



Fitness Center Guidelines

Prepare. Respond. Recover.

The cleaning industry's only outbreak response and recovery accreditation.

About GBAC, a Division of ISSA

Composed of international leaders in the field of microbial-pathogenic threat analysis, mitigation, response, and recovery, the Global Biorisk Advisory Council (GBAC), a division of ISSA, provides training, guidance, accreditation, certification, crisis management assistance, and leadership to government, commercial and private entities looking to mitigate, quickly address, and/or recover from biological threats and real-time crises. The organization's services include biorisk management program assessment and training, the GBAC® STAR facility accreditation program, training and certification of individuals, and consulting for building owners and facility managers. For more information, visit www.gbac.org.

About ISSA

With a variety of members including distributors, manufacturers, manufacturer representatives, wholesalers, building service contractors, in-house service providers, residential cleaners, and associated service members—ISSA is the world's leading trade association for the cleaning industry. The association is committed to changing the way the world views cleaning by providing its member

with the business tools they need to promote cleaning as an investment in human health, the environment, and an improved bottom line.

Headquartered in Northbrook, Ill., USA, the association has regional offices in Mainz, Germany; Whitby, Canada; Parramatta, Australia; Seoul, South Korea; and Shanghai, China. For more information about ISSA, visit www.issa.com or call 800-225-4772.

Introduction to Fitness Center Guidelines

The GBAC® STAR Fitness Center Guidelines

document is intended to provide process and procedural options for infection prevention, cleaning, and disinfection for fitness centers, pools, and spa like areas.

These guidelines are written to assist in the completion of the GBAC STAR Facility Accreditation for Fitness Centers.



Introduction to Convention Center Guidelines

The GBAC STAR Accreditation program is performance based. To achieve GBAC STAR accreditation, facilities must demonstrate compliance with the program's elements. Some of the topics addressed within the program are:

- ☑ Risk assessment strategies
- ☑ Personal protective equipment
- ☑ Emergency preparedness and response protocols
- ☑ Establishing and maintaining a cleaning, disinfection, and infectious disease prevention program that minimizes risks associated with infectious agents such as SARS-CoV-2, flu, MRSA, norovirus and more.
- ☑ Ensuring those responsible for infection prevention, cleaning and disinfection are properly trained.

In General, GBAC STAR guidelines will be updated based on scientific understanding, public health advice, personal protective equipment (PPE) recommendations, indoor air quality considerations, as well as other recommendations that can be implemented to be consistent with your business needs.

GBAC will continue to monitor information from international health associations, organizations, and regulatory agencies, continue to communicate changes, requirements and recommendations as a situation evolves. GBAC will communicate via GBAC STAR communications networks such as the GBAC STAR Report, email blasts, GBACtv and the www.gbac.org website.

It is recognized that, in some fitness centers, a service contractor may service the facility. These guidelines are designed to ensure there is no disruption of services. Establishing and maintaining a cleaning, disinfection, and infectious disease prevention program assists in clarifying rolls and responsibilities.

Risk assessment is the responsibility of the facility or its designee. The risk assessment and/or official requirements determine areas and objects to be cleaned/disinfected. Persons performing cleaning and/or disinfection activities should enter an area wearing personal protective equipment (PPE) identified in the site's Risk Assessment as appropriate.

Examples of activity-specific guidance is contained in Attachment 1, Fitness Center Cleaning/Disinfection Activities Guidance for GBAC STAR program document. The examples can be used as an assist in process and SOP development.



Introduction to Fitness Center Guidelines

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General Considerations

Documentation

Documentation is an important part of the process. All cleaning/disinfection activities should be documented in the events/facility's documentation system. The risk assessment, audits and inspections, cleaning, and disinfection protocols, including the use of PPE, need to be documented.

Signage

Examples for signage when required by local, regional, or national public health authorities or when required by



Temperature Monitoring Program

When recommended or required, temperature monitoring stations at facility and employee entrances may be implemented. These can be automated or implemented by a staff member with a temperature-scanning device. Communication is essential and clear instructions on requirements should be provided in advance (e.g., no entrance for individuals with elevated temperatures).

