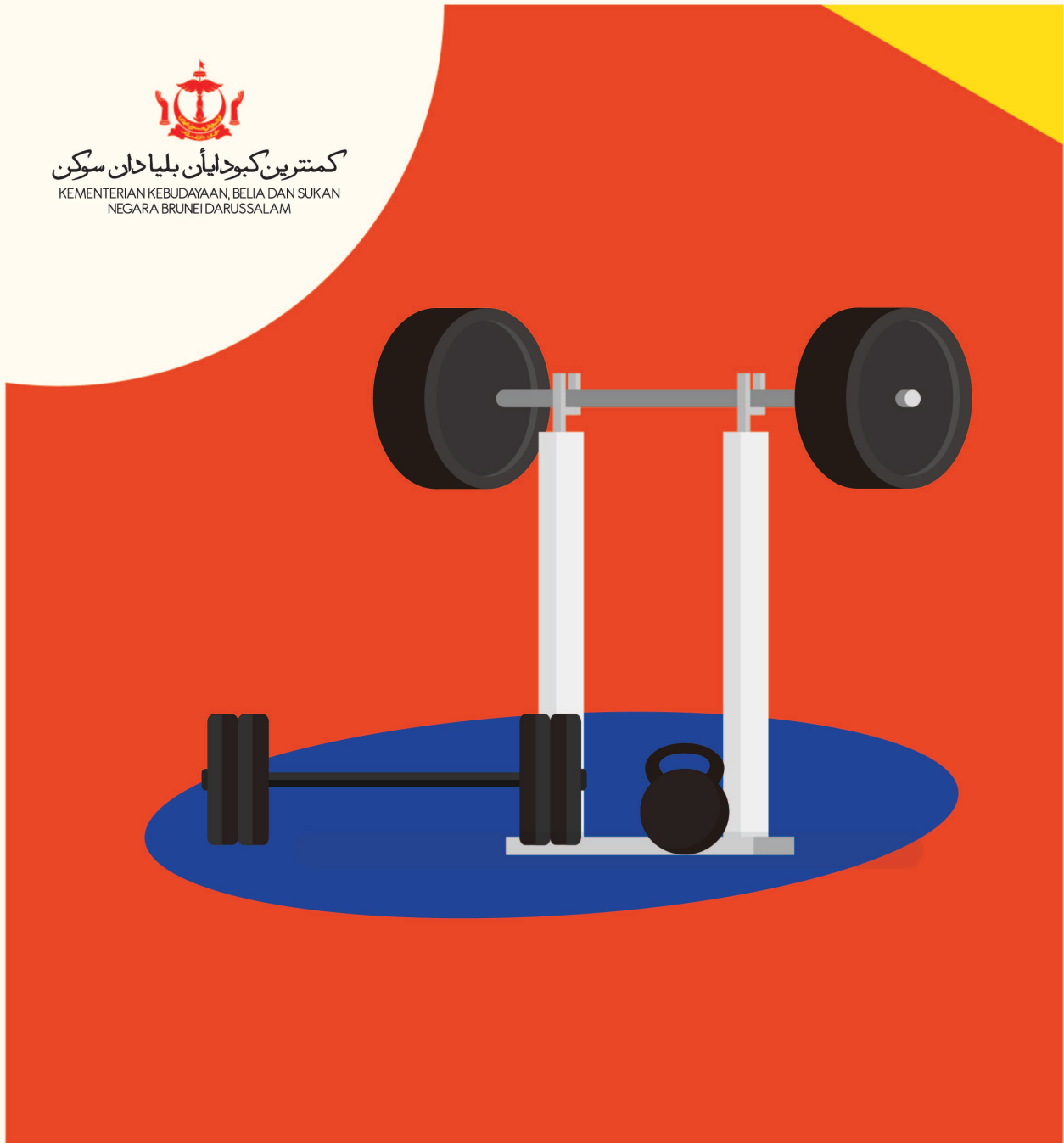




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Guidelines For Operational Readiness Level 1

Gym And Fitness Centres

Ministry Of Culture, Youth And Sports

16 May 2020

GUIDELINES FOR OPERATIONAL READINESS LEVEL 1: GYM AND FITNESS CENTRES

Operational Readiness Level 1 Gym and Fitness Centres measures outlined in this document will be implemented from **Saturday, 16 May 2020** until further notice. These measures will apply to all Gym and Fitness Centres in Brunei Darussalam.

