



**New York Forward
Gyms & Fitness Centers Reopening Guide
for Self-Managed Facilities**

AKAM Managed Properties

September 11, 2020





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Introduction

September 11, 2020

Dear Board Members:

AKAM, in connection with various industry resources and leading industry attorneys, is pleased to present the following comprehensive guide to the New York Forward Gym and Fitness Center reopening plan. This guide has been prepared with the most current information to provide Governmental requirements, resources, templates, and best practices as it relates to the reopening of Gyms and Fitness Center within cooperatives and condominiums.

New York City Gyms and Fitness Centers (Fitness Facilities) were permitted to reopen as early as September 2nd, providing the minimum policies and procedures were enacted. At this time, we estimate the approximately 40% of residential gyms are working to reopen their facilities.

Regardless of your anticipated reopening date, the goal of this guide is to provide our client Boards and building stakeholders with the necessary information and resources to implement and execute policies and procedures in accordance to State guidelines subjective to your building's unique features and resident community culture.

We have organized the guide by the State requirements related to various aspects of the Facility. Due to the stringent nature of the safety requirements surrounding reopening Facilities, additional cleaning and/or administrative staff may be required. The Board may choose to postpone the opening of their Fitness Facilities as there is no requirement to reopen at this time. Additionally, should the Board choose to reopen this amenity, they may implement more stringent protocols and procedures than the State's requirement, however the building's legal counsel should review prior to implementation.

Please note that this guide may not include all requirements and considerations the State has set forth for reopening Gyms and Fitness Centers and should be utilized as a reference along with the State's Interim Guidance for Real Estate Services which can be found in this link: [NYS Master Guidance – Gyms and Fitness Centers - As of 8-17-20](#)

Your AKAM Management Executive, along with our Operations Team, is prepared to work with the Board and your building's legal counsel to customize reopening policies and procedures, update them as additional information and clarity around requirements are received, and to effectively communicate with your residents. We will continue to monitor government agencies and consult with industry resources and attorneys to provide you with the latest information. This guide is intended to provide the Board with another layer of support from AKAM as we collectively continue to navigate the COVID-19 pandemic as it relates to building operations and the health and safety of all building occupants.

Sincerely,
The AKAM Team

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Section 1 – Physical Plant

The Master Guidance directs minimum standards and requirements surrounding the occupancy, set up, and conditions within the physical plant of any reopened Fitness Facility.

Maximum Occupancy

The maximum occupancy of the Facility can be no more than 33% of the maximum occupancy set forth by the certificate of occupancy for that space. This occupancy is inclusive of patrons/residents and staff and should be considered for each room of the Facility separately.

Workout Stations

Equipment must be reorganized or restricted (e.g., cardio equipment, free weights, mats, strength training equipment) so that individuals are at least 6 feet apart in all directions and at all times. Equipment may not be shared, and cleaning and disinfection must occur between each individual's use.

Water Stations

All water fountains must remain closed. Bottle filling stations may continue to be utilized with regular cleaning and disinfection of touch areas.

Sanitizing Stations

Provide handwashing stations and hand sanitizer throughout the facility, with applicable signage, and in particular at entrances, exits, and high traffic locations.

Common Areas

Any seating areas (e.g., couches) must be removed or restricted. Self-serve or communal food/beverage are not permitted.

Whirlpools, Saunas, Hammams, & Indoor Pools

The opening of whirlpools, saunas, hammams, or indoor pool facilities is still prohibited per New York City Guidelines.

Air Handling Systems

Central Air Handling Systems

The central HVAC system must have, at minimum, MERV-13 (or industry equivalent e.g., HEPA) filters installed.

For facilities with central air handling systems that can not handle this required filtration, a specifically certified technician or licensed building engineer must certify and document that the currently installed filter rack and air handling system would be unable to perform to the minimum level of heating and cooling with the regulated filtration installed. This documentation must be retained on site and available for review by state and local health department officials. These facilities must still operate using filters with a lesser filtration rate (ideally MERV-11 or MERV-12) and employ additional ventilation and air filtration mitigation protocols, such as running systems for several hours daily before and after occupancy and for longer hours throughout the day.

