



## SAFER AT HOME: PHASE THREE GUIDELINES FOR ALL BUSINESS SECTORS

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### PHYSICAL DISTANCING BEST PRACTICES:

- ✓ Establish policies and practices for maintaining appropriate physical distance between persons not living in the same household. Maintain at least ten feet of distance for establishments where exercise activities, singing, or cheering is performed, and at least six feet of distance for all other settings. (See sector-specific guidelines below for more detailed information on public engagement.)
- ✓ Provide clear communication and signage for physical distancing in areas where individuals may congregate, especially at entrances, in seating areas, and in check-out lines.
- ✓ Limit the occupancy of physical spaces to ensure that adequate physical distancing may be maintained. (See sector-specific guidelines for more detailed information.)
- ✓ Encourage telework whenever possible.
- ✓ For those businesses where telework is not feasible, temporarily move or stagger workstations to ensure six feet of separation between co-workers and between members of the public.
- ✓ Limit in-person work-related gatherings, including conferences, trade shows, and trainings.
- ✓ When in-person meetings need to occur, keep meetings as short as possible, limit the number of employees in attendance, and use physical distancing practices.

## ENHANCED CLEANING AND DISINFECTION BEST PRACTICES:

- ✓ Practice routine cleaning and disinfection of high contact areas and hard surfaces, including check out stations and payment pads, store entrance push/pull pads, door knobs/handles, dining tables/chairs, light switches, handrails, restrooms, floors, and equipment. Follow [CDC Reopening Guidance for Cleaning and Disinfection](#) and use an [EPA-approved disinfectant](#) to clean. For high contact areas, routinely disinfect surfaces at least every 2 hours. Certain surfaces and objects in public spaces, such as shopping carts and point of sale keypads, should be cleaned and disinfected before each use.
- ✓ To the extent tools or equipment must be shared, provide access to and instruct workers to use an [EPA-approved disinfectant](#) to clean items before and after use.
- ✓ Provide a place for employees and customers to wash hands with soap and water, or provide alcohol-based hand sanitizers containing at least 60% alcohol. (See sector-specific guidelines for more detailed information.)
- ✓ When developing staff schedules, implement additional short breaks to increase the frequency with which staff can wash hands with soap and water. Alternatively, consider providing alcohol-based hand sanitizers with at least 60% alcohol so that workers can frequently sanitize their hands.
- ✓ Provide best hygiene practices to employees on a regular basis, including washing hands often with soap and water for at least 20 seconds and practicing respiratory etiquette protocols. A CDC training video is available here: <https://www.cdc.gov/handwashing/videos.html>.

## ENHANCED WORKPLACE SAFETY BEST PRACTICES:

- ✓ Prior to a shift and on days employees are scheduled to work, employers should screen employees prior to starting work. Employees should also self-monitor their symptoms by self-taking of temperature to check for fever and utilizing the questions provided in the [VDH Interim Guidance for COVID-19 Daily Screening of Employees](#) before reporting to work. For employers with established occupational health programs, employers can consider measuring temperature and assessing symptoms of employees prior to starting work/before each shift. CDC considers a person to have a fever when he or she has a measured temperature of 100.4° F (38° C) or greater, feels warm to the touch, or gives a history of feeling feverish.

- ✓ Implement practices such as those described in [VDH Interim Guidance for COVID - 19 Daily Screening of Employees](#) for examples of a screening questionnaire. A sample symptom monitoring log is available in this Interim Guidance.
- ✓ Instruct employees who are sick to stay at home and not report to work. If an employee becomes ill or presents signs of illness, follow [CDC What to Do if You Are Sick guidance](#). Employers should post signage in the common languages of the employees telling employees not to come to work when sick.
- ✓ Develop or adopt flexible sick leave policies to ensure that sick employees do not report to work. Policies should allow employees to stay home if they are sick with COVID-19, if they need to self-quarantine due to exposure, and if they need to care for a sick family member. Employers should recommend that employees follow [CDC guidance on If You Are Sick or Caring For Someone](#).
- ✓ Some employees are at [higher risk for severe illness](#) from COVID-19. These vulnerable employees include individuals over age 65 and those with underlying medical conditions. Vulnerable employees should be encouraged to self-identify and employers should take particular care to reduce their risk of exposure, while making sure to be compliant with relevant Americans with Disabilities Act (ADA) and Age Discrimination in Employment Act (ADEA) regulations.
  1. Consider offering vulnerable employees duties that minimize their contact with customers and other employees (e.g., restocking shelves rather than working as a cashier), if agreed to by the employee.
  2. Protect employees at [higher risk for severe illness](#) by supporting and encouraging options to telework.
  3. If implementing health checks, conduct them safely and respectfully, and in accordance with any applicable privacy laws and regulations. Confidentiality should be respected.
  4. Other information on civil rights protections for workers related to COVID-19 is available [here](#).
- ✓ Designate a staff person to be responsible for responding to COVID-19 concerns. Employees should know who this person is and how to contact them.

- ✓ Implement staggered shifts for both work periods and break periods. Consider cohort scheduling where groups of employees only work with employees in their group.
- ✓ Limit the number of employees in break rooms and stagger breaks to discourage gatherings.
- ✓ Use messaging boards or digital messaging for pre-shift meeting information.
- ✓ If the building has not been occupied for the last seven days, there are additional public health considerations that should be considered, such as taking measures to ensure the [safety of your building water system](#). However, it is not necessary to clean ventilation systems other than routine maintenance as part of reducing the risk of coronavirus transmission.
- ✓ Establish a relationship with your local health department and know who to contact for questions.

For healthcare facilities, additional guidance is provided on [CDC's Guidelines for Environmental Infection Control in Health-Care Facilities](#).

#### RESOURCES TO PRINT AND DISPLAY:

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

[What Grocery Store and Food Retail Workers Need to Know about COVID-19](#)

[CDC Re-Opening America Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)

[CDC What You Need to Know About Handwashing VIDEO](#)

## SAFER AT HOME: PHASE THREE

### GUIDELINES FOR SOCIAL GATHERINGS

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#### BEST PRACTICES:

In addition to the best practices in the “Guidelines for All Business Sectors” document, social gatherings should consider the following best practices:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Social gatherings should be limited to 50% occupancy of the event space, if applicable, or 250 participants, whichever is less.
- ✓ Limit the occupancy of spaces to ensure that six feet of physical distance can be maintained between all organizers, staff, volunteers, and attendees who are not members of the same household.
- ✓ Reconfigure seating areas to allow six feet of physical distance between individuals by eliminating or closing select tables or seating areas, or by spreading them out to allow for adequate spacing.
- ✓ Ensure exits are configured to reduce the occurrence of bottlenecks at the conclusion of the event.
- ✓ Practice routine cleaning and disinfection of high contact areas and hard surfaces, including check out stations and payment pads, store entrance push and pull pads, door knobs and handles, dining tables and chairs, light switches, handrails, restrooms, guest lockers, floors, and equipment. Follow [CDC Reopening Guidance for Cleaning and Disinfection](#) and use an [EPA-approved disinfectant](#) to clean. For high contact areas (e.g., in both public and staff areas), routinely disinfect surfaces at least every 2 hours. Certain surfaces and objects in public spaces, such as point of sale keypads, should be cleaned and disinfected before each use.

