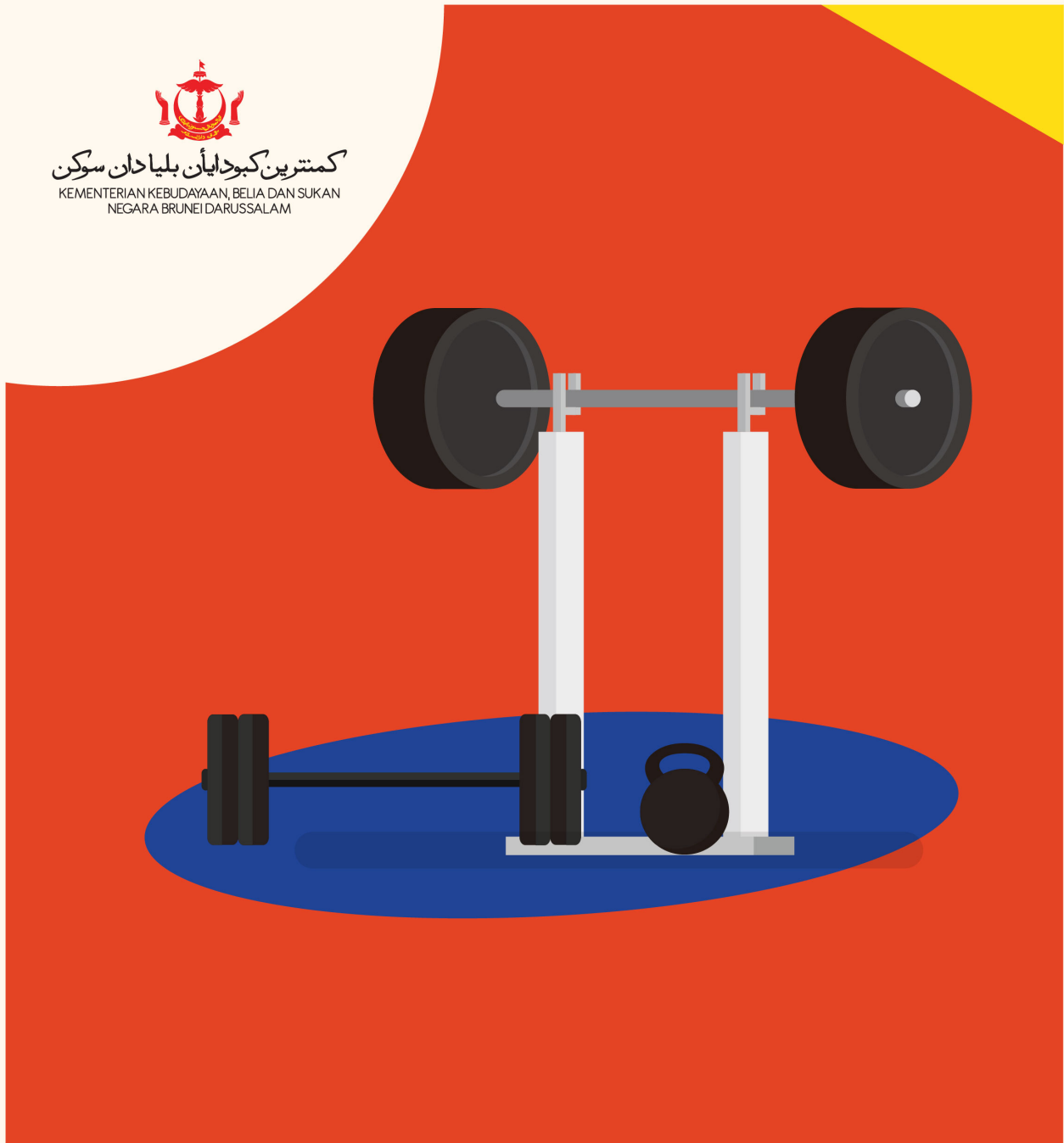




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Guidelines For Operational Readiness Level 3

Gym And Fitness Centres

Ministry Of Culture, Youth And Sports

6 July 2020

GUIDELINES FOR OPERATIONAL READINESS LEVEL 3: GYM AND FITNESS CENTRES

Referring to the press release by Ministry of Culture, Youth and Sports on **1st July 2020**, on the implementation of level 3 de-escalation plan for gym and fitness centers, indoor sport facilities, outdoor sports facilities and golf courses. It will commence on **Monday 6th July 2020, 14 Zulkaedah 1441H**, on **Level 3 De-escalation** with updated term and guidelines for **GYM AND FITNESS CENTRE**

1. Allows to operate **with capacity of 90% at one time followed by the area capacity of facilities.**
2. **Time Limited to 2 hours per person.**
3. **Locker and shower room is allowed.**
4. **Other terms and guidelines are maintained** for compliance.

Further details are outlined in Annex A.

Every Gym and Fitness Centre is required to adopt procedures to ensure compliance with government restrictions. For Operational Readiness Level 3, 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 Allows to operate **with capacity of 90% at one time followed by the area capacity.**
- (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 *Bruhealth* 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 and non-members** and required to register in advance.
- (4) Time is limited to **2 hours** 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 at least 2 meter must always be maintained at all times.
- (11) Any **physical contact** must be avoided.
- (12) **Locker room & Shower room** is open.
- (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 90% capacity at any one time followed by the area capacity**.
- (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.