It is recommended, particularly for buildings older than 15 years, that fresh/outdoor air ventilation be increased where possible, increasing ventilation rates, and the utilization of ultraviolet germicidal irradiation and/or portable air cleaners.

No Central Air Handling Systems

Facilities which have window units, or no air handling units must employ additional ventilation and air filtration protocols per CDC and ASHRAE recommendations including deploying portable air cleaners; regularly inspecting any applicable window units to ensure they are properly operating, serviced, and within service life; running systems for several hours daily before and after occupancy and for longer hours throughout the day; setting fans to draw air away from occupants and providing for appropriate exhaust, and the utilization of germicidal irradiation.

Section 2 – Operations

The Master Guidance directs minimum standards and requirements surrounding the operations of any reopened Fitness Facility. Your AKAM Management Executive can work with you to establish preliminary procedures which may include limiting facility hours, reservation only protocols, limiting non-residential/guest usage, and the recommended phase-in approach.

Distance Between Individuals

A minimum of 6 feet must be maintained in all directions and between all individuals, including staff and residents.

Personal Training

A minimum of 6 feet must be maintained between any permitted personal trainer and their client, as well as any other patrons within the facility. Training that includes the need for spotting is discouraged. Trainers must clean and disinfect any equipment that they use for demonstration purposes prior to their client using it.

Reservations / Shifts

It is recommended that the Facility adopt specific and limited reservation time slots for residents to sign up for. Ample time in between each reservation period must be provided to conduct cleaning and disinfecting.

Alternatively, the Facility may encourage workout shifts to be implemented, with scheduled cleaning in between shifts, encouraging residents to use the Facility with the same group of people on a regular basis, thereby limiting the exposure if a positive case is identified.

Hours of operation may also be limited to permit additional/extended ventilation within the Facility.

Signage and Directional Indicators

The installation of signage throughout the facilities per CDC and DOH guidelines is important and required by the State in order to inform and remind residents and employees the building/Facility policies as well as DOH recommended practices for social distancing, face covering, and hand hygiene. We have provided several templates of government agency approved signs for use and reference in Appendix A.

In order to facilitate the visitor/guest health screening and log in process, the Board should consider controlling the flow of foot traffic and movement of people through the Facility which may include installing floor markers (sample included in Appendix A) and other signage to facilitate social distancing.

Personal Protective Equipment (PPE)

Residents are only permitted entry into the facility if they wear an acceptable face covering. Employees must be allowed to use their own face coverings however must not be required to supply their own protective equipment.

Measures must be put into place to limit the sharing of objects and touching common surfaces or require the employee to wear gloves when in contact with shared objects or commonly touched surfaces. Training must be conducted with all employees on usage and discarding PPE. Receptacles must be placed throughout for the disposal of used PPE.

Cleaning & Disinfecting

Regular cleaning and disinfecting must be conducted in accordance with DOH's Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19.

Interim guidance mandates that sufficient staff is to be available to clean and disinfect all equipment between users, but residents may also be required to wipe equipment down. If any individual equipment item(s) cannot be cleaned between each user for any reason, the equipment must be placed out of use, the building must supply disposable gloves, or set limits on the number of individuals who may use the equipment.

All building service workers should adhere to hygiene, cleaning, and disinfection requirements from the Centers for Disease Control and Prevention (CDC) and Department of Health (DOH).

The building must maintain cleaning logs on site that document date, time, and scope of cleaning.

Health Screenings

Please refer to the Health Screening portion of this guide for the applicable guidelines.

Group Classes

New York City currently prohibits all group classes.

Towel Service

It is recommended to encourage residents to bring their own towels to the extent possible. In the event that towels are provided by the Facility, all laundry service must be performed in accordance with CDC guidelines.