- ✓ Social gatherings should not include close contact between gathering organizers, staff, and attendees not from the same household. Discontinue activities such as face-painting, temporary tattoo application, or audience participation with performers.
- ✓ Events that cannot restrict access to the general public should not take place.
- ✓ Where applicable, organizers must create a participant flow plan of modified queue lines to and within the mass gathering. Determine areas likely to become bottlenecks or pinch points and adjust participant flow accordingly.
- ✓ Where applicable, install visible markers for queue lines that separate people by six feet of physical distance. Provide physical guides to seating areas including floor decals, colored tape, or signs to indicate where attendees should not sit, stand, or congregate. Sample markers are available in the VDH Business Toolkit.
- ✓ Do not include side events as part of the gathering. These are events associated with but located outside of the formal gathering location, such as souvenir vending stations, gaming areas, petting zoos, and designated food truck areas.
- ✓ Designate a coordinator who will be responsible for identifying COVID-19 related issues and their impact on the gathering, including coordinating health preparedness for the event and emergency response planning.
- ✓ Develop an emergency and medical response plan for COVID-19. This plan should include information about how attendees should interface with the local healthcare system (who to speak with or call if they feel sick) and procedures for isolating sick attendees and reporting illnesses to event organizers. The response plan must also include a plan for organizers to notify the local health department and all participants if any exposure to COVID-19 occurs at the event.
- ✓ Develop a mitigation plan for COVID-19, to include how all requirements listed here will be met, and how guidelines and requirements will be enforced at the gathering.
- ✓ Consider limiting the duration of the gathering, especially for indoor gatherings and gatherings involving activities that would increase respiration (e.g., cheering, singing).
- ✓ Consider delaying gatherings where the target demographic is persons in high-risk populations.
- ✓ Use technology solutions where possible to reduce person-to-person interaction, including contactless payment and ticket scanning.

- ✓ Install physical barriers, such as sneeze guards and partitions, at staffed kiosks.
- ✓ All bathrooms, hand-washing stations, and portable toilets should be placed in a convenient location for use by attendees but away from congregate areas and arranged in a configuration that maintains at least six feet of physical distance.
- ✓ Provide a place for staff and attendees to wash hands with soap and water, or provide alcohol-based hand sanitizers containing at least 60% alcohol.
- ✓ Where applicable, provide best hygiene practices to employees on a regular basis, including washing hands often with soap and water for at least 20 seconds and practicing respiratory etiquette protocols. A CDC training video is available here: <https://www.cdc.gov/handwashing/videos.html>.
- ✓ Close off areas used by a sick person and do not use them until after cleaning and disinfection. Wait 24 hours before cleaning and disinfecting. If it is not possible to wait 24 hours, wait as long as possible. Ensure safe and correct application of disinfectants and keep disinfectant products away from children.
- ✓ Attendees should leave as quickly as possible following the event in order to limit contact and exposure to themselves and other attendees.
- ✓ Establish relationships with key community partners and stakeholders, such as the local health department, community leaders, hospitals, and law enforcement. Collaborate and coordinate with them on broader planning efforts for the gathering.
- ✓ Identify actions to take if the event needs to be postponed or cancelled.
- ✓ Private events may be held at venues provided they can comply with these guidelines.

#### RESOURCES TO PRINT AND DISPLAY:

[CDC Symptoms English](#)

[CDC Symptoms Spanish](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

SAFER AT HOME: PHASE THREE  
RESTAURANT AND BEVERAGE SERVICES

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**SCOPE:** Restaurants, dining establishments, food courts, breweries, cideries, mobile units (food trucks), distilleries, wineries, and tasting rooms.

**PHASE 3:** Establishments must either implement the following mandatory requirements or close.

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**MANDATORY REQUIREMENTS:**

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. Virginia Department of Health and Virginia Department of Agriculture and Consumer Services regulated facilities must continue to follow requirements related to prohibiting sick employees in the workplace, strict handwashing practices, and procedures and practices to clean and sanitize surfaces.

During Phase 3, businesses should continue to offer takeout and delivery options. If businesses choose to open to dine-in customers, they may do so in indoor and outdoor spaces and must adhere to the following additional requirements for service:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (See samples at the bottom of this document).
- ✓ All parties must be separated by at least six feet, including in the bar area, (i.e., the six feet cannot include the space taken up by the seated guest). If tables are not movable, seat parties at least six feet apart, including in the bar area. Spacing must also allow for physical distancing from areas outside of the facility’s control (i.e., provide physical distancing from persons on public sidewalks). All parties, whether seated together or across multiple tables, must be limited to 250 patrons or less.



- ✓ Bar seats and congregating areas of restaurants must be closed to patrons except for through-traffic. Non-bar seating in the bar area (i.e., tables or counter seats that do not line up to a bar or food service area) may be used for customer seating as long as a minimum of six feet is provided between parties at tables.
- ✓ Do not seat multiple parties at any one table unless marked with six foot divisions (such as with tape).
- ✓ If live musicians are performing at an establishment, they must remain at least ten feet from patrons and staff.
- ✓ Employees working in customer dining and service areas are required to wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#).
- ✓ Prior to each shift, employers should ask that the employee self-measure their temperature and assess symptoms. Please see [VDH Interim Guidance for Implementing Safety Practices for Critical Infrastructure Workers During Widespread Community Transmission](#).
- ✓ Buffets may be open for self-service, with continuous monitoring by trained staff required at food lines, and serving utensils must be changed hourly during peak meal times. Facilities must provide hand sanitizer at buffets, and employees and patrons must use barriers (e.g. gloves or deli tissue) when touching utensils.
- ✓ Provide hand sanitizer stations or hand washing stations for patrons and employees.
- ✓ Perform thorough cleaning and disinfection of frequently contacted surfaces including digital ordering devices, check presenters, self-service areas, tabletops, bathroom surfaces, and other common touch areas every 60 minutes during operation. Tabletops and credit card/bill folders must be disinfected between patrons.
- ✓ Table resets must be done by an employee who has washed their hands with soap and water for at least 20 seconds just prior to reset activities.
- ✓ Patrons may wait for takeout or for seated dining in the lobby area, but they must maintain six feet of physical distance between parties.

