



LOUISIANA DEPARTMENT OF PUBLIC SAFETY & CORRECTIONS
PUBLIC SAFETY SERVICES



H. "BUTCH" BROWNING, JR.
STATE FIRE MARSHAL

OFFICE OF STATE FIRE MARSHAL



UPDATED May 14, 2020

The Office of State Fire Marshal is providing you with this update in conjunction with the Office of the Governor and the Louisiana Department of Health to keep you up-to-date with additional information and/or changes as it becomes available during our battle with COVID-19. These notifications are issued automatically and immediately to those who sign up through "OpenSafely" (<https://opensafely.la.gov/>).

Every attempt is being made to highlight critical changes that have occurred since the previously published notification for your convenience. However, please read through this entire document in context as these changes do not stand on their own and all of the additional general information and clarifications made may not be highlighted.

Preface:

This Phasing Plan applies to those fitness centers and health clubs that have been affected during the COVID-19 stay-at-home order. Essential (critical) infrastructure businesses are not further restricted by these new guidelines and may continue to operate under the current guidelines that are applicable to the specific business. Refer to: https://gov.louisiana.gov/assets/docs/covid/Essential-Infrastructure_fact-sheet.pdf for specific information regarding critical infrastructure businesses.

COVID-19 is a highly contagious and deadly disease. The fundamental concept of this phased opening plan is to slowly open businesses at reduced occupant capacities that will allow for social distancing and circulation without encroaching upon others. Everyone's cooperation is critical to the success towards defeating this disease and revitalizing our economy.

Phase 1 – Fitness Centers and Health Clubs- Includes Aerobics, Yoga, and Martial Arts classes

START DATE: May 15, 2020

Fitness centers and health clubs must adhere to strict mitigation standards and social distancing measures to prevent the spread of COVID-19. When possible, maintain at least 6 feet of separation from other individuals not within the same household. In addition, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced. Individuals 65 years or older, people of all ages with poor control of medical issues like high blood pressure, heart disease, obesity, or a weakened immune system are at a higher risk for getting very sick or dying from COVID-19 and should strictly adhere to all CDC guidelines, and are encouraged to stay at home as much as possible. The specific requirements and guidelines for fitness centers and health clubs during this Phase are listed below. These requirements and guidelines supplement and do not replace any guidance provided by other state agencies, boards and commissions, or other authorities having jurisdiction. Where guidance conflicts occur, the stricter of the requirements will apply.

Occupant Capacity and Building Safety Rules:

The maximum building capacity during the Phase 1 period is limited to 25% of the normal established capacity and is limited by the social distancing requirements of 6 feet as outlined below. Please note that capacity restrictions should be applied down to the individual room, not just overall facilities.

- Do not exceed the maximum building capacity of 25% to be determined as follows:
 - One person per 120 square feet of gross area; or
 - 25% of the posted capacity by order of the State Fire Marshal
- Make arrangements to allow for the minimum of 6 feet distance between members.
- Reduce employee area capacity to allow for 6-foot distancing between employees.
- Do not allow physical contact between employees and members.
- Do not permit interior waiting areas. Waiting may be provided outside of the facility while following social distancing guidelines or persons shall wait in cars.
- Avoid gatherings in the building while entering, exiting, or moving about. Reservations are suggested as a way to minimize crowds and gathering while waiting to enter the facility.
- Equipment and exercise areas shall be arranged such that a minimum of 6 feet of distance between persons using other areas is maintained.
- Outdoor areas may be used for non-contact activities. A 6-foot distancing shall be maintained.
- Limit locker room use such that the 6-foot distancing can be provided.
- Hot tubs and saunas are to remain closed.
- Pools may be open for lap swimming only.



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- Current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces, as well as high-touch surfaces, followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in community settings. Follow the CDC guidance for proper cleaning and disinfecting. <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

Checklist for Management

- Actively enforce the capacity and social distancing requirements and manage the members' movements.
- Ensure the exterior waiting areas are not blocked.
- Maintain social distancing requirements explained in this document.

Checklist for All Staff

- Check for fever or respiratory symptoms daily.
- Keep at least 6 feet from other employees and members.
- Wear face coverings.
- Wash your hands often.
- No physical contact between employees and clients/customers.
- Wash your hands often with soap and water.
- Use hand sanitizer between each task and after customer check-out.
- Clean and sanitize items you touch often and that customers touch often
- Clean and sanitize carts and counters.
- Clean and sanitize surfaces that customers touch often, like doorknobs, handles, plates, light switches, countertops, refrigerator and freeze door handles, etc.
- Clean and disinfect the restrooms regularly.
- Clean and disinfect gym equipment after each use.

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☑ Employees who typically wear gloves should continue to do so. Gloves are not recommended for tasks that do not normally require gloves. Hands should be washed before putting gloves on and after removing gloves. Gloves should be changed often, changed between tasks, and changed when they are obviously soiled.