Locker Rooms and Restrooms

Proper signage must be put in place for adequate social distancing. Systems, such as flagging when occupied, to restrict occupancy must be adopted in areas when social distancing cannot be maintained. Communal showers must be closed. Individual showers may remain open, provided that they are cleaned and disinfected between each user.

It is recommended to install physical barriers between toilets and sinks if 6 feet of separation is not feasible. The use of touchless soap and paper towel dispensers is recommended.

Inspection of Facility

A Department of Health and Mental Hygiene inspection must occur before, or within 14 days after, opening. Once the affirmation is signed by a member of the Board, it will automatically trigger an inspection request.

New York City DOH has implemented a virtual inspection via video conference call. A facility manager with knowledge of the operational changes made to meet the state requirements must be available to conduct the video walk-through with a NYC Health Department inspector. Your AKAM Management Executive will facilitate this inspection once receiving confirmation that the affirmation has been submitted.

Section 3 – Safety & Communication Plans

Residential Fitness Facilities are required to develop a written Safety Plan outlining how its workplace will prevent the spread of COVID-19, similar to the previously mandated Phase Two Real Estate requirements. In many cases, the previously drafted Safety Plan may be utilized or adapted to the fitness facilities. In the event that your existing Safety Plan is not applicable, the State has provided a template Safety Plan, or the building may develop its own Safety Plan. The Safety Plan does not have to be submitted to the State, however, once completed, it must be posted prior to reopening and made available in the event of an inspection by a government agency.

There must be a designated site safety monitor, whose responsibilities include continuous compliance with all aspects of the site safety plan, available at all times.

A communications plan for employees and residents must be developed which includes applicable instructions, training, signage, and a consistent means to provide employees and residents with information. This may include building notices, emails, and procedure manuals.

Section 4 – Health Screening & Reporting

Facility Patrons/Residents

A log must be maintained of every person who enters the facility. The sign-in process may be conducted through any means that the building establishes in order to collect screening and contact information, including a digital platform (e.g., BuildingLink), swipe card reader, and/or paper form. Minimum requirements for health screening of all facility patrons include answering the following questions:

1. Have you knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19?
2. Have you tested positive for COVID-19 in the past 14 days?
3. Have you experienced any symptoms of COVID-19 in the past 14 days, or
4. Have you traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days?

The facility must designate a central point of contact for receiving and attesting to have reviewed all questionnaires. Record of daily health screenings are to be logged and made available for inspection by a government agency. At a minimum, the name and the means of contacting the non-resident building occupant are required in order to facilitate contact tracing efforts initiated by a government agency.

In addition to a screening questionnaire, daily temperature checks may also be conducted via contactless thermometers or thermal cameras. Buildings are prohibited from keeping records of health data (e.g. temperature data).

AKAM has created and compiled from industry resources, template health screening assessment forms and questionnaires for the Facilities to use or to revise according to your specific protocols and procedures (please see Appendix B). Once the Board determines what protocols and procedures to implement, your AKAM Management Executive can use these documents and any provided by your legal counsel to create customized documents for the Facility. It is important to highlight again that given the sensitivity and personal information involved in health screenings, any decision, form or log the Board adopts should be reviewed by the building's legal counsel prior to implementation.

Facility Service Workers

All facility service workers (staff) are required to undergo daily health screening prior to the start of their individual shift, however providing this is the same staff which are servicing the building, they will have been screened as part of your Phase Two Reopening, protocols.

Positive Case(s)

Any individual who screens positive for COVID-19 symptoms must not be allowed to enter the facility. Per the interim guidance, if a patron of the facility and/or service worker tests positive for COVID-19, the building is required to report the case to public health authorities, along with all individuals who entered the facility dating back 48 hours before the individual first experienced symptoms or tested positive, whichever is earlier.

Confidentiality must be maintained as required by federal and state law and regulations.