## BEST PRACTICES:

In addition to the requirements provided above, establishments are encouraged to utilize the following best practices to the extent they are feasible:

- ✓ Utilize reservations for dining on the premises.
- ✓ Use staff facilitated seating where appropriate. If seating is not staff facilitated and tables cannot be moved to meet the physical distancing requirements outlined above, tables that should not be used must be clearly marked that they are out of service.
- ✓ Assign employee(s) to monitor and clean high touch areas while in operation.
- ✓ Use technology solutions where possible to reduce person-to-person interaction, including mobile ordering and menu tablets, text on arrival for seating, and contactless payment options.
- ✓ Consider methods to make point of sale terminals safer, including use of no contact applications, placement of a glass or clear plastic barrier between the employee and the customer, and providing a hand sanitizer station for customer and employee use after handling credit/debit cards, PIN terminals, or exchange of cash.
- ✓ Servers should avoid touching items on tables while customers are seated. Dedicated staff should remove all items from the table when customer(s) leave.
- ✓ Consider scheduled closure periods throughout the day to allow for cleaning and disinfecting, including bathrooms (i.e., after lunch service).
- ✓ Use separate doors to enter and exit the establishment when possible.
- ✓ When protective equipment such as face coverings are used, launder daily and wash hands after touching/adjusting the face covering while working.
- ✓ Single-use items should be discarded after use. Consider using rolled silverware and eliminating table presets.
- ✓ Consider installing touchless door and sink systems or providing single-use barriers (e.g., deli tissues, paper towels) for use when touching door and sink handles.
- ✓ Implement procedures to increase how often the back-of-house areas are cleaned and sanitized.

## ADDITIONAL CONSIDERATIONS:

*Take-out and Delivery providers are encouraged to utilize the following recommendations:*

- ✓ Notify customers as the delivery is arriving by text message or phone call.
- ✓ Ensure transport containers are cleaned and sanitized between uses.
- ✓ Establish designated pick-up zones for customers, including separate entrances and exits where possible.
- ✓ Offer curb-side pick-up.
- ✓ Encourage cashless transactions where possible.
- ✓ Practice physical distancing by offering to place orders in vehicle trunks.
- ✓ Seal food packages to safeguard the integrity of contents.
- ✓ If an establishment uses a delivery service, implement a contactless pick-up option where drivers do not have to come into the restaurant.

*Food Trucks/Mobile Units are encouraged to utilize the following recommendations:*

- ✓ Provide signage and aids to help customers maintain six feet of distance while ordering or waiting for an order.
- ✓ Food and other items should not be returned after they are loaded onto the mobile unit.
- ✓ Schedule frequent cleaning and disinfecting of order pick-up areas and other commonly touched surfaces.

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

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[CDC What You Need to Know About Handwashing VIDEO](#)

SAFER AT HOME: PHASE THREE  
FARMERS MARKETS

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**PHASE 3:** Establishments must either implement the following mandatory requirements or close.

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**MANDATORY REQUIREMENTS:**

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. Virginia Department of Health and Virginia Department of Agriculture and Consumer Services regulated facilities must continue to follow requirements related to prohibiting sick employees in the workplace, strict handwashing practices, and procedures and practices to clean and sanitize surfaces.

During Phase 3, farmers markets should continue to offer order ahead and pickup options. If markets choose to open, they must adhere to the following additional requirements for outdoor service:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment or farmers market.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (See samples at the bottom of this document).
- ✓ Employees and patrons must maintain at least six feet of physical distancing between individuals who are not members of the same household at all times. Configure operations to avoid congestion or congregation points.
- ✓ Employees and vendors working at the farmers markets must wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#).
- ✓ Provide a minimum of six feet between parties at tables, (i.e., the six feet cannot include the space taken up by the seated guest). Spacing should also allow for physical distancing from areas outside of the facility’s control (i.e. provide physical distancing from persons on public sidewalks).

- ✓ Provide hand sanitizer stations or hand washing stations for patrons and employees.
- ✓ Vendors must use enhanced cleaning and disinfecting practices to regularly clean and disinfect spaces and equipment.
- ✓ Vendors and employees handling money should wash their hands between each transaction.

### **BEST PRACTICES:**

In addition to the requirements provided above, farmers markets are encouraged to utilize the following best practices to the extent they are feasible:

- ✓ Promote no touch or low touch purchasing opportunities by pre-boxing or pre-bagging food items.
- ✓ Update your website and social media with detailed instructions so patrons understand the expectations while at the market.
- ✓ Discourage vendor sampling.
- ✓ A mobile market could be used to reach communities with low food access but should comply with physical distancing guidelines for customers shopping and follow all recommended hygiene and sanitation protocols.
- ✓ Encourage touchless payment systems.

### **RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

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[What Grocery Store and Food Retail Workers Need to Know about COVID-19](#)

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[CDC What You Need to Know About Handwashing VIDEO](#)

## SAFER AT HOME: PHASE THREE

### BRICK AND MORTAR RETAIL

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**SCOPE:** All non-essential brick and mortar retail establishments.

**PHASE 3:** Establishments must either implement the following mandatory requirements or close.

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#### MANDATORY REQUIREMENTS:

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. They must also adhere to the following additional requirements:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Employees and patrons must maintain at least six feet of physical distancing between individuals who are not members of the same household at all times.
- ✓ Retailers must assist customers in keeping at least six feet of space between individuals or households while shopping and waiting in line. Mark floors in six-foot increments in areas where customers will be congregating or standing in line such as cashier areas. If six feet of space cannot be maintained between checkout lines, only operate alternate checkout lines.
- ✓ If seating is available, provide a minimum of six feet between tables; if tables are not movable, parties must be spaced at least six feet apart.
- ✓ Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#).

- ✓ Perform a thorough cleaning and disinfection of frequently contacted surfaces including digital ordering devices, self-service areas, countertops, bathroom surfaces, cashier stations, belts, shelves, cash machine pads, keyboards, order separation bars, and other high touch surfaces, at a minimum, every 2 hours.
- ✓ Ensure there is a way to sanitize shopping cart and basket handles: either make an [EPA-approved disinfectant](#) easily accessible to customers or have employees manage the process and sanitize between each customer use.

