



# REOPENING QUICK REFERENCE SHEET

## Fitness Centers

To help businesses reopen, Lassen County is releasing these helpful quick reference sheets. Additional reference materials are being included that you may find helpful. Lassen County appreciates your help during this transitional time.

### Check Employees

Ask employees if:

- They have a cough
- They have a fever
- They have shortness of breath.

Check employee temperature with a thermometer. If employee temperature is above 100.8° F, send employee home and do not have them return to work until they are symptom free.

Encourage frequent hand washing for a minimum of 20 seconds. To view a video on proper hand washing technique visit [Lassencares.org](http://Lassencares.org) FAQ page.

Avoid touching your eyes, nose and mouth.

If establishment is utilizing masks, please follow proper mask application technique. To view a short video on proper mask applications, visit [Lassencares.org](http://Lassencares.org) FAQ page.

### Clean & Disinfect

- Train employees on protective cleaning and disinfecting procedures.
- Disinfect high-touch surfaces regularly.
- Use EPA registered disinfectants.
- Wash linen in hot water with soap before every use.
- Clean fitness equipment after every use.
- Daily cleaning of all equipment, bathrooms, and floors is required.
- Have hand sanitizer and handwashing stations available for guest use.

### Social Distancing

- Help educate employees and customers on the importance of social distancing:
  - -Signs
  - -Audio messages
- Encourage patrons to maintain a 6 ft. distance.
- Limit number of clients in fitness settings to ensure social distancing.

### Daily Operations

- Keep a log/record of all employees and guests entering the facility.
- Showers/ Saunas are prohibited.
- Soft surfaces, such as carpet, are prohibited for fitness use.
- Hard surfaces, such as wood flooring, are acceptable but must be cleaned frequently.
- Foam rollers, yoga mats, and other hard to disinfect items are not allowed. However, guests may bring their own to facility if disinfected.
- Fitness equipment must be placed at least 6ft apart.