Section 5 – Affirmation

The State, in connection with the Centers for Disease Control (CDC), New York State Department of Health (NYS DOH), and the New York City Department of Health (NYC DOH) has prepared a document entitled “*New York’s Interim Guidance for Gyms & Fitness Centers During the COVID-19 Public Health Emergency*”.

If the Fitness Facility is reopened, all of the guidelines are to be adhered to.

Link to Interim Guidance:

https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms_and_Fitness_Centers_Detailed_Guidelines.pdf

The State requires that all Gyms and Fitness Centers, including those within cooperatives and condominiums, submit an Affirmation form through the State’s website attesting that it has been read and the building will comply with guidelines and requirements of the document.

Link to Affirmation Form:

<https://forms.ny.gov/s3/ny-forward-affirmation>

If the Board chooses to reopen their Facility, your AKAM Management Executive will work with the Board to designate the Board Member who will be submitting the Affirmation via the State’s website prior to reopening and provide any support or assistance the Board member needs to submit the Affirmation.

Below is the information required to include in the Affirmation prior to submission and our recommended responses:

<u>Industry the business belongs to:</u>	Gyms & Fitness Centers
<u>Business Name:</u>	Building’s corporate name
<u>Your Name:</u>	Board member’s first and last name
<u>Phone Number:</u>	AKAM’s main phone number: 212.986.0001
<u>Business Email Address:</u>	AKAM Management Executive’s Email Address
<u>Business Location Address:</u>	The building’s street address

Once submitted, the State’s website will provide confirmation that you have submitted the Affirmation as well as trigger a Virtual Inspection by the Department of Health. This confirmation is to be printed and posted in a conspicuous location and should be available to be presented upon the request of the Department of Buildings or other government agency.

Section 6 – Conclusion

The State's interim guidance as it relates to the reopening of Fitness Facilities is intended to prevent the spread of the COVID-19 virus and to protect the health and safety of all building occupants.

As your management company, AKAM's goal is to ensure the Board is supported with the most updated information, guidance, industry resources and templates/tools to consider the requirements and make operational decisions. Equally as important is our commitment to the Board and shareholders/owners in working tirelessly to implement and execute the operational protocols and procedures we collectively establish to adhere to the State's requirements and to protect everyone's health and safety.

Due to the fluid nature of the information and requirements, we anticipate that the State's interim guidance and other directives that relate to the operation of Fitness Facilities will be revised or clarified based on a multitude of factors. Please be assured that we will continue to monitor all relevant sources for updates and communicate to you in a timely manner.

We look forward to continuing to work with you as we navigate through this unprecedented time, together.

Thank you.

Section 7 – References & Additional Info

New York State DOH Interim Guidance

[https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms and Fitness Centers Detailed Guidelines.pdf](https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms_and_Fitness_Centers_Detailed_Guidelines.pdf)

New York State DOH Best Practices

[https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms and Fitness Centers Summary Guidelines.pdf](https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms_and_Fitness_Centers_Summary_Guidelines.pdf)

New York City DOH COVID-19 Overview

<https://www1.nyc.gov/site/coronavirus/index.page>

CDC's General Guidelines for Gym and Fitness Center Employers

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/gym-employers.html>

CDC COVID-19 Overview

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Occupational Safety and Health Administration COVID-19 Website

<https://www.osha.gov/SLTC/covid-19/>

Appendix A

Template Signage

PREVENT THE SPREAD OF COVID-19 IN NYC!

TAKE THESE STEPS:



Stay home if sick

Only leave for essential medical care and testing or other essential errands.



Keep physical distance

Stay at least 6 feet away from other people.



Wear a face covering

You can be contagious without symptoms. Protect those around you by wearing a face covering.



Keep your hands clean

Wash your hands often with soap and water or use hand sanitizer if soap and water are not available.

Get tested: There are COVID-19 testing sites in all five boroughs. To find a site, visit nyc.gov/covidtest or call 311.