### **BEST PRACTICES:**

In addition to the requirements provided above, establishments are encouraged to utilize the following best practices to the extent they are feasible:

- ✓ Provide sanitizing stations for customers and staff throughout the store, particularly at entry and exit points.
- ✓ Consider managing customer movement utilizing one-way aisles or other directional instructions.
- ✓ Consider reserving certain hours for [senior citizens and other high-risk populations](#).
- ✓ Provide opportunities to shop and pay online or on the phone whenever possible.
- ✓ Provide options for home delivery, in store pickup, or curbside pickup whenever possible to minimize the number of customers in facilities.
- ✓ When protective equipment such as face coverings are used, launder daily and wash hands after touching/adjusting face covering while working.
- ✓ Use separate doors to enter and exit the establishment when possible.
- ✓ Consider installing touchless door and sink systems or providing single-use barriers (e.g., deli tissues, paper towels) for use in touching door and sink handles.
- ✓ Consider using a reservation system to schedule customer visits, including asking customers to set up a time to visit the showroom or sales floor to limit the number of customers in a facility.
- ✓ Prohibit congregating in break rooms or common areas and limit the capacity of such areas to allow for safe physical distancing of a minimum of six feet whenever possible.



- ✓ If reusable shopping bags are permitted, ask customers to bag their own products/groceries.

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

[What Grocery Store and Food Retail Workers Need to Know about COVID-19](#)

SAFER AT HOME: PHASE THREE  
FITNESS AND EXERCISE FACILITIES

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**SCOPE:**     Gymnasiums, recreation centers, sports facilities, and exercise facilities.

**PHASE 3:**   Establishments must either implement the following mandatory requirements or close.

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**MANDATORY REQUIREMENTS:**

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. If businesses choose to offer fitness and exercise services, they must adhere to the following additional requirements for operations:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Occupancy must be limited to no more than 75% of the lowest occupancy load on the certificate of occupancy, if applicable, while maintaining a minimum of ten feet of physical distancing between all individuals as much as possible.
- ✓ Facilities should separate fitness equipment to ensure ten feet of separation between patrons, members, and guests using such equipment.
- ✓ Facilities should screen patrons for COVID-19 symptoms prior to admission to the facility. Patrons should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should

not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

- ✓ Instructors and all participants of group exercise and fitness classes must maintain at least ten feet of physical distancing between each other at all times.
- ✓ The total number of attendees (including both participants and instructors) in all group exercise and fitness classes cannot exceed 75% of the minimum occupancy load on the certificate of occupancy or 250 persons.
- ✓ Personal trainers must maintain at least ten feet of distance between themselves and their clients.
- ✓ Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#). Lifeguards responding to distressed swimmers are exempt from this requirement.
- ✓ Provide hand sanitizing stations, including at the entrance/exit and where shared fitness equipment is utilized.
- ✓ Employers must ensure cleaning and disinfection of shared equipment after each use.
- ✓ Facilities must prohibit the use of any equipment that cannot be thoroughly disinfected between uses (e.g., climbing rope, exercise bands, etc.). Facilities must also prohibit the use of equipment requiring more than one person to operate, unless those operating are from the same household (e.g., free weights when it requires a spotter).
- ✓ Hot tubs, spas, saunas, splash pads, spray pools, and interactive play features must be closed. Swimming pools may operate in accordance with the Guidelines for Swimming Pools below.

#### **BEST PRACTICES:**

In addition to the requirements provided above, establishments are encouraged to utilize the following best practices to the extent they are feasible:

- ✓ When protective equipment such as face coverings are used, launder daily and wash hands after touching/adjusting face covering while working.

- ✓ Use disposable towels and linens where possible. All reusable towels, linens and other porous fabric should be laundered after single use. Store towels and linens in a closed, covered container prior to use.

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

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[FDA information](#)

SAFER AT HOME: PHASE THREE  
SWIMMING POOLS

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**SCOPE:** Indoor and outdoor swimming pools.

**PHASE 3:** Establishments must either implement the following mandatory requirements or remain closed.

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**MANDATORY REQUIREMENTS:**

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. If businesses choose to open, they must adhere to the following additional requirements for outdoor operations:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Hot tubs, spas, saunas, splash pads, spray pools, and interactive play features must be closed.
- ✓ Indoor and outdoor swimming pools may be open at up to 75% occupancy, if applicable, provided ten feet of physical distance may be maintained between patrons not of the same household. Free swim is allowed.
- ✓ Swimming instruction and water exercise classes must be limited to allow all participants to maintain ten feet of physical distance where practicable. Parents or guardians may support a participant during class, and instructors may have contact with swimmers when necessary.
- ✓ Seating may be provided on pool decks with at least ten feet of spacing between persons who are not members of the same household.

- ✓ All seating (including lifeguard stations) must be cleaned and disinfected between uses.
- ✓ Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#). Lifeguards responding to distressed swimmers are exempt from this requirement.
- ✓ Provide hand sanitizing stations, including at the entrance/exit and where shared equipment is utilized.
- ✓ Facilities should screen patrons for COVID-19 symptoms prior to admission to the facility. Patrons should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Children should be screened per the CDC guidance for screening children. Anyone experiencing symptoms should not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

#### RESOURCES TO PRINT AND DISPLAY:

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

## SAFER AT HOME: PHASE THREE

### RECREATIONAL SPORTS

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**SCOPE:** Indoor and outdoor recreational sports activities

**PHASE 3:** Recreational sports activities must either implement the following mandatory requirements or must not take place.

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#### MANDATORY REQUIREMENTS:

Participants and organizers of recreational sports activities must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. Participants and organizers of recreational sports activities must adhere to the following additional requirements for such activities:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Indoor and outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable.
- ✓ The total number of attendees (including both participants and spectators) of recreational sports cannot exceed the lesser of 50% of the occupancy load on the certificate of occupancy, if applicable, or 250 persons. For sports played on a field, attendees are limited to 250 persons per field.
- ✓ Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.

- ✓ Conduct daily screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility. Children should be screened per the CDC guidance for screening children. Adults should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should not be permitted in the venue/establishment. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.
- ✓ All shared items must be disinfected between each use to the extent practicable.

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)



SAFER AT HOME: PHASE THREE  
PERSONAL CARE AND PERSONAL GROOMING SERVICES

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**SCOPE:** Beauty salons, barbershops, spas, massage centers, tanning salons, tattoo shops, and any other location where personal care or personal grooming services are performed.

**PHASE 3:** Establishments must either implement the following mandatory requirements or remain closed.

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**MANDATORY REQUIREMENTS:**

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. They must also adhere to the following additional requirements:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high-risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Stagger work stations with at least six feet of separation.
- ✓ Maintain physical distancing between clients of at least six feet within the waiting area.
- ✓ Staggered appointments must be utilized to minimize the number of individuals congregating in a waiting area and allow time to disinfect work stations and tools in between clients.
- ✓ Employees and service providers working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#).