Medical emergency response plans should include responding to ill guests and employees; an isolation room should be considered.

risk assessment might include but are not limited to:

- Rules and recommendations for the day, including use or no use of PPE.
- Physical distancing reminders.
- Mask reminders.
- Handwashing reminders in restrooms.
- "Don't touch your face" reminders.
- Notify event security about concerns.
- GBAC STAR Facility signage to remind people that this is a GBAC STAR Facility.

Indoor Air Quality (IAQ) Considerations

Indoor air quality controls play a key role in mitigating the spread of infectious diseases that are transmissible through droplets and aerosols. The United States Environmental Protection Agency (EPA) has developed a list of recommendations and principles to help aid in improving indoor air quality.

It is important to create an action plan for clean indoor air that includes a risk assessment done on IAQ, a plan for continuous improvement, and routine HVAC inspections and maintenance. The action plan should include a strategy for optimizing fresh air ventilation, enhancing air filtration, and cleaning. It is also important to communicate the action plan to staff members to increase awareness and commitment to improving IAQ.

There are several considerations for air filtration and ventilation to optimize your indoor air quality controls. Here is a list of indoor air quality considerations; however, there are more detailed lists on the EPA website:

- Directional airflow out of the building or filtering the air supply to keep potentially infectious outside air from entering;
- Where possible, optimize HVAC systems to remove respiratory particles by installing the highest-rated MERV filter the system can accommodate, and increasing the air exchange rate and fresh air intake;
- Implement policies to maintain HVAC Systems, including regularly inspecting and replacing filters;
- Cleaning and Disinfecting equipment that can generate aerosols should have HEPA filters to trap any liberated agents in the exhaust system;
- Routine protocols for cleaning and disinfecting surfaces to prevent infectious agents from moving to the air from a settled surface or being picked up by uninfected workers or visitors;
- Air cleaners with HEPA filters may be used in indoor spaces where other ventilation options (e.g., HVAC, open windows) are unavailable. These should be installed by individuals with expertise in ventilation and air filtration;
- Open windows to increase fresh air circulation;
- If possible, have airborne particulate matter sensors in place to monitor and assess occupant exposures and ventilation performance in real-time.

For more information on indoor air quality see [ASHRAE Task Force Building Readiness guidelines](#).

Hernandez, M., Olinger, P. (P., (1), M. Z., (NRCM), D. S. W. S. M., (1), D. W. T., & (2), M. C. (2022, February 9). Biological air quality considerations for Non-Healthcare, as built environments. [InfectionControl.tips](https://infectioncontrol.tips/2022/02/10/biological-air-quality-considerations/). Retrieved March 24, 2022, from https://infectioncontrol.tips/2022/02/10/biological-air-quality-considerations/

Physical Distancing

Venues will follow regulatory guidance regarding physical distancing when and where it exists.

If physical distancing is required, for example, current physical distancing recommendations assume that six (6) feet between individuals is acceptable, independent of the use of masks.

With each person having a radius of three (3) feet space (6 feet between each other), the physical distancing space per person is around twenty-eight (28) square feet per circle. If physical distancing requirements are in place, the total available space of the facility might need to be divided by the physical distancing space requirements per individual to determine the maximum allowable number of occupants per space.

When physical distancing is recommended or required, the facility should implement controls to assist in accomplishing physical distancing goals. Strategies might include, but are not limited to:

- Spacing of seating. Identify the layout of chairs in lobbies or quiet rooms to observe physical distancing recommendations as well as outside spa areas where appropriate.
- Signage shall be placed throughout the facility advising everyone of physical distance requirements.
- Apply floor markings to assist guests with navigating the spa. For example: add floor markings to aid in queuing at the lobby, registration desk, restrooms, and any other locations clients may frequent.

