



Western Cape  
Government

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# COVID-19: Addressing the risk

A BESPOKE APPROACH FOR MANAGING GYMS AND  
INDOOR FITNESS CENTRES

# A bespoke approach for managing Gyms and Indoor Fitness centres

Gyms and Indoor Fitness Centres provide members with an opportunity to undertake exercise or “vigorous” exercise.

The owners still need to ensure that protective measures remain in place to protect clients and employees against becoming infected by COVID-19.

To manage these factors successfully, several issues need to be considered:

1. What measures do owners need to adhere to?
2. What measures do clients need to adhere to?

## 1. WHAT RISK CONTROL MEASURES DO OWNERS NEED TO ADHERE TO?

### What risk control measures do owners need to adhere to?

- Owners must provide for adequate ventilation and good air quality in all areas.
- Warning signs and information posters promoting adherence to protective measures should be displayed at all entrances, and throughout the gymnasium.
- The owner should control the total number of clients and employees in the facility, and only the prescribed number of people should be allowed at any one time.
- All equipment, exercise and common area spaces such as bathrooms and lockers should be sanitized daily before opening, and frequently thereafter bearing in mind the high touch nature of gyms and fitness centres.
- All clients and employees must be screened on access and access denied to those who show COVID-19 symptoms, known close contacts to Covid infected people, and people awaiting their own Covid test results.
- Hand sanitizers should be freely available at access points and throughout the gym or fitness centre.
- Vigorous exercise areas should be set up in demarcated sections and well-ventilated areas, always allowing 2-meter distancing between exercising clients. Clients do not need to wear masks while exercising in these areas. Masks would however still need to be worn when clients are not exercising.
- Other exercise areas should be set up in demarcated sections, always allowing 1,5-meter distancing between exercising clients. Clients must wear masks while exercising in these areas. It should be noted, however, that single layer buffs are not especially useful as protective equipment.

- Equipment and exercise spaces must be sanitised between clients on every occasion.
- Owners need to monitor compliance of clients to the protective measures, and correct non-compliance when this occurs.
- A senior personnel member should always be on the floor to monitor and manage this compliance. Repeat offenders should be banned from the facility.





## 2. WHAT MEASURES DO CLIENTS NEED TO ADHERE TO?



### Clients need to adhere to the following:

- It is recommended that all members install and use the Covid tracing app.
- They should not go to the gym or fitness centre if they do not feel well or show COVID-19 symptoms.
- They should insist on being screened for symptoms and sanitize their hands on entry and regularly while on the premises.
- They should always wear their masks, except when exercising in areas set up for vigorous exercise or when drinking or eating or swimming.
- They should ensure that equipment and exercise areas are cleaned after every use.
- They should sanitize their hands between each exercise routine.
- They should not socialise at the venue and always maintain a 1,5-meter distance from other clients and employees.