- ✓ Provide face coverings for clients or ask that clients bring a face covering with them that they must wear during the service. Limit services to only those that can be completed without clients removing their face covering.
- ✓ Wash hands with soap and water for at least 20 seconds after each service is performed, and, when gloves are worn, change gloves after each client's service.
- ✓ Perform thorough cleaning and disinfection of frequently contacted surfaces every 60 minutes; clean and disinfect all personal care and personal grooming tools after every use or discard.
- ✓ Employers must maintain a list of the names and contact information for all clients, to include the date and time services are received.

### **BEST PRACTICES:**

In addition to the requirements provided above, establishments are encouraged to utilize the following best practices to the extent they are feasible:

- ✓ Provide hand sanitizer at the reception area and all stations for employee and client use.
- ✓ Remove commonly touched non-essential items such as magazines, self-serve coffee, and candy jars.
- ✓ Where possible use disposable towels, capes, and linens. All reusable towels, capes, linens and other porous fabric should be laundered after single use. Non-porous capes (e.g., plastic, vinyl) should be cleaned and disinfected after single use or discarded. Towels, capes, and linens should be stored in a closed, covered container prior to use.
- ✓ When capes are used on clients, use a freshly laundered or disposable cape for each client.
- ✓ Minimize to the greatest degree possible close, direct face-to-face contact with clients, such as allowing clients to be seated prior to approaching to perform a service.
- ✓ When protective equipment such as face coverings are used, launder daily and wash hands after touching/adjusting face covering while working.
- ✓ Use separate doors to enter and exit the establishment when possible.

- ✓ Consider installing touchless door and sink systems or providing single-use barriers (e.g., deli tissues, paper towels) for use in touching door and sink handles.
- ✓ Consider limiting the maximum time of services (e.g., no more than 1 hour).

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

SAFER AT HOME: PHASE THREE  
CAMPGROUNDS AND OVERNIGHT SUMMER CAMPS

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**SCOPE:** Private campgrounds and overnight summer camps.

**PHASE 3:** Private campgrounds must either implement the following mandatory requirements or close. Overnight summer camps must remain closed in Phase 3.

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**MANDATORY REQUIREMENTS:**

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. They must also adhere to the following additional requirements:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in their prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ No physical sharing of recreation or sports equipment unless it is cleaned and disinfected with an [EPA-approved disinfectant](#).
- ✓ No gatherings of greater than 250 people in one location.
- ✓ On site retail, recreation and fitness, cabins, and food establishments must follow the requirements and guidelines specific to those establishments.
- ✓ Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#).
- ✓ Provide hand washing in bath houses or sanitizing stations for guests and employees.

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

SAFER AT HOME: PHASE THREE  
ENTERTAINMENT AND PUBLIC AMUSEMENT

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**SCOPE:** Performing arts venues, concert venues, movie theaters, drive-in entertainment, sports venues, botanical gardens, zoos, fairs, carnivals, amusement parks, museums, aquariums, historic horse racing facilities bowling alleys, skating rinks, arcades, amusement parks, trampoline parks, fairs, carnivals, arts and craft facilities, escape rooms, trampoline parks, public and private social clubs, and all other entertainment centers and places of public amusement.

**PHASE 3:** Establishments must either implement the following mandatory requirements or remain closed.

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**MANDATORY REQUIREMENTS:**

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. They must also adhere to the following additional requirements:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in their prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for [high risk individuals](#), and staying home if sick (samples at bottom of this document).
- ✓ Occupancy cannot exceed the lesser of 50% of the lowest occupancy load on the certificate of occupancy, if applicable, or 1000 patrons.
- ✓ All private bookings are limited to no more than 250 people.

- ✓ Ten feet of physical distance must be maintained between all performers, participants, and patrons who are not members of the same household.
- ✓ All shared items must be cleaned and disinfected between uses.
- ✓ Remove or deactivate all shared objects and interactive exhibits/events to discourage congregating and reduce contact with high-touch surfaces.
- ✓ Outdoor queue lines should follow physical distancing guidelines, allowing for six feet of separation between persons who are not members of the same household.
- ✓ Create a guest flow plan of modified queue lines to and within the facility. Determine areas likely to become bottlenecks or pinch points and adjust guest flow accordingly.
- ✓ Install visible markers for queue lines that separate people by six feet of physical distance. Sample markers are available in the [VDH Business Toolkit](#).
- ✓ Create and display physical distancing communication tools, including static signs, kiosks, audio announcements, or video announcements. Signage should include the requirement to wear face coverings at all times and to maintain six feet of physical distance between people who do not reside in the same household. Sample signage is available in the VDH Business Toolkit.
- ✓ Reconfigure seating areas to allow six feet of physical distance between individuals by eliminating and closing select tables or seating areas, or by spreading them out to allow for adequate spacing.
- ✓ Ensure facility exits are configured to reduce the occurrence of bottlenecks and large gatherings.
- ✓ Where possible, install sneeze guards in front of commonly used point-of-sale or guest service stations.
- ✓ On site retail, recreation and fitness, cabins, and food establishments must follow the requirements and guidelines specific to those establishments.
- ✓ Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using [CDC Use of Cloth Face Coverings guidance](#).
- ✓ Provide hand washing or sanitizing stations for guests and employees.

## BEST PRACTICES:

In addition to the requirements provided above, establishments are encouraged to utilize the following best practices to the extent they are feasible:

- ✓ Practice routine cleaning and disinfection of high contact areas and hard surfaces, including check out stations and payment pads, store entrance push/pull pads, door knobs/handles, dining tables/chairs, light switches, handrails, restrooms, guest lockers, floors, and equipment. Follow [CDC Reopening Guidance for Cleaning and Disinfection](#) and use an [EPA-approved disinfectant](#) to clean. For high contact areas (e.g., in both public and staff areas), routinely disinfect surfaces at least every 2 hours. Certain surfaces and objects in public spaces, such as point of sale keypads, should be cleaned and disinfected before each use.
- ✓ Sanitizing wipes should be made available throughout the facility for guests to use on high-touch surfaces.
- ✓ Determine appropriate guest capacity levels for each facility to ensure compliance with physical distancing requirements, taking into account facility size, layout, and operational needs.
- ✓ Employers should remain cognizant of the potential for outdoor staff to experience overheating or breathing difficulties caused by using facial coverings. When developing staff schedules, implement additional short breaks to increase the frequency with which staff can cool off indoors.

## RESOURCES TO PRINT AND DISPLAY:

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

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**SAFER AT HOME: PHASE THREE**  
**RELIGIOUS SERVICES**

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**SCOPE:** Religious services.

