



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

910 Pennsylvania Avenue, SE | Washington, D.C. 20003 | 202-507-4070 | www.nihb.org

04/01/20

Gym Infection Control during the COVID-19 Pandemic

Fitness is a de-stressor, therapy, and exercise for many across the world including Tribal communities in Indian Country. However, due to the COVID-19, the availability and safety of gyms are affecting many “gym goers” across Tribal reservations and the United States. Tribal wellness centers, community wellness, and community recreation services along with major gyms including Planet Fitness, Equinox, Gold’s Gym, and YMCA are implementing transmission/cleanliness protocol best practices during the COVID-19 if they are still operating.

Transmission/Cleanliness Protocol Best Practices

Gyms are using basic infections control measures by wiping down equipment, using distancing methods between participants, not allowing “high fives or hand shaking,” setting up more hand sanitizers and wipe stations and enforcing “if you are sick stay home” practice.

Class Cancellations

Some highly populated classes are being cancelled and overly used equipment are being removed to prevent spread of COVID-19 area.

Living Space for Virus in Gyms

The possibility of viruses living on surfaces or equipment makes gyms and exercise equipment high risk of transmission of COVID-19 through contaminated hands or skin. So imagine how many times you touch your face then touch gym equipment. Other things to consider, if someone coughs or sweats, it becomes airborne and reaches other surfaces of equipment or cleaning stations then another person comes up and touches the surface without realizing it is contaminated and so forth. Many “gym goers” are very focused “in the zone” as they reference to it, by shutting out other thoughts aside from their music, routine, intensity, counting, and recovery leaving out infection control measures. Therefore, these measures are being used with interruptions of class to do a wipe down, signs are being posted as a reminder to clean stations and equipment, and emails are being distributed.

Cancellation

Additionally, gyms are being temporarily closed allowing waivers of cancellation fees or other arrangements are bring made.

Recommendations

Fitness is still needed to maintain normalcy so it is a perfect time to use fitness applications and home gyms. Please use the Centers for Disease Control (CDC) website at <https://www.cdc.gov/> for the latest updates on recommendations.

Disclaimer:
This fact sheet is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

For more information, visit NIHB’s National Tribal COVID-19 Response page at www.nihb.org