

**Guidelines on Preventive
measures to contain spread of
Covid-19 in Gymnasium**

Government of Maharashtra
Public Health Department
G. T. Hospital Complex Building
10th Floor, Mantralaya, Mumbai 400 001
Government Circular No. Corona-2020/C. R.No.480/Aarogya-5
Date : 23rd October, 2020.

Reference :-

- 1) The Epidemic Diseases Act, 1897.
- 2) The Disaster Management Act, 2005.
- 3) Revenue and Forest Disaster Management, Relief and Rehabilitation Department Order dated 30.09.2020, 14.10.2020 and 23.10.2020.
- 4) Ministry of Health and Family Welfare, Government of India Guidelines dated 03.08.2020.

Background :-

In entire State, Gymnasiums outside of containment zones have been allowed to function from 25.10.2020 vide order dated 23.10.2020 mentioned at reference no. 3 above. Now following standard operating procedure/guidelines are being issued for operation of gymnasium.

General Mandatory Instructions :-

- 1) The generic preventive measures include simple public health measure that is to be followed to reduce the risk of Covid-19. These measures need to be observed by all (members, visitors and staff) in these places at all times. These include :-
 - a) Individuals must maintain a minimum distance of 6 feet as far as feasible.
 - b) Use of face covers/Masks is mandatory at all times within the premises however while exercising in gymnasiums use of N-95 mask during exercise may cause difficulty in breathing. While exercising surgical masks or multi layered cloth masks, tightly woven, cotton blend which securely fit over the nose, mouth and under the chin is best. Single layer cloth masks can also be used during exercise.
 - c) practice frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty Use of alcohol-based hand sanitizers (for at least 20 seconds) can be practiced wherever feasible.
 - d) Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly
 - e) Self-monitoring of health by all and reporting any illness at the earliest to State and District helpline.
 - f) Spitting should be strictly prohibited.
 - g) Installation & use of Aarogya Setu App shall be advised to all.

Generic preventive measure :-

- 1) All gymnasiums in containment zones shall remain closed for public. Only those outside containment zones will allow to open up.
- 2) All gymnasiums shall comply with all health related guidelines/SOP/ Notifications issued by the Union/State Government from time to time.
- 3) Persons above 65 years of age, persons with comorbidities, pregnant women and children below the age of 10 years are advised not to use gymnasiums in closed places. Organization managing the gymnasiums shall advise all members, visitors and staff accordingly.

Specific measures to followed include -

a) Before opening the gymnasiums

Processes and premises redesigning including proper placement or equipment's

- I. Plan gymnasiums floor area based on 4m² per person.
- II. Place equipment's, including cardio and strength machines at least 6 feet apart, wherever feasible, by moving equipment to facilitate social distancing. Physical exertion from exercising can increase exhalation rate and intensity, making physical distancing even more important to lower the risk of transmitting the virus that causes Covid-19. 12 feet is minimum distance required around patrons performing any activities that increases breathing rate or intensity, 6 feet is the minimum distance that is required between those who are not performing exercise that increases breathing rate or intensity. Whenever possible increase the distance. Arrange equipment in an "X" pattern to provide greater distancing. Block off every other machine or move equipment so that they are farther apart.
- III. Where available, utilize any outdoor space by relocating equipment outside.
- IV. Create specific pathways for entering and exiting exercise areas within closed spaces using floor or wall markings.
- V. Ensure queue management, inside and outside the premises, with specific markings on the floor with a gap of 6 feet.
- VI. Promote card based/contactless payment.
- VII. For air-conditioning/ventilation, the guidelines of CPWD shall be followed which emphasizes that the temperature setting of all air conditioning devices should be in the range of 24-30 C, relative humidity should be in the range of 40-70%, intake of fresh air should be as much as possible and cross ventilation should be adequate.
- VIII. Limit the number of staff and members within the general gymnasium floor, specific workout areas and change rooms by:
 - Restricting the number of members allowed in specified areas.
 - Implementing "fitness sessions" for particular exercise areas with requirements for members to register (ideally online) for specific sessions.
- IX. Locker rooms can be used, as long as social distancing is maintained.
- X. Ensure dustbins and trash cans are covered at all times.
- XI. Spas, Sauna, Steam Bath and Swimming Pool (wherever applicable) shall remain closed.

Disinfection :-

All areas within the premises shall be disinfected using clinically approved disinfectants. The areas to be disinfected include but are not limited to -

- i. Entrances to premise, building, rooms
- ii. All open areas used by staff and visitors
- iii. Washrooms and toilets
- iv. Shoe baths (Members will be encouraged to carry separate workout shoes)
- v. All other frequently touched surfaces (doorknobs, handles etc.)
- vi. Equipment in gymnasiums

Planning and Scheduling of Activities

- i. Calculate the maximum capacity per session based on redesigned spaces. Accordingly schedule the session and inform the members.
- ii. Group fitness rooms and classes
 - a. Staggering class session times and allowing minimum of 15-30 minutes between classes to avoid overlap between members arriving and leaving
 - b. Offering group fitness classes online, wherever possible
 - c. Restricting the number of persons allowed per group fitness class based on the size of the room and the nature of the fitness activity

Personal training in gymnasiums

- a. Ensure 6 feet distance between personal trainer and clients during personal training sessions, wherever feasible.
- b. Ensure sessions are tailored to include only exercises that do not require physical contact between the trainer and the clients including setup and use of equipment
- c. Limit the number of clients per session & ensure adequate spacing amongst all clients.
- d. Utilize outdoor spaces at the gymnasiums where available

For Employees

- a. Shifts and attendance to be planned to ensure social distancing
- b. Staff residing in the containment zone shall not attend the facility till containment zone is de-notified
- c. Housekeeping staff to be informed & trained about norms for waste management & disposal
- d. All employees who are at higher risk i.e. older employees, pregnant employees and employees who have underlying medical conditions to take extra precautions. They should preferably not be exposed to any front-line work requiring direct contact with the clients.

