



April 21, 2021

Update #38
Update to COVID-19 Safety Guidelines

Recently, our office has received several requests for updates on Covid-19 Guidelines for common areas and amenities. While many of the recommendations remain in place, a number of the specific requirements have been changed or eliminated. This update provides the latest guidelines from Knox County, the State of Tennessee and the CDC.

All communities located outside of Knox County should look to the CDC and the Tennessee Pledge for guidance. The Tennessee Pledge, most recently revised in October 2020, provides general and activity-specific guidelines based on the recommendations from the Centers for Disease Control and Prevention (CDC), the Occupational Safety and Health Administration, the Tennessee Department of Health, and with input from private sector working groups. The CDC offers guidance for business during the COVID-19 pandemic and has specific recommendations for particular industries and activities. Many of these recommendations overlap with those found in the Tennessee Pledge.

The Knox County Board of Health also recommends following their five core actions: practice physical distancing, wear cloth face coverings, wash your hands or use hand sanitizer regularly, clean frequently touched surfaces, and stay home when sick. In addition to the recommendations provided in the Tennessee Pledge and the five core actions, Knox County has three active resolutions/regulations that have applicability to recreational activities: Resolution No. 2020-A: (1) COVID-19 Risk Reduction Guidelines, (2) Regulation No. 2020-1: COVID-19 Face Covering, (3) Resolution 2020-C Safer at Home and Business Guidance. Risk Reduction Guidelines Resolution and Face Covering Regulation are summarized at the end of this update.

For information regarding guidelines related to recreational activities in apartment complexes, please see Table 1 below, which indicates the specific Knox County, Tennessee Pledge and CDC recommendations by activity. Previously, operators of gyms, pools, etc. were required to assign personnel to ensure compliance with the various Covid-19 restrictions. That requirement has been removed for these activities. Nevertheless, it is our recommendation, where feasible, to periodically check to ensure that users of amenities are complying with the Covid-19 rules put in place at the community. Moreover, apartment personnel should regularly clean in these areas to further limit the possibility of Covid-19 spread.

As always, if you have any questions, please feel free to contact me.

Sincerely,

Michael J. King

Dwight E. Tarwater¹
Thomas A. Bickers¹
John W. Elder^{1 2 3}
Michael J. King^{1 4}
Taylor A. Williams¹
Catherine W. Anglin¹
Lindsey M. Collins¹
Kendell M. Garrett¹
Thomas H. Jarvis¹
Kelsey C. Osborne^{1 5}
Kathryn V. Haaquist¹

Donald F. Paine
(1939 - 2013)

¹ Licensed in Tennessee
² Licensed in Illinois
³ Licensed in New York
⁴ Licensed in North Carolina
⁵ Licensed in Texas

Table 1- Apartment Complex Activity Guidelines and Recommendations

Activity	Knox County Board of Health- Safer at Home Resolution ¹	Tennessee Pledge	CDC Recommendations
Gym/Exercise Facility	<ul style="list-style-type: none"> - Limit the number of people to allow for distancing of at least 6 feet between households. - Require employees and patrons to wear a face covering. - Regularly clean and disinfect frequently touched surfaces. - Encourage hand washing. 	<ul style="list-style-type: none"> - Limit Facility Occupancy if appropriate spacing between persons cannot be maintained. - Limit congregation in locker rooms and frequently disinfect. - Conduct group fitness classes in a manner that promotes social distancing (limit class size if necessary). - Adjust layout as necessary to maintain six feet of distance between stations/equipment. 	<ul style="list-style-type: none"> - Modify or adjust cardio equipment, free weight areas, weight training equipment and fitness classrooms to maintain social distancing of at least 6 feet between patrons and employees. <ul style="list-style-type: none"> o If rearranging is not an option, place “do not use” signage and turn off/unplug select equipment to allow for proper social distancing. - Use visual cues such as floor decals, colored tape, and signs to remind workers and patrons to maintain distance of at least 6 feet from others, including around training equipment and free weight areas. - Place handwashing stations or hand sanitizers with at least 60% alcohol in multiple locations throughout the workplace for workers and patrons. <ul style="list-style-type: none"> o Use touch-free stations, where possible o Make sure restrooms are well stocked with soap and drying materials. - Make sure the gym is well ventilated. <ul style="list-style-type: none"> o Work with facilities management to adjust the ventilation so that the maximum amount of fresh air is delivered to occupied spaces while maintaining the humidity at 40-60%. If possible, increase the filter efficiency of heating, ventilation, and air condition units to the highest functional level. o Portable high efficiency particular air (HEPA) filtration units may be considered to remove contaminants in the air of poorly ventilated areas. o If free standing fans are used, position them in a way that does not direct air from one patron to another. - Clean and disinfect frequently touched surfaces. <ul style="list-style-type: none"> o Provide sanitizing disposable wipes and other cleaning materials and conduct target and more frequent cleaning of frequently touched surfaces and objects. - Limit the number of people in the facility at one time.

