



OFFICE OF THE DISTRICT MAGISTRATE
ISLAMABAD CAPITAL TERRITORY
ISLAMABAD

No. 1(135)-HC (G)/2020

Dated: 18-05-2020

SOPS FOR GUIDELINES FOR PREVENTION OF COVID-19 IN GYMNASIUMS AND HEALTH CLUBS.

ICT Administration with the consultation of Ministry of National Health Services, Regulation & Coordination, Islamabad is pleased to issue the Standard Operating Procedures (SOPs) for Gymnasiums and Health Clubs to prevent COVID-19 spread as detailed below:-

BASIC PRINCIPLE.

COVID-19 is a highly transmissible disease which spreads through respiratory droplets produced during coughing, sneezing and talking of the infected person. The droplets may contaminate the surfaces and hands. Touching eyes, mouth and nose with contaminated hands transmits the virus that affect the respiratory system. Gymnasium and health clubs are required to observe following precautionary measures to avoid disease spread.

a. HAND HYGIENE.

- Facility for handwashing with soaps or sanitizers must be provided at the gymnasiums / health clubs.

b. RESPIRATORY HYGIENE (ETIQUETTES).

- Both gymnasiums staff and gymnasiums member shall wear face mask.

c. SOCIAL (PHYSICAL) DISTANCING.

- Gymnasiums shall allow only 50% of the total members' capacity at one time to avoid crowding.
- No handshake or hugging is allowed. Suitable messages shall be displayed on the entrance as a reminder.
- Members shall be encouraged to keep 2 meters distance from one another even if that involves leaving one machine empty.

d. CLEANLINESS OF GYMNASIUM AND DISINFECTION OF TOOLS.

- Furniture, doors, chairs and other high touch surfaces should be disinfected with 0.05% chlorine solution prepared on daily basis.
- Following additional measures shall be adopted:-
 - Availability of additional hand sanitizers and wipes for members and staff near all types of machinery / equipment.
 - Members shall be reminded to wash hands with soaps more regularly, wipe equipment and cover their mouth when coughing or sneezing and after usage of every equipment (such instructions may be displayed at conspicuous places inside the gym).
- Washrooms of the gymnasium and health clubs must be cleaned regularly and frequently.
- Members shall be advised to bring their own towels which shall not be shared with other members.
- Gymnasium / health club management will ensure cleanliness of the exercise machines by use of detergent frequently.

e. **SPECIAL INSTRUCTIONS.**

- Gymnasium should have cross ventilation system or heavy exhaust. Air conditioned gymnasium is not allowed.
- Saunas, Swimming Pools and Steam Rooms will remain closed.

f. **HEALTH STATUS OF GYMNASIUM STAFF, TRAINERS AND MEMBERS.**

- The gymnasium / health club staff and members must be free of fever, cough and sore throat as these may be symptoms of COVID-19. If such symptoms appear call 1166 for information and guidance.
- Mandatory temperature check will be ensured within the gym facility and upon entry at the club reception.
- Gym time for each member should be limited to maximum 45 minutes only.

Note: Every Gymnasium / Health Facility shall display approved COVID-19 prevention messages at prominent places; Urdu version of the SOPs is appended herewith for wider circulation to concerned.


DISTRICT MAGISTRATE
ICT, ISLAMABAD

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