Face Covering Guidance

Refer to Louisiana Department of Health guidance here:

<http://ldh.la.gov/assets/oph/Coronavirus/resources/CDC-DIY-cloth-face-covering-instructions.pdf>

Steps for Cleaning of Areas and Other Items

1. First, clean the area or item with soap and water or another detergent if it is dirty.
2. Then, use disinfectant.
 - If possible, use [EPA-registered household disinfectant](#).
 - Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- keeping the surface wet for a period of time and precautions such as wearing gloves and making sure where you are using the product has good ventilation.

Diluted household bleach solutions may also be used if appropriate for the surface.

- Check the label to see if your bleach is intended for disinfection and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening, may not be suitable for disinfection.
- Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.
- Leave solution on the surface for at least 1 minute.

To make a bleach solution, mix either:

- 5 tablespoons (1/3rd cup) bleach per gallon of water; or
- 4 teaspoons bleach per quart of water.

Alcohol solutions with at least 70% alcohol may also be used.

The CDC offers this additional guidance for cleaning: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

Sample equipment arrangement

Normal maximum capacity = 60, Phase 1 capacity = 15 (25%)

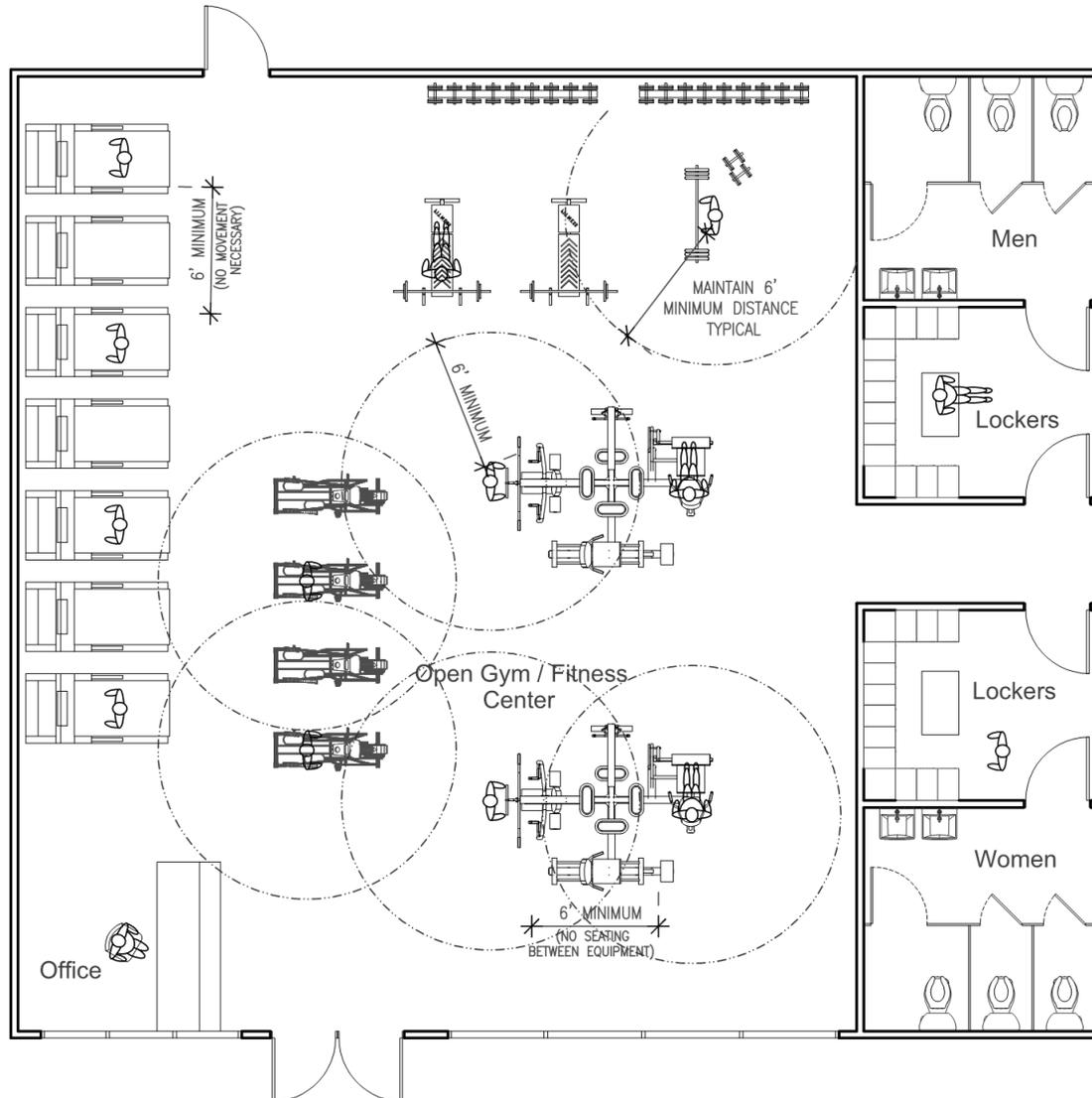


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Referenced Documents:

- Essential (Critical Infrastructure) Services remain operational with guidelines in place. See: [https://gov.louisiana.gov/assets/docs/covid/Essential-Infrastructure fact-sheet.pdf](https://gov.louisiana.gov/assets/docs/covid/Essential-Infrastructure%20fact-sheet.pdf)