



## COVID-19 S.O.P for Gyms and Fitness Centers

Gyms and fitness centers were ordered to close in March 2020. With the onset of Unlock 3.0 any facility wishing to resume operation needs to develop a plan based on the attached guidance and have it available for public and enforcement agency review. Your individualized plan must cover all the service-operated protocols provided below. This Document outlines various generic precautionary measures to be adopted in addition to specific measures to be taken at all Gyms to prevent spread of COVID 19. The aim is to minimize all possible physical contacts between staff, members, and visitors and maintain Social Distancing & other preventive, safety measures in context of COVID 19.

**These guidelines are current at the time of writing but may be revised or rescinded at any time as per Govt Guidelines. These guidelines only apply to gyms and fitness centers located in the STATE OF WEST BENGAL.**

### 1. Pre-Opening Sanitization Mandate

- A. The entire gym premises, including the floor and gym equipment should be thoroughly sanitized and disinfected prior to re-opening the premises to the public.
- B. Sanitization Logs must maintained and displayed at Gym Floor. Define facility-cleaning schedules, enforce the personal hygiene, step up cleaning, disinfect the premises, and sanitize the machines.
- C. Prepare and publish the prevention measures and the sanitization policy of the gym to all the gym members. It is suggested that you may take videos and pictures during the sanitization process, to boost confidence amongst the patrons and use them to assure patrons that you have gone out of your way to create of a safe and sanitized environment for them to workout in your gym premises.
- D. All Gyms in Containment Zones should remain closed for Public.

### 2. Control access

Gyms and fitness centers should only be open when at least one staff member is present. One staff member should be available at all times in order to ensure that all rules along with a physical distance of two meter between the members is maintained. If patrons have uncontrolled access, then it may not be possible to ensure physical distancing. Rules should be followed that disinfection of equipment is being performed after each use.

### 3. Limit occupancy

- A. The number of patrons allowed into the facility at any time should be limited. Define Max capacity levels by allowing a max of 10 members per 1000 Sq ft Gym area and in

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same ratio for bigger Gym areas at a time depending on your gym floor area. This is in accordance with directive issued by H & FW Department, Govt of India.

- B. Consider using a pre-booking system that allows a limited number of patrons to book and attend a specified time slot. Ensure there is sufficient time between time slots to allow for cleaning and disinfection of the facility and equipment and to reduce crowding (e.g. at the reception/check-in counter).
- C. Details of Check in and check out times of members must be recorded with name, address & phone numbers.
- D. Have floor markers to ensure there's sufficient space to allow patrons to remain two meters from one another. The spacing needed for proper social distancing particularly in zones where there is a possibility of crowding such as, the free weight training area. Come up with a system and a process to ensure this. Discontinue any group training programs.
- E. Space your equipment with 6 feet gap or limit the usage of some equipment so that 6 feet gap between 2 users is maintained.
- F. Persons above 65 yrs of age and persons with Co-morbidities, pregnant women and children below the age of 10 yrs are advised not to use the facilities of the Gym

#### 4. Post signs

Place signs at entrances to notify patrons that they should not enter if they are ill or exhibit any of the following symptoms (fever, chills, cough, shortness of breath, muscle pain, headache, sore-throat, or recent loss of taste or smell); or if they are immunocompromised and/or have a vulnerable pulmonary disease. Post signs throughout the facility to make patrons aware of the physical distancing requirements, enhanced sanitation procedures (including reminders for members to wipe equipment before and after each use), and any other instructions and limitations, as applicable.

Some example signs:

- Do Not Enter If You Are Sick Or Required to Self-Isolate
- Physical Distancing Poster
- Hand Hygiene Poster
- No Mask No Entry (as mandate issued by the MHA)

#### 5. Screen the arriving patrons / Members

Ask patrons the following question when they arrive:

***Do you have any of the following symptoms: coughing, fever, muscle pain, headache, sore throat, recent loss of taste or smell, or difficulty in breathing?***

Any patron who answers yes to the question above should not be permitted to enter. Anyone who has the symptoms of COVID-19 is recommended to go straight home, and conduct self-assessment, or contact their nearest healthcare provider for further guidance related to testing and self-isolation. If a patron is severely sick (e.g. difficulty breathing, chest pain etc.), call **1800-313-444222, 033-23412600**.

Members should fill out and sign a disclaimer form about their recent travel history and health conditions, and to abide by all rules laid down by the gym before agreeing to join.



Draft the disclaimers and keep them ready to ensure no person with the possibility of carrying the infection is allowed.

