

# CORONAVIRUS DISEASE (COVID-19)



## Guidance for Use of Patient Therapy Facilities, Colleague Fitness/Wellness Rooms and Pools



**Audience:** Directors, Managers, Supervisors and Colleagues of Inpatient or Outpatient Therapy facilities, Pools and All Colleagues

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**Universal**

What's Updated: No new updates.

Summary of Infection Prevention Practices for Therapy Facilities based on Community COVID-19 Hospital Admission Level :

Parameter	Not High	High
Capacity Restriction	None	75%
Notice of Capacity Restriction at entrances?	No	Yes
Source Control	Follow policy at affiliated ministry	Required for all
Stationary equipment use	Follow normal operations	If feasible, when there are multiple pieces of equipment, assign patients to use every other equipment

The ministry is responsible for following all applicable state and local guidelines regarding use of therapy centers/gyms and pools. Reduce capacity in therapy facilities, pools and spas to facilitate physical distancing for those using these facilities when the **Community COVID-19 Hospital Admission Level** is **HIGH**. When Hospital admission level is not high follow normal operations policies and procedures

**Inpatient or Outpatient therapy** locations providing services to patients receiving Physical, Occupational and Cardiac Rehab services.

**Wellness Rooms** are defined as rooms for individual or limited occupancy activities that do not involve the use of ministry-owned stationary fitness equipment. These rooms may be used for activities of short duration where a colleague

utilizes personal fitness gear (e.g. yoga mats, resistance bands, exercise balls, etc.) in fitness centers located within the ministry or its immediate campus.

**Pool** operations include, but are not limited to recreational pools, hot tubs and therapy pools (referenced generally in this document as "pools").

## Infection Prevention & Control for Therapy Facilities

- Screen patients and others prior to use of therapy facilities for newly identified COVID-19 infection, symptoms of possible infection, or close contact exposure during the 10 days prior to the date of use of the therapy facility. Refer to [THSO\\_1006678801\\_CDC\\_facilities\\_screening\\_11x17\\_10-17-22.pdf \(trinity-health.org\)](#) for additional details.
- Follow facemask requirements that are in effect by the ministry affiliated with the therapy services.
- Facilitate and support health-promoting behaviors such as hand hygiene and respiratory/cough etiquette to reduce the spread of infectious illnesses including COVID-19.
  - Place visual cues such as hand hygiene posters, stickers, and other materials in highly visible areas.
- Prior to Patient Appointments:
  - Establish initial registration process for therapies that allows for preregistration of patients for subsequent visits that negates the need for face-to-face registration with each visit. Patients will go directly to therapy area with entry to the ministry after initial screening upon entry to the facility.
  - Establish appointment times for each patient with emphasis on adhering to scheduled appointments.
- Follow local ministry policies and procedures for cleaning and disinfection of therapy facilities. Provide ready-to-use disinfectant wipes for patients to use for shared surfaces or areas that are touched after their use. Provide disinfectants for cleaning of surfaces both in workout areas and locker rooms/showers between uses. Post signs stating that users are required to wipe down the space.
- For ministries who utilize gym space for both outpatient and inpatient cases, establish therapy space for outpatients that is physically separate from known COVID-19 positive patients who are hospitalized and require rehabilitative therapy services. Consider scheduling PUIs or COVID-19 positive patients at the end of the day to maintain separation from non-PUI, non-COVID-19 positive patients.
- Adjust occupancy/capacity limits as needed when Community COVID-19 Hospital Admission Level is **HIGH** to include:
  - Limit occupancy to 75 % of normal capacity.
  - If feasible when the facility has multiple stationary exercise equipment, limit use to every other equipment location.
  - Post Occupancy/Capacity limits so colleagues and those using facilities are aware.
  - Post the appropriate COVID-19 Warning Sign for the location (click the PowerPoint icon on page 7).
  - Provide disinfectants for cleaning of surfaces both in workout areas and locker rooms/showers between uses. Post signs stating that users are required to wipe down the space.
  - Remove items that cannot be cleaned, sanitized, or disinfected between use, such as resistance bands and weightlifting belts.
  - Therapy supplies that are unable to be cleaned or disinfected are to be treated as individual use (i.e., putty used in hand therapy). These supplies can be stored in a bag or bin and labeled with individual patient identifiers for repeated use. Bags or bins are single use. Establish hours of operation and occupancy restrictions, if applicable, for colleague use.
  - If demand for use exceeds occupancy restrictions, consider limiting time spent in the location or a reservation system

