

Economic Restart Guidelines

Gym/Fitness Industry

Values and Principles

- Protecting the public's health is paramount
- Decisions must be data driven, not date driven
- Safety and productivity must be considered together
- Transparency, communication, and consistency are critical to securing the public's support

Guidelines for Restart

These guidelines were drafted following recommendations and guidance provided by the Centers for Disease Control and White House, reports and modeling issued by Vanderbilt University, and industry-specific associations.

Except when performing essential services, vulnerable citizens and those with high risk factors should remain safer at home. These include elderly individuals and individuals with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, as well as those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Every possible means of support should be made available to protect the public's health and keep businesses moving forward. Moving backwards, which may entail the reclosure of some businesses, should be avoided except as an emergency measure.

Everyone should maximize physical distancing and wear cloth masks when in public for any reason. Social settings of more than 10 people should be avoided unless precautionary measures are observed and non-essential travel should be minimized as much as possible.

Individual Guidelines

Individuals should continue to practice good hygiene:

- Wash hands with soap and water or use hand sanitizer
- Avoid touching face
- Sneeze or cough into a tissue or the inside of elbow
- Disinfect frequently used items and surfaces as much as possible
- Utilize a face covering while in public.

People who feel sick **should not** go to work, school, etc. People should stay at home if they are sick and contact their medical provider. If individuals feel as though they should be tested for COVID-19, they can call their medical provider or the Hamilton County Health Department at 423-209-8393.

[Click HERE for the TN Pledge- Gyms/Fitness Facilities](#)

Additional Resources

- [Tennessee Pledge Guidelines](#)
- [CDC Resources for Businesses and Employers](#)
- [Occupational Safety and Health Administration \(OSHA\)](#)
- [OSHA Guidance on Preparing Workplaces](#)
- [List of Disinfectants for Use Against COVID-19](#)