- Develop online or touchless payment and class registering options.
- If physical distancing cannot be accomplished, another system should be implemented such as staggered check in times or waiting in multiple areas.
- Spacing of exercise equipment includes but not limited to cardio, weight training equipment, free weights, and yoga equipment.
- Special consideration should be made for equipment where high exertion is common (cardio equipment).
- Ensure appropriate physical distancing among groups and leaders during activities.
- If inside, make sure to space areas a minimum of 6 feet apart.
- If outside, ensure proper physical distancing is in place (a minimum of 6 feet apart)



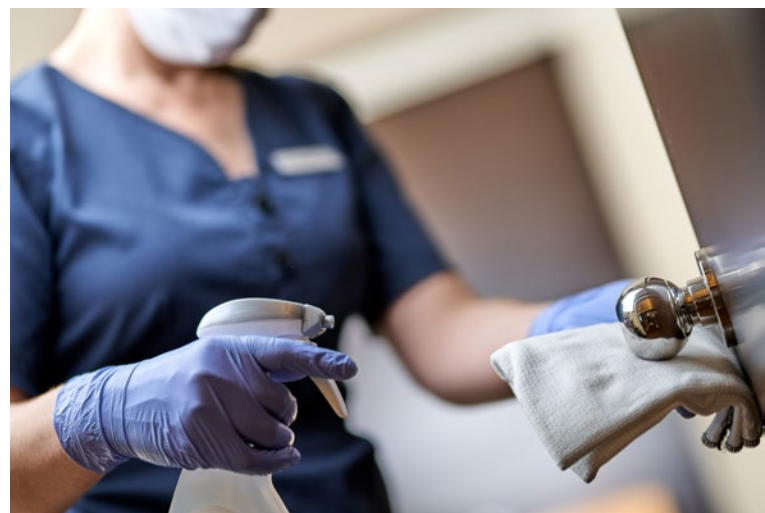


Wearing of Gloves and Masks

Masks (face coverings or respirators) may need to be worn by employees and guests when required by local, regional, or national public health authorities or when required by risk assessment.

Gloves may need to be worn for certain activities when required by local, regional, or national public health authorities or when required by risk assessment.

The facility may consider providing masks in appropriate sizes when required.





Hand Sanitization

Current public health guidelines outline the need for appropriate hand hygiene accomplished by hand washing and/or the use of hand sanitizers.

While handwashing with soap and water is the preferred option for hand hygiene, the number of handwashing facilities is normally limited, and the use of portable hand wash facilities might not be feasible in all locations. Therefore, access to hand sanitization stations is necessary.

Hand Sanitization Stations

Hand sanitization station locations and capacity needs must be based on occupancy needs, usage records, and user feedback. The number of units can be adjusted, based on usage records. Approved hand sanitizers may vary from country to country. The facility must be aware of what types of hand sanitizers are approved for the specific location.

The facility - as appropriate - shall maintain a list of hand sanitization stations associated with their GBAC STAR program. The list should include the location of each hand sanitization station.

Examples of the quantity and location of these stations include, but are not

limited to:

- At every entrance: one (1) or more stations depending on volume.
- All public corridors: one (1) every two hundred (200) feet, with a minimum of one (1) per aisle.
- Classrooms: as general guidance, one (1) for every one-hundred (100) people scheduled in the room, should be placed at every entrance.
- Lobbies: one (1) per five thousand (5,000) square feet of lobby space.
- At all elevator banks and escalators. Take note of the position so as to not interrupt traffic flow.
- At employee time clocks and entrances, and employee dining areas, based on use.

Units must be replenished frequently.

It may be more effective to provide individual alcohol hand sanitizer to all workers.