¹ These are general business guidelines that have been applied to each activity, where appropriate. Knox County Board of Health implements the Tennessee Pledge.

			<ul style="list-style-type: none"> - Consider removing hard to clean items and equipment such as bands, rubber mats, foam rollers, and yoga block. - Limit locker room access to the restroom area only, prohibiting the use of shower and changing areas. - Consider closing water stations and water fountains, except for no-touch bottle refill stations. - Use cloth face coverings or masks as appropriate. - Post signs and reminders at entrances and in strategic places providing instruction on social distancing, hand hygiene, use of cloth face coverings or masks, and cough and sneeze etiquette. Signs should be accessible for people with disabilities, easy to understand, and may include signs for non-English speakers, as needed.
Basketball courts, racquet ball courts, other areas of group sport activities	<ul style="list-style-type: none"> - Limit the number of people to allow for distancing of at least 6 feet between households. - Require employees and patrons to wear a face covering. - Encourage hand washing. 	<ul style="list-style-type: none"> - Implement social distancing on the bench/sideline. - Spectators should maintain at least 6 feet of separations. - Limit use of, or congregation within confined indoor areas such as locker rooms. - Consider caps on the number of teams/athletes. - Wearing a cloth face covering may not be possible while actively participating in certain athletic activity (high-intensity aerobic activity) but those not actively engaged in the activity should wear a face covering. - Disinfection and handling of sporting equipment: <ul style="list-style-type: none"> o Whenever possible, equipment and personal items should not be shared. o To the extent possible, avoid sharing equipment between teams. 	<ul style="list-style-type: none"> - Minimize equipment sharing and clean and disinfect shared equipment. - When players are not actively participating in activity, attention should be given to maintaining physical distance by increase space between players on the sideline. - Require the consistent and correct use of masks. Consider having additional masks on hand. - Post signs in highly visible locations, such as entrances and exits, that promote protective measures and describe how to stop the spread, including properly wearing a mask and proper hand washing. - If facilities are shared, stagger times to allow one group to leave before another group enters.
Offices	<ul style="list-style-type: none"> - Limit the number of people to allow for distancing of at least 6 feet between households. 	<ul style="list-style-type: none"> - Where possible, re-arrange or modify physical layouts to allow for 6 feet of distance between employees. If unable to achieve this level of separation, 	<ul style="list-style-type: none"> - Follow CDC's guidance for cleaning and disinfecting to develop, implement and maintain a plan for routine cleaning and disinfecting. <ul style="list-style-type: none"> o Clean all frequently touched surfaces at the beginning and end of each shift, a minimum.

	<ul style="list-style-type: none"> - Require employees and patrons to wear a face covering. - If possible, stagger schedules to reduce the number of people in the office. - Creating plexiglass protective barriers for employees providing close proximity services. - Create signs and barriers that reinforce 6 feet of physical distancing for protection of your employees and the public, marking the floors where necessary to provide customers clear direction when waiting in line. - Encourage hand washing. 	<p>mitigate exposure with the use of face coverings/masks or physical barriers.</p> <ul style="list-style-type: none"> - Minimize potential virus spread and workforce disruptions by avoiding or modifying large group training, meetings, and onsite visits. - Avoid congregating in break rooms and other common areas. Consider the use of modified schedules, staggered shifts or arrival/departure times, and staggered break times and meals in compliance with wage and hour laws and regulations to promote social distancing. - Limit entry into the premises by visitors, vendors, and contractors to essential visits. Adopt screening measures and/or social distancing protocols for outside parties. 	<ul style="list-style-type: none"> o Clean all dirty surfaces using a detergent or soap and water before you disinfect them. Disinfect using EPA registered disinfectant that is effective against SARS-CoV-2. o Provide disposable disinfecting wipes so employees can wipe down commonly used surfaces before each use. - Establish social distancing policies and practices. <ul style="list-style-type: none"> o Modify the workplace to increase physical space between employees and customers, to 6 feet or more, where feasible. o Have employees and tenants wear cloth face coverings when physical barriers or social distancing is not possible.
Swimming pools	<ul style="list-style-type: none"> - Limit the number of people to allow for distancing of at least 6 feet between households. - Require employees and patrons to wear a face covering. - Encourage hand washing. 	<ul style="list-style-type: none"> - Limit group sizes of aquatic fitness classes, swim lessons, swim practices and competitions, or gatherings. Use caution with group games. - Modify layouts of deck chairs and tables to ensure at least 6 feet of separation between families or small groups of acquaintances. - Provide physical reminders for social distancing (signs, audio reminders, lane lines in pools, etc.) - Implement cleaning and disinfecting practices for locker rooms and frequently touched surfaces. At pools that are not staffed at all times, have cleaning products available for patrons to self-clean shared surfaces before and after use. Use cleaning products that are appropriate for aquatic venues. 	<ul style="list-style-type: none"> - Encourage social distancing of at least 6 feet while in the pool. This includes not gathering at the end of swim lanes, behind start blocks, or on stairs into the water or up to a diving board. There is no standard formula to determine how many people can maintain social distancing in and around the water. <ul style="list-style-type: none"> o Exceptions to social distancing should be made to rescue a distressed swimmer, perform CPR, or provide first aid; or evaluate the water facility due to an emergency. - Stagger use of shared spaces, such as limiting the number of people in the water, bathrooms, and locker rooms. For example, have patrons sign up, online or by phone, for swim time slots. - Assign separate entries and exists and encourage everyone to move in one direction, if possible. - Limit occupancy of enclosed spaces such as bathroom and locker rooms to make it easy for patrons to stay at least 6 feet away from people they do not live with. - Encourage use of cloth masks among patrons. Cloth masks should be worn in addition to staying at least 6 feet apart from people you do not live with.

		<ul style="list-style-type: none"> - Use caution with areas of the facility not conducive to social distancing or limit to household or small groups, such as hot tubs and saunas, as density of people within a confined area increases opportunity for virus transmission. - For venues with a lifeguard on duty, assign COVID-19 monitoring and cleaning responsibilities to a staff member other than a lifeguard on duty. 	<ul style="list-style-type: none"> - Advise patrons wearing cloth masks not to wear them in the water. A wet cloth mask can make it difficult to breathe and likely will not work correctly. This means it is particularly important to maintain social distancing when in the water. Encourage everyone to bring a second cloth mask in case the first one gets wet. - Provide patrons with information on how to properly wear, take off, and clean cloth masks.
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ADDITIONAL KNOX COUNTY GUIDELINES

(1) Knox County COVID-19 Risk Reduction Guidelines

In addition to the Five Core Actions, residents should:

- Maintain at least six feet (remembering further is better) of physical distance, whenever possible, when around those not in one's household;
- Avoid all activities that require the removal of a cloth face covering if at least six (6) feet of physical distance cannot be maintained, including eating and drinking, with people not in one's household. This does not include seeking medical care;
- Wear a cloth face covering consistently and correctly when around those not in one's household, whether indoors or out, especially when six feet of physical distancing cannot be maintained;
- Refrain from attending/hosting in-person meetings when six feet of physical distancing cannot be maintained;
- Avoid social gatherings of eight (8) or more people;
- Avoid close contact with people who are sick, including in particular older adults and person with serious chronic medical conditions; and
- Practice good personal hygiene, including washing hands, especially after touching any frequently used item or surface, avoid touching the face, and disinfect frequently used items and surfaces as much as possible.

(2) COVID-19 Face Covering Regulation

- Except for those whom an exception applies, no person, age twelve (12) or older shall be within six (6) feet of any other person, other than a person residing in the same household, in any indoor public space within Knox County without wearing a face covering.
 - o Some exceptions to the face covering requirement include persons with a medical, physiological, or psychological condition or disability that prevents wearing a face covering; persons who are deaf or hard of hearing and for whom wearing a face covering prevents the use of the person's hearing aid.
- "Indoor Public Place" means an enclosed area to which the public is invited. The definition includes common enclosed areas in apartment buildings, condominiums, congregate living facilities, and other multiple unit residential or lodging facilities, elevators, hallways, places of employment, professional offices, restrooms, reception areas, recreational facilities, stairways and stairwells, and waiting rooms.
- Signs consistent with this Regulation shall be clearly and conspicuously posted at every entrance to every indoor public space where the wearing of face coverings is required pursuant to this Regulation by the owner, operator, manager, or other person in control of that place.
- A person who knowingly fails to wear a face covering in any indoor public place where the wearing of face coverings is required pursuant to this Regulation may be subject to such orders and/or penalties as are provided by law, including, but not limited to, the penalty provided in T.C.A. §68-2-602.

A person who owns, manages, operates, or otherwise controls any indoor public place where the wearing of face coverings is required pursuant to this Regulation and who knowingly fails to comply with any provision of this regulation may be subject to such orders and/or penalties as are provided by law, including, but not limited to, the revocation, suspension, or imposition of conditions on licenses and permits and provided in T.C.A. §68-2-609.