**PHASE 3:** Religious services must be conducted according to the following requirements.

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Given the public health implications of the 2020 global pandemic, the Commonwealth’s diverse faith community quickly adjusted in response to this unprecedented crisis.

Therefore, it is important that the diverse faith communities in Virginia stay informed with local, state, and national officials using the links below:

CDC’s main COVID-19 Web page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Virginia Department of Health COVID-19 Web page: <http://www.vdh.virginia.gov/coronavirus/>

Virginia Governor’s COVID-19 Web page: <https://www.virginia.gov/coronavirus/>

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**MANDATORY REQUIREMENTS:**

Religious services must strictly adhere to the following requirements:

- ✓ Individuals attending religious services must be seated at least six feet apart at all times and must practice physical distancing at all times. Family members, as defined in Executive Order 61, Order of Public Health Emergency Three, may be seated together. Mark seating in six-foot increments.
- ✓ Any items used to distribute food or beverages must be disposable and used only once and discarded.
- ✓ A thorough cleaning and disinfection of frequently contacted surfaces must be conducted prior to and following any religious service. Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.

- ✓ Post signage to provide public health reminders regarding social distancing, gatherings, options for high risk individuals, and staying home if sick (samples at the bottom of this document).
- ✓ If any place of worship cannot adhere to the above requirements, it must not conduct in-person services.

**BEST PRACTICES:** In addition to the requirements provided above, faith communities are encouraged to utilize the following best practices to the extent they are feasible:

- ✓ Designate a health coordinator and/or health equity team who will be responsible for COVID-19 planning and preparation for your place of worship.
- ✓ *For the **building**:*
  - Conduct thorough [cleaning](#) before and between services.
  - Use separate doors to enter and exit the establishment when possible.
  - Allow interior doors to remain open to limit touching of door handles.
  - Provide sanitizing stations throughout the building, particularly at entry and exit points.
  - Consider installing touchless door entry systems or providing single-use barriers (i.e., paper towels) for use in touching door and sink handles in bathroom facilities.
  - Use messaging boards or digital messaging and social media for announcements to eliminate use of bulletins and handouts.
- ✓ *For weekly **religious services**:*
  - Members are safer at home. Continue to provide and encourage use of online streaming and drive-in options for people who can utilize these options. No place of worship should feel obligated to return to in-person worship before they are ready to do so.
  - Consider holding multiple services, with time for thorough cleaning in between each service, to allow for greater distancing during services.
  - Suspend the choir as part of services.

- Consider shorter services to avoid the need for people to use bathroom facilities.
- Consider limiting or suspending youth services until a safer time.
- Consider holding small group or separate services for [senior citizens and other high-risk populations](#).
  - Consider making this the first service of the week, after thorough cleaning and disinfection of facilities have been performed.
  - Ensure social distancing in parking lots or common areas.
- ✓ Consider discontinuing use of common items (e.g., microphones, books, hymnals, scriptural texts) that may be shared between people and are difficult to clean. Consider assigning religious books to a family or individual that they can bring to each service, or use a projector for the display of sacred texts, scriptures, and songs.
- ✓ Attendees should not pass items to other attendees, who are not family members, as defined above.
- ✓ When oils, water, ashes, or other materials are applied to a person's forehead, self-application should be used, to the extent possible.
- ✓ *Possible methods for religious services:*
  1. **Drive-in/parking lot church:** This is the safer model of religious service where social distancing may be maintained.
  2. **Sign-up worship services:** This will limit the number of live worship services. Ask members, visitors, or guests to sign up for one live service per month, or every other week. If needed, members can take turns between online and in-person worship services during this interim time. Allow space for impromptu visitors by registering fewer people (for each worship or religious service) than the maximum allowed per occupancy restrictions.
  3. **Multiple gatherings during the week:** A place of worship may divide the number of congregants by the maximum occupancy level and offer worship services at that level. Consider adding online services, multiple services on one day, or alternative services during the week and/or on Saturdays and Sundays.

4. **Utilize multiple methods:** As a result of the COVID-19 crisis, most places of worship lost the ability to gather in-person, but many gained a stronger online presence. Consider nurturing both aspects for at-risk individuals, as well as for the increased capacity to reach and serve those outside of the walls of the faith organization.
5. **Adult-only services:** This method asks parents of young children to alternate worship attendance (naturally reducing attendance, as one parent stays home with children).
6. **Online-only:** Take this approach if you are in a high-risk area, your place of worship is not yet prepared with the conditions outlined in the state guidelines for opening, you or a member of your family has COVID-19 symptoms, or the governing authorities have requested additional measures in the interest of public health.

#### COMMUNICATION RESOURCES:

Members and leaders of the diverse faith communities and funeral homes around the Commonwealth can receive a signage tool-kit and register to receive updated information from the Governor’s Office of Diversity and Partners in Prayer and Prevention from the Virginia Department of Health by contacting [OHE@vdh.virginia.gov](mailto:OHE@vdh.virginia.gov)

#### RESOURCES TO PRINT AND DISPLAY:

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

SAFER AT HOME: PHASE THREE  
HORSE AND OTHER LIVESTOCK SHOWS

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**SCOPE:** Indoor and outdoor horse and other livestock shows.

**PHASE 3:** Horse and other livestock shows must either implement the following mandatory requirements or they must not take place.

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**MANDATORY REQUIREMENTS:**

Participants and organizers of horse and other livestock show activities must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document.

Participants and organizers of horse and other livestock shows must adhere to the following additional requirements for such activities:

- ✓ Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- ✓ Post signage to provide public health reminders regarding physical distancing, gatherings, options for high risk individuals, and staying home if sick (samples at bottom of this document).
- ✓ Create a guest flow plan of modified queue lines to and within the facility. Determine areas likely to become bottlenecks or pinch points and adjust guest flow accordingly.
- ✓ Install visible markers for queue lines that separate people by six feet of physical distance. Sample markers are available in the VDH Business Toolkit.
- ✓ Create and display physical distancing communication tools, including static signs, kiosks, audio announcements, or video announcements. Signage should include the requirement to wear face coverings at all times and to maintain six feet of physical distance between people who do not reside in the same household. Sample signage is available in the VDH Business Toolkit.