For the latest information, visit nyc.gov/coronavirus.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



**Stay at least 6 feet
(about 2 arms' length)
from other people.**



**Cover your cough or sneeze with a
tissue, then throw the tissue in the
trash and wash your hands.**



**When in public, wear a
cloth face covering over
your nose and mouth.**



**Do not touch your
eyes, nose, and mouth.**



**Clean and disinfect
frequently touched
objects and surfaces.**



**Stay home when you are sick,
except to get medical care.**



**Wash your hands often with soap
and water for at least 20 seconds.**

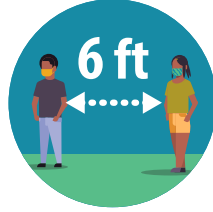
Important Information About Your Cloth Face Coverings

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:



**Stay at home
as much as
possible**



**Practice social
distancing
(remaining at
least 6 feet away
from others)**



**Clean your
hands often**



In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

How cloth face coverings work

Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people may spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering may protect others around you. Face coverings worn by others may protect you from getting the virus from people carrying the virus.



General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping



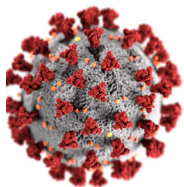
Wash your cloth face covering after each use in the washing machine or by hand using a bleach solution. Allow it to completely dry.

For more information, go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

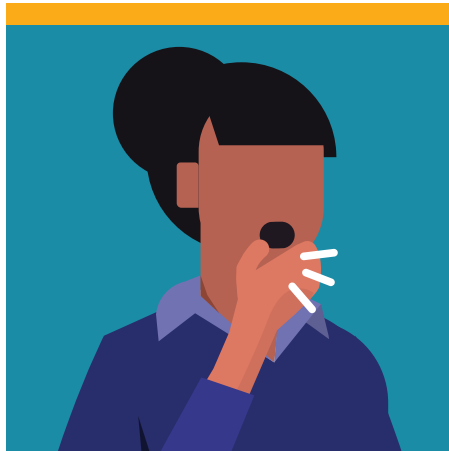
- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



cdc.gov/coronavirus

Symptoms of Coronavirus (COVID-19)

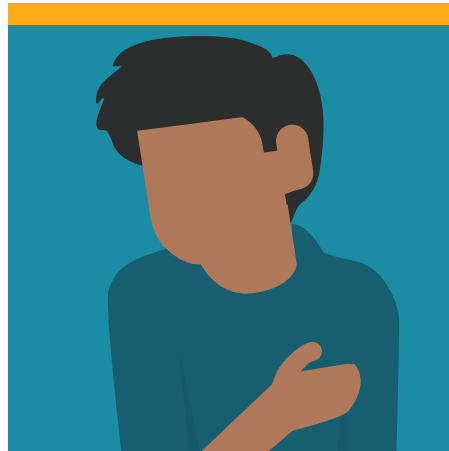
Know the symptoms of COVID-19, which can include the following:



Cough



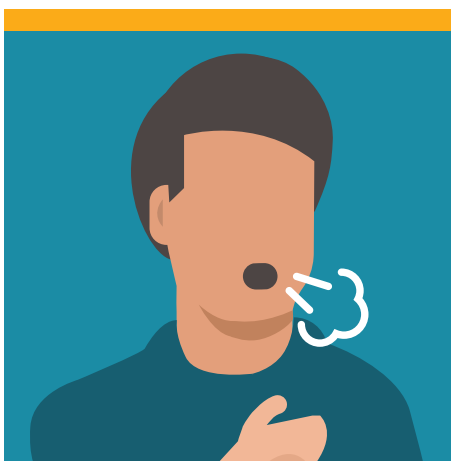
Fever



Chills



Muscle pain



Shortness of breath or difficulty breathing*



Sore throat



New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

How to Protect Yourself and Others

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick**. www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



cdc.gov/coronavirus

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public**, for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Please wear a cloth face covering.