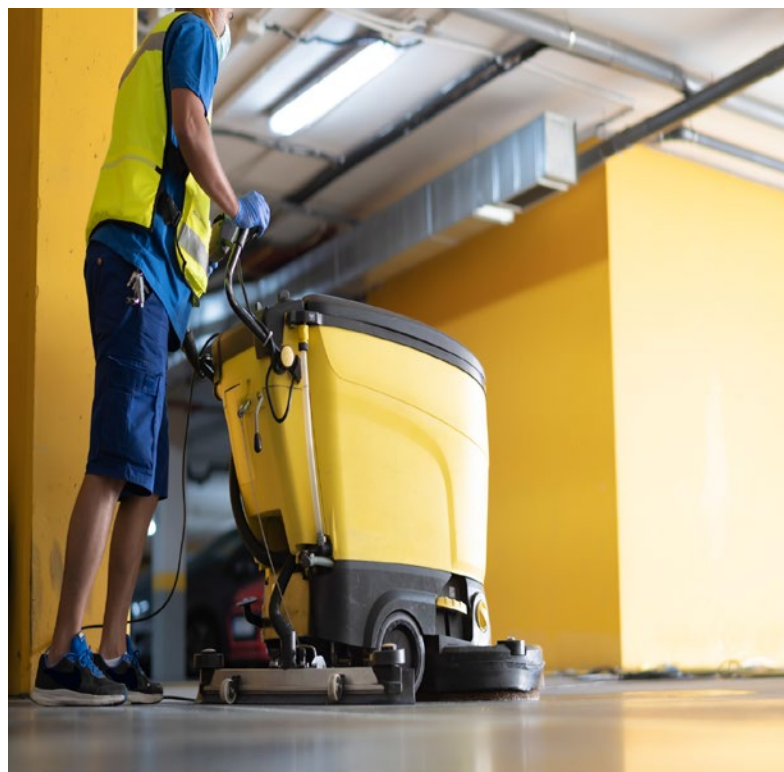
Public Self-Serve Water Stations

Local and governmental rules should be followed. A program for public self-serve water stations with touch points should be established. Use during pandemic or epidemic phases of an outbreak should not be permitted.

Floor Care

The cleaning and disinfecting of hard surface floors is critical. In addition to routine protocols of floor care for both hard surfaces and carpet, special attention should be made for - but not be limited to:

- The use of HEPA vacuums on all carpet.
- The use of approved floor scrubbers, mops, and tools with approved chemistry on hard floor surfaces.
- Spray disinfection using facility-approved spray technology and approved disinfectants compatible with the materials being disinfected when required by local requirements or risk assessment.



Workout Areas

General considerations for Exercise during periods of elevated risk

- Careful consideration should be taken in deciding to open gym locker rooms and bathing facilities. Ensure that these are addressed within the GBAC® STAR risk assessment. For example, if opening gym locker rooms, access limitations need to be established and only a limited number of lockers can be accessible (for example, no side-by-side use).
- Have an individual help monitor physical distancing and other rules inside the facility.
- Based on local, regional, or national public health authorities, or when required by GBAC® STAR program risk assessment, set a maximum gym/studio occupancy limit allowed in the facility at one time. Consideration of:
 - Having gym members sign up for time slots, both for general use and classroom settings
 - Limit the time individuals can stay in the gym or on specific workout equipment.
 - Limit personal training sessions.

General Workout Space Daily Cleaning and Disinfection Operations

- Cleaning/Disinfection Professional enter area wearing required PPE according to the facility's risk assessment.
- Remove all trash.
- Ensure proper signage is in place (physical distancing, PPE, hand washing, etc.)
- Commence area cleaning with approved chemicals and equipment.
 - Cleaning may include cleaning wipes, disposable microfiber towels, or reusable towels with an approved cleaner.
- If using reusable towels, towels must be washed on the warmest setting and dried completely between uses.
- After cleaning, complete spray disinfection step using appropriate disinfectant and approved delivery system. The delivery system may include but is not limited to a trigger sprayer, pump sprayer or electrostatic sprayer.

- Attention should be paid to all touch points on exercise equipment and free weights.
- All common touch points on stationery equipment and free weights should be cleaned before and after each use. Disinfectant should be readily available to patrons, and they should be encouraged to personally disinfect personal use items before each use.
- HEPA vacuum carpets when and where applicable.
- Use floor scrubbers/mops when and where applicable.
- Document that area cleaning and disinfection has been completed, which may include separate spaces or indicators of what has been disinfected and what has not been.