- ✓ Reconfigure seating areas to allow six feet of physical distance between individuals by eliminating and closing select tables or seating areas, or by spreading them out to allow for adequate spacing.
- ✓ Ensure facility exits are configured to reduce the occurrence of bottlenecks and large gatherings. The total number of attendees (including both participants and spectators) of livestock and horse shows cannot exceed the lesser of 50% of the occupancy load of the venue, if applicable, or 250 persons. For shows held in a barn, stable, or ring, attendees are limited to 250 persons per structure or assigned area.
- ✓ Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met. Persons with severe symptoms may need to be evaluated by a healthcare provider. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- ✓ Conduct daily screening of trainers, officials, staff, participants, and other attendees for COVID-19 symptoms prior to admission to the venue/facility. Children should be screened per the CDC guidance for screening children. Adults should be asked if they are currently experiencing fever (100.4°F or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should not be permitted on show grounds. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.
- ✓ All shared items must be disinfected between each use to the extent practicable.
- ✓ Employees should wear face coverings in customer-facing areas that cover their nose and mouth using CDC Use of Cloth Face Coverings guidance.
- ✓ Require all people inside the show grounds, unless mounted on a horse, to wear a face covering.
- ✓ Provide hand washing or sanitizing stations at the reception area and throughout the entire facility for employee and attendee use.
- ✓ Best Practices: In addition to the requirements provided above, management must utilize the following best practices to the extent they are feasible:

- ✓ Utilize online entries and payment by credit card.
- ✓ Designate one representative to handle the entire barn or stable's interface with the show and event offices.
- ✓ Adhere to physical distancing guidelines and utilize face coverings when in the show office.
- ✓ Install sneeze guards in front of commonly used point-of-sale or guest service stations.
- ✓ Clean and disinfect all tack, equipment, and surfaces that others may come in contact with or handle frequently. This includes golf carts, tack trunks, reins, halters, lead ropes, and other common show items.
- ✓ Maintain at least six feet of physical distance in the show ring.
- ✓ Encourage competitors, trainers, riders, grooms, owners, competition staff, and parents to leave as expeditiously as possible after their competition.
- ✓ Include current COVID-19 guidelines in the show's protocols and entry procedures.
- ✓ Require attendees to keep dogs under control and confined or leashed at all times. Dogs can potentially come in contact with multiple people if loose on competition grounds. They must be confined and/or leashed.
- ✓ Require all current entry agreements and addendums that cover COVID-19 to be signed and returned to the show office prior to competing.

**RESOURCES TO PRINT AND DISPLAY:**

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)

SAFER AT HOME: PHASE THREE  
HORSE RACING RACETRACKS: MULTI-DAY EVENTS

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**SCOPE:** Horse Racing Racetracks

**PHASE 3:** Establishments must either implement the following mandatory requirements or remain closed.

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**MANDATORY REQUIREMENTS:**

The following guidance is intended to assist owners, operators, and participants during Phase III reopening of Forward Virginia. This guidance applies to multi-day events. This guidance provides information regarding physical distancing, enhanced cleaning and disinfection, enhanced workplace safety, and other best practices recommended to control the spread of COVID-19. Please refer to the Virginia Department of Health Interim Guidance on Screening, Monitoring, and Testing Employees Returning to Work: Non-Essential Workforce for more information on screening and monitoring for COVID-19 in the workplace.

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. They must also adhere to the following additional requirements:

- ✓ Physical Distancing Signage
  - Post signage throughout the grounds to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, staying home if sick, and hand washing. (Sample signage can be found in the VDH Business Toolkit.)
  - Post signage at all entrance(s) to the facility and/or event stating that no one with a fever or symptoms associated with COVID-19, or who has been exposed to COVID-19 in the past 14 days, is permitted on the property (especially areas that are prone to congregation (e.g. entrances and restrooms)).
  - Provide physical guides for seating, lines, and congregations areas including floor decals, colored tape, or signs to assist participants in complying with physical distancing.
  - Install physical barriers, such as sneeze guards and partitions at staffed kiosks.



- Configure stabling and paddocks to comply with physical distancing requirements to manage concentration of horses and people.
- ✓ The event must be held at locations with the ability to restrict access (i.e. barriers and gating that would preclude the general public from accessing the event).
  - No tailgating and camping is allowed during these events, except for staff or race participants.
  - Entrances and exits must be staffed.
- ✓ The total number of attendees (including both participants and spectators) cannot exceed the lesser of 50% of the lowest occupancy load on the certificate of occupancy, if applicable, or 1000 persons.
- ✓ Access to stabling areas are restricted to essential personnel (e.g. individuals licensed by the Virginia Racing Commission).
- ✓ Individuals must wear face coverings over their nose and mouth at all times with the exception of jockeys from departing the paddock to completion of the race and returning to the paddock. This requirement does not apply to persons with health conditions that prohibit wearing a face covering. Nothing in this paragraph shall require the use of a face covering by any person for whom doing so would be contrary to his or her health or safety because of a medical condition.
- ✓ All individuals must maintain at least six feet of physical distancing between themselves and other participants.
- ✓ Prior to each race event, participants must self-monitor their symptoms by taking their temperature to check for fever.
  - Upon arrival and prior to gaining access to the raceway, individuals will be screened by event or facility staff who will ensure the individual does not have a temperature of 100.4° F (38° C) or greater, felt warm to the touch, or had a history of feeling feverish in the last 72 hours, without the use fever-reducing medication, and completes a COVID-19 symptom questionnaire, following the Virginia Department of Health Interim Guidance on Screening, Monitoring, and Testing Employees Returning to Work: Non-Essential Workforce
  - Any individual who fails any of the screening requirements shall not gain admittance to the event.

- Team Trainers: Team trainers are responsible for monitoring their staff and jockey for symptoms of COVID-19, 14 days prior, during, and following the event.
- Trainers will be held responsible for the conduct and adherence to the rules and guidelines set forth during the competition and notification thereafter.
- ✓ If an individual who was present at the event tests positive for COVID-19, or is a presumed case as indicated by a medical provider, within 14 days of the conclusion of the competition, the individual must notify the facility or event staff and the local health department.
- ✓ Prior to the event, organizers must establish a schedule for routine cleaning and disinfection of high-contact areas and hard surfaces, including door knobs/handles, tables/chairs, gates, restrooms, mass transit vehicles (shuttles) and shared equipment.
  - Encourage participants to wipe down equipment after each use.
  - To the extent tools or equipment must be shared, provide access to and instruct use of an EPA-approved disinfectant to clean items before and after use.
- ✓ Must supply hand sanitizer stations or hand washing stations.
  - Provide hand washing or sanitizing stations at each competition and warm-up area.
  - All hand-washing stations and portable toilets shall be placed in a convenient location for use by attendees but away from congregate areas and arranged in a configuration that maintains at least six feet of physical distance between persons.
- ✓ Mass transit vehicle operators must wear face coverings. Operator areas should be cleaned and disinfected between shifts.
- ✓ Food services must adhere to the sector-specific guidance for restaurant and beverage services and camping areas must adhere to the sector-specific guidance for campgrounds.
- ✓ Restrict the number of people accompanying a horse to the competition area to those persons who are needed for safety or for achieving effective competition, and all must comply with physical distancing requirements.
- ✓ During award ceremonies, ensure physical distancing at all times during presentation of awards and ribbons. Minimize or eliminate hand-to-hand contact.