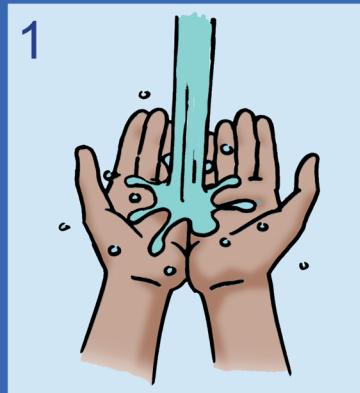


**Maintain a distance of 6 feet
whenever possible.**

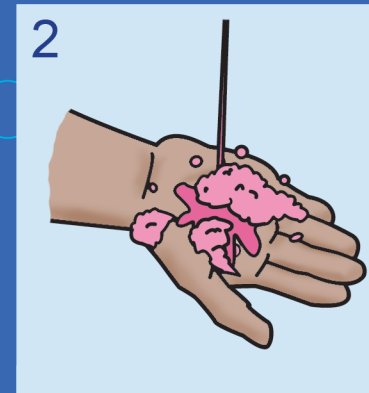


cdc.gov/coronavirus

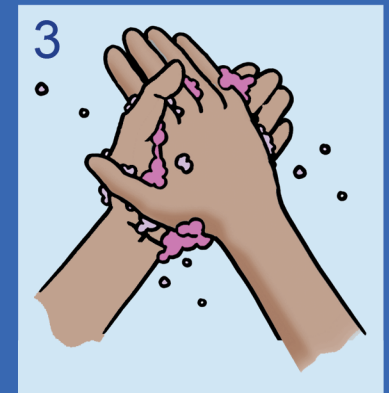
wash your hands



WET



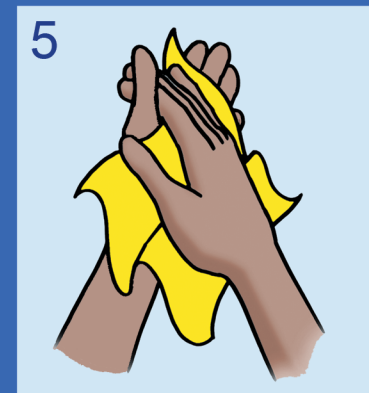
SOAP



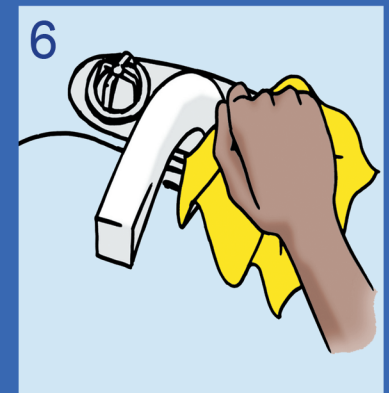
SCRUB



RINSE



DRY



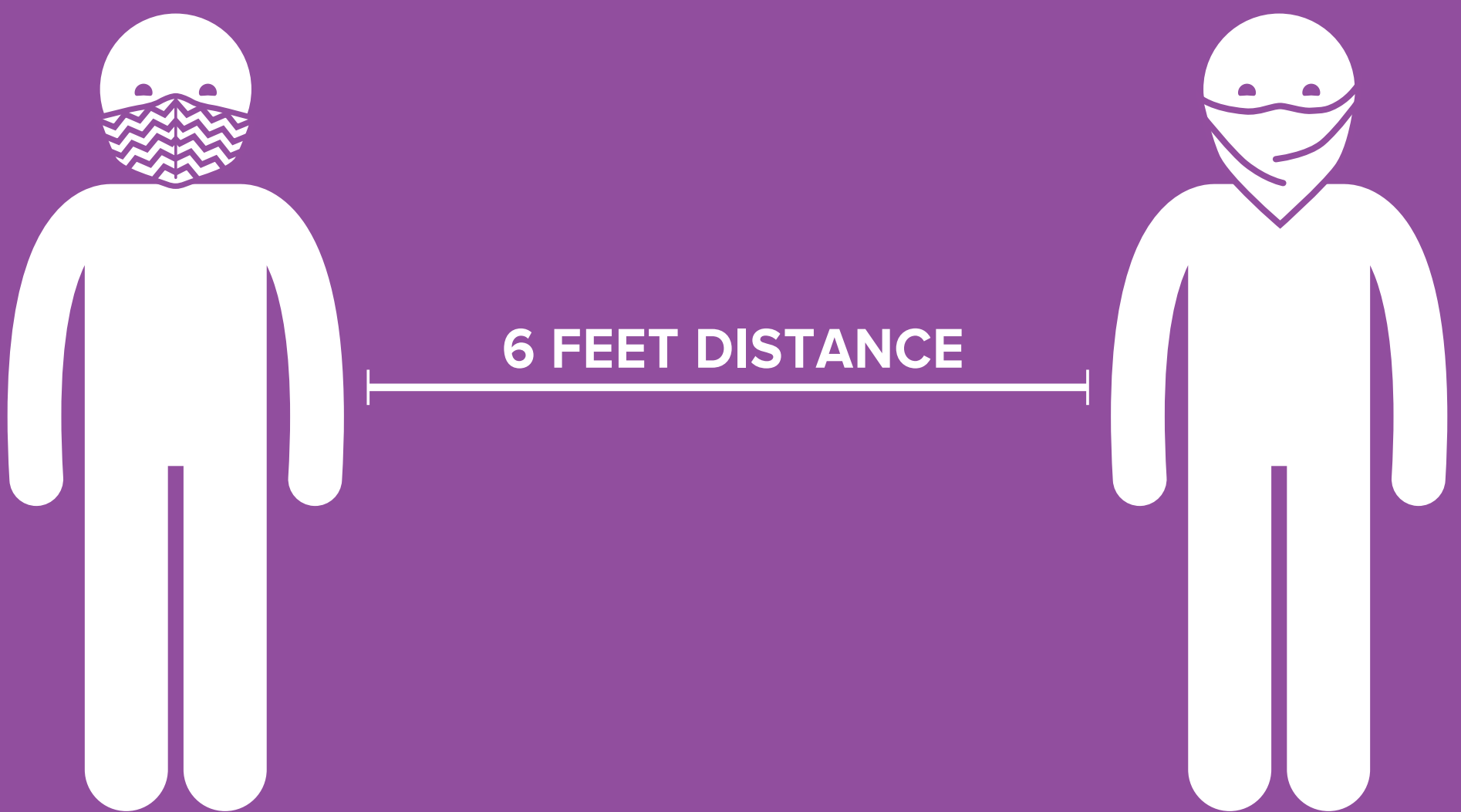
TURN OFF
WATER



STOP THE SPREAD OF CORONAVIRUS: MAINTAIN SIX FEET OF DISTANCE

All New Yorkers must wear a face covering when outside their home if unable to maintain at least 6 feet of distance between themselves and others.

New York State Executive Order No. 202.17.



Text **COVID** to **692-692** for real-time updates
or visit **nyc.gov/coronavirus**.

Call **311** to report harassment, discrimination, or a violation.

**Messages and data rates may apply. Check your wireless provider plan for details.*

NYC[™]

THANK YOU FOR PRACTICING



**SOCIAL
DISTANCING**



Hands
that look
clean can still
have icky
germs!

Wash YOUR HANDS!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Appendix B

Facility Health Screening Templates

Fitness Center Health Screening Log



Building: _____

Date	Time	Name	Unit/Apt	Have you knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19? (Y or N)	Have you tested positive for COVID-19 in the past 14 days? (Y or N)	Have you experienced any symptoms of COVID-19 in the past 14 days? (Y or N)	Have you traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days? (Y or N)	Contact Number

According to the CDC guidance on “Symptoms of Coronavirus,” people with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms COVID19 include, but are not limited to: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell.