall remain closed.
   iv. Water fountains and vending machines must be addressed in the mitigation plan or turned off and marked inoperable.
   v. Facility must provide handwashing capability or sanitizer.
   vi. Frequent handwashing by employees and an adequate supply of soap and/or hand sanitizer, disinfectant, and paper towels must be available.
   vii. Employer must provide for hourly touch-point sanitization (e.g., workstations, equipment, screens, and doorknobs) throughout work site.
   viii. The athletic facility must fully clean and disinfect any equipment prior to the activity, between each participant’s use of the equipment, and after the activity.
   ix. Equipment shall not be shared between patrons at the same time unless from the same household (must be fully disinfected prior to the next participant’s use).
   x. Patrons should arrive at the facility in workout/active wear.
   xi. Athletic facilities must comply with CDC guidelines to the maximum extent possible:

c. **Staffing/Operations:**
   i. Provide training for employees regarding these requirements and the COVID-19 Mitigation Plan.
   ii. The athletic facility must conduct pre-shift staff screening and maintain a staff screening log.
   iii. No employee displaying symptoms of COVID-19 may provide services to customers. Symptomatic or ill employees may not report to work.

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iv. No employee may report to the work site within 72 hours of exhibiting a fever.

v. Employer must establish a plan for employees getting ill and a return-to-work plan following CDC guidance, which can be found online at: https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html.

d. Cleaning and Disinfecting:
   i. Cleaning and disinfecting must be conducted in compliance with CDC protocols weekly or, in lieu of performing the CDC cleaning and disinfecting, the athletic facility may shut down for a period of at least 72 consecutive hours per week to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.

   ii. When an active employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting must be performed as soon after the confirmation of a positive test as practical. In lieu of performing CDC cleaning and disinfecting, the athletic facility may shut down for a period of at least 72 consecutive hours to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.


e. Mixed Activity/Use: Health Mandate 016 - Attachment E applies if there are retail services provided on-site, such as a gift store or convenience store.

III. Athletic facilities are encouraged to follow additional best practices:

   a. Move to, and promote the use of, cashless and receiptless transactions.

   b. Participants should be encouraged to wear cloth face coverings at all times, including while working out.

   c. Customers should enter and exit through different entries using one-way traffic, where reasonably feasible.