Availability and Management of Supplies

- i. Appropriate personal protection gears like face covers/masks, visors, hand sanitizers etc. shall be made available by management to the members, visitors & staff
- ii. Provide an adequate supply of disinfectant wipes or disinfecting solutions and disposable paper towels for members/staff to wipe exercise equipment clean before and after use.

- iii. Ensure availability of pulse oximeters to record oxygen saturation of members prior to the exercise.

After opening the gymnasiums

At the entry point -

- i. Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions.
- ii. Only asymptomatic persons (including staff) be allowed in the premises.
- iii. All persons to be allowed entry only if using face cover/masks.
- iv. All members, visitors and staff may consider using Aarogya Setu application for risk identification at all times inside the gymnasiums.
- v. Posters/standees on preventive measures about COVID-19 to be displayed prominently. Audio and Video clips to spread awareness on preventive measures for COVID-19 may be regularly played.
- vi. Ensure minimum distance of 6 feet at all times in queues.
- vii. Proper crowd management in the parking lots, in corridors and in elevators - duly following social distancing norms shall be organized.
- viii. Staggering of members/ visitors to be done, with separate timing slots, to allow for adequate physical distancing and disinfection of premises & equipment.
- ix. Details of check-in and checkout times of members and visitors must be recorded (name, address and phone number)

Prior to exercising in the gymnasiums using equipment for cardio, strength training etc.

- i. Ensure that the equipment has been disinfected, particularly the frequently touched surfaces before each use.
- ii. Sanitize middle finger with alcohol swab and check oxygen saturation using pulse oximeter. Those having oxygen saturation below 95% should not be allowed to exercise. Call central / state helpline / ambulance and refer such persons to the nearest health facility.
- iii. Hand sanitizer stations must be provided near each gymnasium equipment.
- iv. Ensure that members sanitize their hands before using gymnasium equipment.

During exercise sessions

- i. Common exercise mats should be avoided and members should preferably bring their own exercise mats which they may take back with them.
- ii. In view of potential threat of spread of infection, as far as feasible recorded music/songs may be played and shouting/laughter yoga exercise should not be allowed.
- iii. Stop the exercise if you feel difficulty in breathing. Check oxygen saturation level. Those having oxygen saturation below 95% should not be allowed to continue exercise. Call central/state helpline/ ambulance and refer such persons to the nearest health facility.

After exercise and in common areas

- i. Ensure proper disposal of face covers / masks / used towels in covered bins.
- ii. The shower areas / washrooms should be sanitized before and after use.
- iii. Cleaning and disinfection of gymnasium equipment, particularly frequently touch surfaces (hand rails, benches, fixtures, etc.) shall be done after each exercise session before it is used by the next member.

- iv. The floor cleaning shall be taken up between exercise sessions.

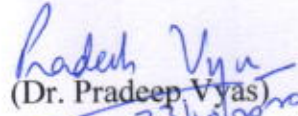
At the time of closure

- i. Shower rooms and lockers/changing areas need to be properly sanitized.
- ii. Deep cleaning of all washrooms shall be ensured
- iii. Before closure, the entire premises will be disinfected

Additional precautions to be followed in case of a suspect case in the premises:

- i. Place the ill person in a room or area where they are isolated from others.
- ii. Provide a mask/face cover till such time he/she is examined by a doctor.
- iii. Immediately inform the nearest medical facility (hospital/clinic) or call the state or district helpline.
- iv. A risk assessment will be undertaken by the designated public health authority (district Rapid Response Team /treating physician) and accordingly further action be initiated regarding management of case, his/her contacts and need for disinfection.
- v. Disinfection of the premises to be taken up if the person is found positive.

By order and in the name of Governor of Maharashtra,


(Dr. Pradeep Vyas)

Principal Secretary, Government of Maharashtra

Copy to:-

- 1) Secretary to Hon'ble Governor, Rajbhavan, Mumbai
- 2) Secretary to Hon'ble Chief Minister, Mantralaya, Mumbai.
- 3) Secretary to Hon'ble Deputy Chief Minister, Mantralaya, Mumbai.
- 4) Chief Secretary, Maharashtra State, Mantralaya, Mumbai.
- 5) All additional chief Secretaries/Principal Secretaries/Secretaries, Mantralaya, Mumbai.
- 6) Commissioner, Health Services Cum Mission Director, National Health Mission, Mumbai.
- 7) All Municipal Commissioner.
- 8) All Police Commissioner.
- 9) Director, Health Services, Mumbai/Pune.
- 10) Director, Medical Education and Research, Mumbai.
- 11) All Collectors.
- 12) All Chief Executive Officers, Zillha Parishad.
- 13) All Deans of Government Medical Colleges.
- 14) All Deputy Directors.
- 15) All Civil Surgeons.
- 16) All District Health Officers.
- 17) Copy to select file Helath-5 / with C.R. 58/2020.

For Information -

- 1) Private Secretary to Hon'ble Minister, Public Health, Mantralaya, Mumbai
- 2) Private Secretary to Hon'ble State Minister, Public Health Mantralaya, Mumbai

