

COVID-19 Compliance Monitoring

Gyms and fitness facilities

The *Emergency Management (Activities) (COVID-19) Direction* put in place to manage the COVID-19 pandemic sets out the requirements for businesses, including gyms and fitness facilities.

These requirements aim to help keep South Australia safe from COVID-19.

What is the role of a COVID Marshal in a gym or fitness facility?

A [COVID Marshal](#) is a trained individual who has been nominated by the individual gym or fitness facility business owner/operator to apply COVID-19 Directions and restrictions in the facility.

A COVID Marshal's role includes:

- > promoting and ensuring infection control practices (eg frequent hand washing) are followed
- > promoting and taking practical steps to ensure people participating in the operations are complying with density requirements
- > promoting and taking practical steps to ensure people are physical distancing, and complying with the 1.5 metre rule
- > ensuring that all COVID-Safe Plans and COVID Management Plans (where relevant) or specific polices/protocols in relation to the prevention of coronavirus are effectively implemented and monitored
- > ensuring that the gym or fitness facility has sufficient seating, hand washing facilities and cleaning regimes
- > being present at all times (except where the site operates for 24 hours where at all times means times of high patronage).

The ultimate responsibility of compliance in the gym or fitness facility sits with the business owner/operator.

What should we do if a patron refuses to comply with a request from a COVID Marshal?

COVID Marshals have no formal authority and are not formal authorised persons.

In the first instance, it is the role of the COVID Marshal to politely advise the person breaching the direction of their requirement and members of the public are asked to respectfully adhere to this instruction.

If the individual continues to refuse to follow the direction given by the COVID Marshal, the COVID Marshal should assess the situation and if there are safety concerns, they should end the discussion. The COVID Marshal should then report any issues to their supervisor or manager and determine ways to deal with the situation safely.

If there is poor compliance or safety concerns, the supervisor or manager should contact South Australia Police on 131 444 to report the breach of the COVID-19 Directions.

Failing to follow the Emergency Management Directions is an offence.

What are the requirements for face mask wearing in gyms or fitness facilities?

Patrons are only allowed to take their mask off while exercising at the gym or fitness facility.

However, a person who is not exercising, or an individual undertaking light exercise such as gentle walking or stretching, should keep their mask on where possible.

Other situations where patrons should keep their mask on are:

- > when entering or exiting the gym
- > until they get to their first machine and begin exercising
- > until they get to their class (spin, zumba, pump etc) and begin exercising
- > when transitioning between machines/areas/leaving classes
- > when in the change room/toilets
- > when socialising/chatting and standing around with other gym members.

Personal trainers and class instructors are required to keep their masks on while with clients/classes unless they are participating and exercising during the session.

There are circumstances where it might not be possible for a patron to wear a face mask such as a [medical exemption](#). In this situation, the individual must show evidence of a relevant medical condition if requested by the COVID Marshal or by an Authorised Officer from SA Health or SAPOL.

What infection control practices do we need in place at our gym or fitness facility?

Infection control practices must be in place at your gym or fitness facility, including a cleaning regime and having hand sanitiser readily available.

All high-touch surfaces must be cleaned thoroughly and on a regular basis with detergent & disinfectant. For guidance, these surfaces should be cleaned a minimum of 3 times a day – for instance after the morning, lunch and evening rush – and up to hourly for large scale capacity gyms, particularly during high patronage times.

It is recommended that all gyms maintain cleaning logs which can demonstrate the date and time cleans were performed as this will enable management and COVID Marshals to monitor compliance accordingly.

Disinfectant stations should be positioned in key locations around the gym that enable patrons to wipe equipment as needed. COVID Marshals should also remind patrons to wipe down their equipment using disinfectant sprays/wipes whenever possible.

Hand sanitiser should be positioned in key locations in an indoor fitness facility such as gym entrances, bag areas, change rooms, classrooms and wherever there is a spray/disinfectant station on the gym floor.

Please encourage your reception staff to ask patrons to hand sanitise their hands before going through the entrance, and your COVID Marshal to offer and/or dispense sanitiser while they are roving the gym.

What are the requirements for COVID-Safe Check-In?

Every patron must check in using [COVID-Safe Check-In](#) or sign in using the manual paper record before they enter the gym or fitness facility.

COVID Marshals and staff are encouraged to remind patrons to check in using the COVID SAfe Check-In app, or manual paper-based record.

COVID Marshals are encouraged to look at an individual's green tick or request the individual complete the manual paper-based record prior to the individual entering your business.

COVID SAfe Check-in will support contact tracing efforts and help to keep our community COVID-safe.

What are the requirements around COVID-Safe Plans?

All gyms or fitness facilities must have a [COVID-Safe Plan](#). This plan must be specific to the individual business location. The Plan is used by contact tracers to get in touch with businesses.

It is highly recommended that the business owner/operator ensures their COVID-Safe Plan is up-to-date, including contact details such as a telephone number and email address.

Who can I contact if I have a question?

- > Email Health.COVIDCompliance@sa.gov.au
- > Call the SA COVID-19 Information Line on 1800 253 787
- > Visit www.sa.gov.au/COVIDcompliance

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Please check the *Emergency Management (Activities) (COVID-19) Direction* for any changes to the Direction.
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