The following are the major guidelines for Operational Readiness Level 1 Gym and Fitness Centres. Further details are outlined in Annex A.

- Allowed to operate.
- Capacity limited to 30% of usual capacity at one time.
- Open to registered members only.
- Patrons to register in advance (pre-booking).
- Time limited to 1 hour per person per day.
- Clean and sanitize gym equipment before and after use.
- Observe personal hygiene.
- Physical distancing of 2 meters must be observed at all times.
- Symptomatic and high risk individuals are not allowed to enter.
- Ensure social distancing guidelines, including specific guidelines issued by relevant authority.

Every Gym and Fitness Centre is required to adopt procedures to ensure compliance with government restrictions. For Operational Readiness Level 1, the following measures will need to be implemented.

1. GYM AND FITNESS CENTRE RESPONSIBILITIES ARE DIVIDED INTO THREE ASPECTS: GENERAL GUIDELINES, BOOKING AND GYM AND FITNESS CENTRES RULES.

a. General Guidelines.

- (1) Gym and Fitness Centre are only allowed to operate at 30% capacity at any one time.
- (2) Registration and proper record must be done at the entrance for the purpose of contact tracing if required. (Each Gym and Fitness Centre should register at the healthinfo app website at www.healthinfo.gov.bn/register to generate a QR code for clients to register)
- (3) Gym and Fitness Centre are open to members only and members are required to register in advance.
- (4) Time is limited to 1 hour per person per day.
- (5) Clean and sanitize Gym and Fitness Centre equipment before and after use.
- (6) Clients must bring their own towels and water bottles.
- (7) Temperature checks and hand sanitizers must be provided at the entrance and at appropriate places in the Gym and Fitness Centre.
- (8) Symptomatic and high risk individuals are not allowed to play.
- (9) Personal hygiene must be observed at all times.
- (10) Physical distancing of 2 metres must always be maintained at all times.
- (11) Any physical contact must be avoided.
- (12) The Gym and Fitness Centre locker room facilities will remain closed.
- (13) Signage and Posters on precautionary measures on COVID 19 should be displayed.
- (14) For more information on COVID-19, members of the public can contact Health Advice Line 148.

b. Booking.

- (1) Gym and Fitness Centre are to organize a system of booking and time schedule that ensure the safety of staff and clients.
- (2) The maximum number of clients per hour are to be confirmed by the Gym and Fitness Centre and must be in accordance with the regulation whereby it is limited to operate at 30% capacity at any one time.
- (3) There should be a minimum of 1-hour interval before the next booking, but longer intervals may be required depending on the Gym and Fitness Centre.

c. Gym and Fitness Centre Rules.

- (1) No gatherings will be permitted before or after exercise in or around the Gym and Fitness Centre.
- (2) The use of toilets is allowed and should be sanitized frequently.
- (3) Gym and Fitness Centre are to communicate with clients in advance to advise on social distancing requirements that are being applied on arrival at the Gym and Fitness Centre and after finishing their workout or exercise.
- (4) Gym and Fitness Centre are to have procedures in place to ensure social distancing requirements in the area of the workout or exercise.
- (5) Gym and Fitness Centre are to have procedures in place to ensure gym equipment are safe to use and sanitizing practices can be guaranteed.
- (6) The number of Gym and Fitness Centre assistants or instructors will be limited to personal trainers only.
- (7) All Gym and Fitness Centre assistants must wear facemasks and gloves.
- (8) All equipment must be disinfected before, after and between intervals of the next booking.
- (9) Clients are encouraged to bring their own disinfectant for their protection.
- (10) The Gym and Fitness Centre must ensure good ventilation at all times.

2. CLIENT RESPONSIBILITIES.

a. Registration

- (1) Clients must scan the QR code of a Gym and Fitness Centre upon arrival and leaving, for the purpose contact tracing if require.

b. Workout and Exercising.

- (1) Clients need to ensure that they keep at least 2 metres apart during workout or exercise.
- (2) Wear gloves to minimise contact with surfaces, where applicable.
- (3) Wear the right gear and consider wearing workout clothing to cover and protect your skin.
- (4) When using an exercise mat, use a towel and lay it on your mat.
- (5) Bring your own disinfectant for your protection. Use disinfectant wipes to wipe down machines and equipment after use.
- (6) Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- (7) Social distancing is important; therefore, clients are to leave the Gym and Fitness Centre immediately so that there are no gatherings around the Gym and Fitness Centre until further notice.