## Daily Operations

## **Therapy Facilities**

- Conduct daily screening of colleagues, patients, and other users prior to use of the facility for symptoms, newly identified infection or close contact exposure. Refer to links to screening guides above for additional details. Colleagues who complete pre-shift screening for the day of use of the facility do not need to be rescreened.
- Colleagues and patients should follow ministry recommendations for hand hygiene.
- When Community COVID-19 Hospital Admission Level is high:
  - Patients must wear a facemask for source control if they can tolerate its use during exercise activities. Colleagues are to follow PPE requirements outlined in [ppe-guide-booklet.pdf \(trinity-health.org\)](#).
    - In the event a patient is unable to wear a mask for medical reasons, encourage physical distancing, if possible, between the patient and others within the therapy space
  - Cover foam positioners with barriers that can be disinfected, such as a clear trash bag
  - During Speech Therapy evaluations, when a patient has a need to be unmasked and/or the therapy may lead to the generation of aerosols, and the Speech Therapist is unable to maintain physical distancing from the patient, the therapist should wear a N95 respirator or equivalent and eye protection.. Refer to PPE Guidebook for additional details: [ppe-guide-booklet.pdf \(trinity-health.org\)](#)
  - Clean and disinfect machines after each patient.
  - Perform frequent, e.g., after end of day of therapy sessions, routine environmental cleaning and disinfection of high-touch areas with an EPA-registered disinfectant for SARS-CoV-2 (the virus that causes COVID-19) and as soon as possible for surfaces that are visibly soiled.

## **Wellness Rooms, Colleague Fitness Centers/Gyms**

- Colleagues may utilize their personal fitness gear while in the identified areas
- Personal fitness items are to be removed from location after use
- Cleaning, sanitizing, and disinfecting of shared surfaces and equipment is the responsibility of the colleague. Provide disinfectant wipes to encourage disinfection of these after use by colleagues.
- Perform frequent and routine environmental cleaning and disinfection of high-touch areas with an EPA-registered disinfectant and increase frequency of disinfection.
- Limit Wellness room/fitness center/gym capacity to 75% of maximum occupancy (as defined by fire code) when Community COVID-19 Hospital Admission Level is high. Post notice of reduced capacity when rate is high at points of entry into the facility.
- Colleagues may bring personal hydration items for use in wellness rooms/fitness centers/gyms.
- Colleagues who have symptoms of acute respiratory infection or develop these during use of the facility should leave the facility.
- Towel service may be provided if state or local guidelines permit.
- Increase introduction and circulation of outdoor air as much as possible by opening windows and doors, using fans or other methods if feasible and in consultation with Facility Manager or designee.

## **Recreational & Therapy Pools**

- Follow local or state requirements that apply to operators of public spas or pools to include cleaning and disinfection procedures.
- Post signs stating that those currently experiencing or who have experienced symptoms of or close contact exposure to someone with COVID-19, or who have tested positive for COVID-19 within the last 10 days are not to enter the pool area. Refer to screening guidelines provided above.
- Residents, patients, or clients must wear a face covering except while in the pool. This includes wearing a mask when sitting around the pool area and moving to or from the entrance into or out of the pool.

- When rate of community COVID-19 Hospital Admission Level is high limit pool capacity to a maximum of 75%. Post notice of reduced capacity at all entrances and in the main pool area. Towel service may be provided if state or local guidelines permit.
- Increase introduction and circulation of outdoor air as much as possible by opening windows and doors, using fans or other methods approved by the Facility Manager or designee.



COVID-19 Warning  
for Pool Salon Gym