## BEST PRACTICES:

- ✓ Once an individual has passed the initial screening test, an individual should be provided with a credential to wear throughout the event.
- ✓ All portable toilets will be spaced at least six feet apart.
- ✓ Steward stands and jockey's quarters should be configured to maintain at least six feet of physical distancing between individuals.
- ✓ Stabling should be configured to maintain at least six feet of separation between all persons in a barn or paddock.
- ✓ Entering and exiting the track will be executed in a sequenced manner, in order to facilitate physical distancing and avoid congestion or congregation points. Competitors should leave the venue as expeditiously as possible following their last race or event in order to limit contact and exposure to themselves and other participants.
- ✓ Use technology solutions where possible to reduce person-to-person interaction, including contactless payment, registration/entry forms, sign-in, judges' cards, scoring sheets, etc.

## RESOURCES TO PRINT AND DISPLAY:

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

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SAFER AT HOME: PHASE THREE  
OUTDOOR SPEEDWAYS

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**SCOPE:** Outdoor motor speedways

**PHASE 3:** Establishments must either implement the following mandatory requirements or remain closed

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**MANDATORY REQUIREMENTS:**

The following guidance is intended to assist owners, operators, and participants during Phase III reopening of Forward Virginia. This guidance applies to motor speedway races. This guidance provides information regarding physical distancing, enhanced cleaning and disinfection, enhanced workplace safety, and other best practices recommended to control the spread of COVID-19. Please refer to the [Virginia Department of Health Interim Guidance on Screening, Monitoring, and Testing Employees Returning to Work: Non-Essential Workforce](#) for more information on screening and monitoring for COVID-19 in the workplace.

Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “[Guidelines for All Business Sectors](#)” document. They must also adhere to the following additional requirements:

- ✓ Physical Distancing Signage
  - Post signage throughout the grounds to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, staying home if sick, and hand washing. (Sample signage can be found in the [VDH Business Toolkit](#).)
  - Post [signage](#) at all entrance(s) to the facility and/or event stating that no one with a fever or symptoms associated with COVID-19, or who has been exposed to COVID-19 in the past 14 days, is permitted on the property (especially areas that are prone to congregation (i.e. entrances and restrooms)).
  - Provide physical guides for seating, lines, and congregations areas including floor decals, colored tape, or signs to assist participants in complying with physical distancing.

- Install physical barriers, such as sneeze guards and partitions at staffed kiosks.
- ✓ The event must be held at locations with the ability to restrict access (i.e. barriers and gating).
  - Entrances and exits must be staffed.
- ✓ Event staff, motor crew, vehicle part suppliers and all other participants must wear face coverings over their nose and mouth, while inside buildings or outside when six feet of physical distancing cannot be maintained, with the exception of participants whose face is covered by appropriate safety gear. This requirement does not apply to persons with health conditions that prohibit wearing a face covering. Nothing in this paragraph shall require the use of a face covering by any person for whom doing so would be contrary to his or her health or safety because of a medical condition.
- ✓ All individuals must maintain at least six feet of physical distancing between themselves and other participants. If that is not possible, individuals must ensure the greatest amount of physical distancing possible.
- ✓ Prior to each race event, individuals must self-monitor their symptoms by taking their temperature to check for fever.
  - Upon arrival and prior to gaining access to the raceway, the facility must screen individuals to ensure they do not have a temperature of 100.4° F (38° C) or greater, feel warm to the touch, or have had a history of feeling feverish in the last 72 hours, without the use fever-reducing medication and completes a COVID-19 symptom questionnaire, following the [Virginia Department of Health Interim Guidance on Screening, Monitoring, and Testing Employees Returning to Work: Non-Essential Workforce](#)
  - Any individual who fails any of the screening requirements shall not gain admittance to the event.
- ✓ If an individual who was present at the event tests positive for COVID-19, or is a presumed case as indicated by a medical provider, within 14 days of the conclusion of the competition, the individual must notify the facility and event staff and the local health department.

- ✓ Prior to the event, organizers must establish a schedule for routine cleaning and disinfection of high-contact areas and hard surfaces, including door knobs/handles, tables/chairs, gates, restrooms, mass transit vehicles (shuttles) and shared equipment.
  - Encourage participants to wipe down equipment after each use.
  - To the extent tools or equipment must be shared, provide access to and instruct use of an [EPA-approved disinfectant](#) to clean items before and after use.
- ✓ Facilities must supply hand sanitizer stations or hand washing stations. All hand-washing stations and portable toilets shall be placed in a convenient location for use by individuals but away from congregate areas and arranged in a configuration that maintains at least six feet of physical distance between persons.
- ✓ Mass transit operators must wear face coverings. Operator areas should be cleaned and disinfected between shifts.
- ✓ No public-facing amenities will be provided, including concessions, food sales, merchandise sales, hospitality, camping or loitering on the property, or fan experiences.
- ✓ No public-facing amenities will be provided, including concessions, food sales, merchandise sales, hospitality, or loitering on the property or fan experiences.
- ✓ The total number of attendees (including both participants and spectators) cannot exceed the lesser of 50% of the occupancy load of the venue, if applicable, or 1000 persons.
- ✓ Food services must adhere to the sector-specific guidance for restaurant and beverage services and camping areas must adhere to the sector-specific guidance for campgrounds.
- ✓ During award ceremonies, ensure physical distancing at all times during presentation of awards and ribbons. Minimize or eliminate hand-to-hand contact.

## BEST PRACTICES:

- ✓ Once an individual has passed the initial screening test an individual should be provided with a credential to wear throughout the event.
- ✓ All portable toilets should be spaced at least six feet apart.
- ✓ Entering and exiting the track should be executed in a sequenced manner, in order to facilitate physical distancing and avoid congestion or congregation points. Competitors must leave as expeditiously as possible following their last race or event in order to limit contact and exposure to themselves and other participants.
- ✓ Use technology solutions where possible to reduce person-to-person interaction, including contactless payment, registration/entry forms, sign-in, judges' cards, scoring sheets, etc.

## RESOURCES TO PRINT AND DISPLAY:

[CDC Symptoms English](#)

[Spanish CDC Symptoms](#)

[CDC Printable Flyer English](#)

[CDC Printable Flyer Spanish](#)

[CDC Printable Flyer Chinese](#)

[CDC Printable Flyer Korean](#)

[CDC Printable Flyer Vietnamese](#)

[FDA information](#)