Lobbies, Reception, and Other Communal Spaces

Cleaning and Disinfection of Lobbies, Reception, and other Communal Spaces

- Cleaning/Disinfection Professional enter area wearing required PPE according to the facility's risk assessment..
- Remove all trash.
- HEPA vacuum carpeted spaces.
- Commence area cleaning with approved chemicals and equipment.
- Pay careful attention to all touch points.
- Cleaning may include cleaning wipes, disposable microfiber towels, or reusable towels with an approved cleaner.
- If using reusable towels, towels must be washed on the warmest setting and dried completely between uses.
- Large communal spaces may need to be completed in sections.
- Once a room has been cleaned, disinfect by using appropriate chemicals, equipment, and PPE.
- Disinfection frequency should be increased or decreased throughout the day during high volume times.

- Disinfection should be conducted once daily at a minimum.
- Remove all noncustodial personnel while the area is being treated.
- Spray systems such as, but not limited to, electrostatic sprayers, pump sprayers or trigger sprayers with approved disinfectant(s) can be used.
- Area surface disinfection includes but is not limited to:
 - Reception desk
 - All doors in lobby area including entrance/ exit doors.
 - Drawer and door handles
 - Flooring
 - Walls (8 feet up)
 - Tables
 - Chairs
 - Trash cans
 - All touch points, light switches, lamps, phones, etc.
- Document that cleaning and disinfection has been completed.

Group Exercise Classes

General Considerations for Workout Classrooms/Studios

- Consider contacting an HVAC Professional to discuss ventilation and air changing frequencies inside studios.

Tools and Equipment – Special Considerations

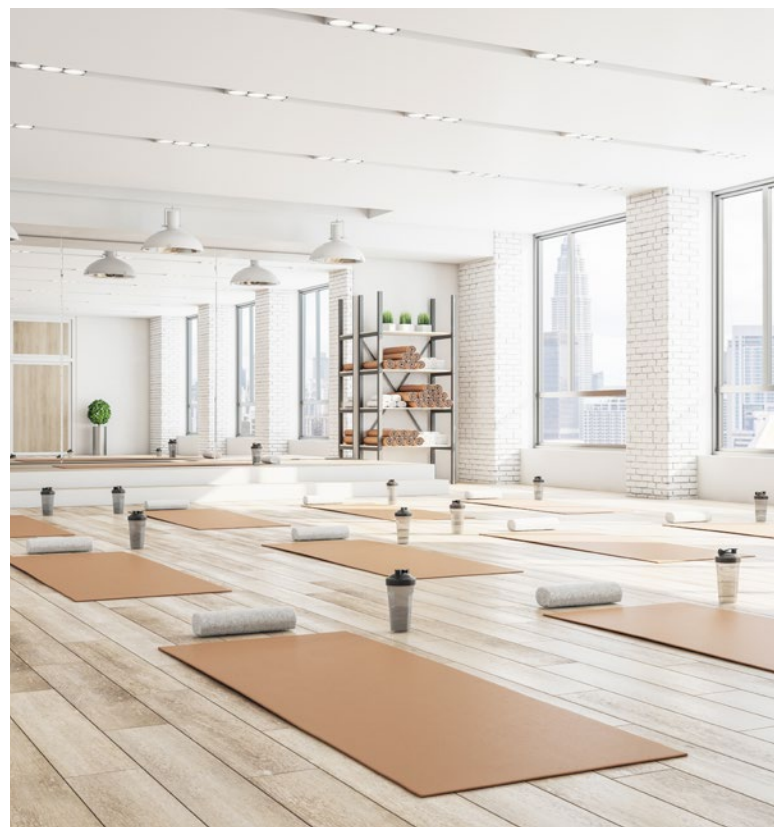
- Tools and implements may include but are not limited to:
 - Balls
 - Mats
 - Step Equipment
 - Bands
 - Ropes
 - Free weights
 - Workstation
 - Chairs/stools
 - All Equipment
- Perform nightly disinfection of storage areas, including containers where tools and implements are stored.



Yoga Studios – Cleaning and Disinfection

Yoga studios should be cleaned and disinfected after each use.

