



INSTRUCTIONS FOR SELECTED PUBLIC ACTIVITIES/WORK SETTINGS FOR THE PREVENTION AND CONTROL OF COVID- 19

The instruction notes are given for a range of public activities and work settings. Some sectors such as tourism, large shopping malls, event management, etc. would require reference to several instruction notes.

The Instructions are subject to overall permission given by the Ministry of Health to resume functions (totally/selected).

Each instruction note is issued by the Director General of Health Services, Ministry of Health and Indigenous Medical Services and are for the establishment/owner/ responsible authority to follow in prevention of transmission of COVID-19.



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TOWARDS A NEW NORMAL



MINISTRY OF HEALTH
AND INDIGENOUS
MEDICAL SERVICES



World Health
Organization



GOVERNMENT MEDICAL
OFFICERS ASSOCIATION



SRI JAYAWARDENEPURA
KOTTE MUNICIPAL
COUNCIL



24. Gymnasiums

Specific message/ Instruction/s

For the owner/management

- Ensure availability of required supplies such as masks, disinfectants, etc. and plan for the minimum number of staff to be available as per requirement.
- Ensure that all equipment is spaced to ensure physical distancing of at least 1 meter, and that even when clients use adjacent equipment, they are not facing each other
- Educate all instructors and staff on preventive measures for COVID-19 - to pay attention to hand hygiene, and cover mouth and nose with a tissue or elbow when sneezing/coughing and dispose of tissue in a closed bin, physical distancing of at least 1 meter and use of masks as appropriate
- Install a sink for handwashing (with soap) close to the entrance.
- A verbal screen of symptoms (ask for fever and respiratory symptoms such as cough and sore throat) should be done at the entrance for all employees and clients. Check temperature of all attendees at the entrance if possible
- Provide alcohol-based hand sanitizer for customers and employees
- All clients should be registered, including details such as address and contact number
- Control people flow and reduce the number of clients in the gymnasium at a time. Allocate time slots for clients and ask clients to make appointments to prevent overcrowding. When taking the appointment, screen the clients for fever and respiratory symptoms such as cough and sore throat
- Restrict maximum time to one hour or less per session as this will increase turnover but not overcrowding. Restrict maximum days per week to train to two or three days per week as this also limits overcrowding.
- Strengthen ventilation; ensure the normal operation of the AC, increase the fresh air flow Operate the air conditioners (if any) at moderate speeds. Clean/ wash its filters once a week.
- Clean and disinfect frequently touched surfaces (door handles, water dispenser taps touch screens, etc), equipment and facilities. Surfaces such as handlebars and weights should be disinfected between clients.
- Changing rooms and washrooms must be cleaned and disinfected frequently and a cleaning chart maintained. If possible, changing rooms and washrooms for employees should be separate from the one for clients.
- Facilities to store clothes and belongings allow these to be stored separately (well-spaced hooks on the wall or lockers) and disinfected regularly
- Ask clients to change their footwear at the door and have an allocated shoe stand to keep outdoor shoes at entrance.
- Mop the floor of the gymnasium with a disinfectant at least three times daily
- Provide disposable cups at the water dispenser or ask clients to bring their own water bottles
- Provide an option for online payments for clients. Minimise handling of cash by encouraging clients to pay the exact amount
- Inform clients to use this period just to stay healthy but not for Bodybuilding or Rapid Weight loss type of work. Clients are expected to train the minimum necessary time in the gym.
- You are required to fill the provided Assurance form, indicating compliance with the instructions given. The original of the Assurance form should be submitted to the area Medical Officer of Health. A copy of the same should be sent to the local government authority (municipal council/ urban council/ pradeshiya sabha) and another copy should be kept with you. The owner/



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employer/ manager of the organization/ premises is responsible to ensure that the above guidelines are strictly adhered to.

For the employees/instructors

- Do not come to work if you have fever and/or respiratory symptoms such as cough and sore throat
- Change from your outdoor shoes and clothes to work clothes, and wash clothes daily
- Adhere to the instructions given to maintain the adequate physical distance (one meter) from other employees and clients
- Minimise handling of frequently touched surfaces and equipment
- Wash hands with soap and water between clients, use hand sanitizer between touching equipment
- Do not share water glasses or cutlery

For the user/client

- Do not go to the gymnasium if you have fever and/or respiratory symptoms such as cough and sore throat
- Make an appointment before going to the gymnasium, and strictly stick to your time slot
- Wash your hands well with soap and water for 20 seconds soon after entering and when leaving the gymnasium
- Avoid touching frequently touched surfaces such as door handles
- Leave outdoor shoes at the entrance and bring a separate set to be used at the gym
- Bring your own water bottle to the gym, and if refilling make sure you do not touch the dispenser tap with your bottle mouth
- Train less than 60 mins in the GYM., Time inside the gym should not be to chat with others.
- Train two or three days per week to maintain health, not for body building or rapid weight loss
- Avoid busy times like 5 pm to 8.00 pm.

Methods of instruction

- Posters at the entrance to the gymnasium
- Social media and mass media communication to the public




Director General of Health Services

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