- Cleaning/Disinfection Professional enter area wearing required PPE according to the facility's risk assessment.
- Remove all trash.
- Gather all equipment to be cleaned and disinfected between guests.
- Linens or towels, if applicable, shall be removed and washed after each guest.
 - Place linens or towels carefully in the dirty laundry hamper or laundry bag while in the room.
 - Do not shake linens while handling.
 - Ensure that there is a disinfection process for the laundry hamper.
 - Have designed clean hampers for clean linens.
- Commence with room cleaning/disinfection paying close attention to touch points. High touch points include but are not limited to:
 - Door handles
 - Light switches
 - Temperature controls
 - Seats/ benches
 - Desk
 - Chairs/stools
 - Yoga specific equipment and tools (see below)
- Clean and disinfect using approved cleaning and disinfection chemicals.
 - Cleaning may include cleaning wipes, disposable microfiber towels, or reusable towels with an approved cleaner.
 - If using reusable towels, towels must be washed on the warmest setting and dried completely between uses.
 - Disinfection may include the use of spray disinfection equipment such as an electrostatic sprayer, battery sprayer, pump sprayer or trigger sprayer.
- HEPA vacuum carpets when and where applicable
- Use floor scrubbers/mops when and where applicable.
- Place a sign on the door to signify that the room has been cleaned and disinfected.
- Document that the equipment and room has been cleaned and disinfected.



Standard Yoga Equipment

Yoga mats must be disinfected between users.

- Guests should be encouraged to bring their own yoga mat.
- Clean mats after each use, using a trigger sprayer and a combination of soap and hot water. Wipe the mats dry using disposable microfiber towels or reusable towels. If using reusable towels, towels must be laundered after each mat.
- Once the mat has been cleaned, disinfect by using spray disinfection process using approved disinfection.
- Trigger sprayers can be used after each guest has used or touched an item; an electrostatic sprayer can be used to disinfect the mats at the end of the day.
- It is important to remember to clean both sides of the mats.



Pool Area

Pool areas vary from facility to facility, from small locations to large-scale locations. Special attention must be paid to them as they are areas that have significant traffic.

Pool house should keep indoor activities to a minimum during outbreaks. A limited number of people, based on the size of the area, should be allowed in the lobby or clubhouse at one time during outbreaks.

Cleaning and Disinfection

- Cleaning/Disinfection Professional enter area wearing required PPE according to the facility's risk assessment.
- Remove all trash.
- Commence area cleaning with approved chemicals and equipment.
- Pay careful attention to all touch points.
- HEPA vacuum carpets when and where applicable.
- Use floor scrubbers/mops when and where applicable.
- Complete spray disinfection step using appropriate disinfectant and approved delivery system. The delivery system may include but is not limited to a trigger sprayer, pump sprayer or electrostatic sprayer.
- Document that area cleaning and disinfection has been completed.

Pools

General Considerations for Pools

All common touch points should be cleaned and disinfected regularly. These may include, but are not limited to, frequently touched surfaces on the pool deck.

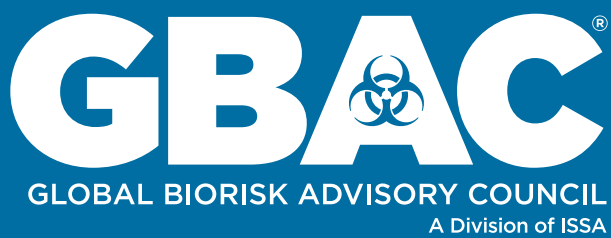
Some items should be disinfected after each use. Similar to workout facilities, patrons should be encouraged to personally disinfect personal use items like chairs and pool toys after and before each use.

Common high touch points may include but are not limited to:

- Pool ladder handles
- Railings
- Water slides
- Lounge and deck chairs
- Tabletops
- Pool toys and noodles
- Kickboards
- Door handles to locker rooms and restrooms
- Trash cans (no touch trash cans are highly encouraged)
- Lifeguard stands should be disinfected between Lifeguards.
- Floor Care

Elect staff to clean and disinfect these items and/or have cleaning supplies available for patrons to disinfect these items themselves.

Regularly check water treatment chemical levels and water conditions (e.g., pH) to ensure they are at appropriate levels. Follow local/state/provincial health requirements. Any off-limits items, areas, etc., need to be clearly identified.



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