## 6. Thermal Checks, Pulse Oximeters and Hand Sanitizers

- a. Thermal temperature checks should be conducted and hand sanitizers should be provided to each patron at the entrance and also inside the gym premises. Hand sanitizers should have a minimum 70% alcohol content and clinically approved and from a licensed manufacturer.
- b. It is pertinent to encourage hand washing with soap even when hands don't seem dirty.
- c. Ensure availability of Pulse Oximeters to record Oxygen Saturation of members prior to exercise and also in case of any breathing discomfort faced during the exercise.

## 7. Periodic Sanitization

Staff will be required to sanitize the entire floor, and all equipment between batches. The number of housekeeping staff is expected to go up to enable gyms to maintain overall cleanliness.

Beside regular cleaning and sanitization, they are expected to implement new cleaning procedures for a germ-free environment.

Examples of further sanitization methods:

- Electronic spray equipment to spray disinfectant on workout equipment daily.
- Installation of UV lighting in the air-conditioning system to filter out additional bacteria.
- Implementation of sterilizing misting machines and fogging machines for Fumigation using non-toxic, Silver Nitrate hydrogen peroxide induced Disinfectant that effectively kills bacteria, viruses and funguses.
- As per WHO guidelines different chemicals with approved compositions are to be used for different applications such as Equipment, Surface, touch areas, Floor and Air.

Do not use alcohol based disinfectants on the treadmill, elliptical and other electrical equipment that have the potential to catch fire. Consult the equipment supplier on measures to be taken before starting to use the fitness equipment. The Strength machines may require oiling.

## 8. Require staff & Members to self-monitor for symptoms of COVID-19

Staff & members experiencing symptoms of the illness (a fever, cough or difficulty breathing) must not attend the Gym

Masks and Gloves should be mandatory for all employees and Members. Gym Instructors and receptionists should wear facemasks and face shields at all times. However during workout use of face shield is advisable as wearing Mask during a workout session may cause difficulty in breathing

Staff / Members residing in the Containment Zones should not attend the facility till the Containment Zone is De notified.

## 9. Whenever possible, use contactless forms of payment and check-in.



**10. Provide hand sanitizer stations or handwashing stations for patrons and encourage their use.**

The Gym facility should provide sufficient sanitization material for patrons, which should be conveniently located. Encourage the members to wipe the contact areas of the cardio and strength equipment after every use. The gym may also opt for providing disposable towels and wipes for their patrons with extra charges.

**11. Use Appropriate Disinfectants**

Gyms and fitness centers must verify that the disinfectant(s) they use are effective against SARS-CoV-2 (the virus that causes COVID-19). To do this, either:

- Use a type of disinfectant that has been reviewed and confirmed to be effective against SARS-CoV-2. Typically the disinfectants should have a minimum 70% alcohol content or Chemicals approved by WHO / MHA.
- Contact the disinfectant supplier or certified manufacturer to identify if the disinfectant has been clinically confirmed to be effective and, follow the manufacturer's instructions for disinfection including contact times.
- Approved and certified Chemical disinfectant with Hydrogen Peroxide & Silver Nitrate in right proportion are available for different type of application

**12. Every patron should carry their own towel, gym gloves, personal hydration bottles and yoga/exercise mats and personal Hand sanitizers.**

- a. Outside shoes will not be allowed inside the premises. Sanitize your gym shoes before you arrive. No locker facility for shoes will be provided.
- b. Inform the members in advance to carry their own towel, gym gloves, and personal hydration bottles.
- c. No hanging of gym clothes will be allowed inside the changing rooms at any time.
- d. Staff / Members with old age, Pregnant women and person having a underlying medical condition should to take extra precautions.

**13. Where possible, increase the space between cardio machines to achieve adequate distancing between users**

If it is not possible to space cardio machines far enough apart, other measures should be considered, such as only allowing patrons to use every other machine (i.e. not allowing two machines next to each other to be used at the same time).

**14. Encourage physical distancing and discourage congregating**

Patrons should be encouraged to conduct their workout and exit the facility without unnecessary delay. Equipment should not be shared or used simultaneously (e.g. working in sets). Do not allow any get together or celebration inside the Gym.

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**15. Do not offer any group classes or HIT training programs unless patrons are able to remain 6 feet from one another at all times during a class**

If group classes are offered, they should also be scheduled to allow staff adequate time to disinfect equipment and surfaces before each class.

**16. Close the shower facilities, saunas, and steam rooms in the gym or fitness center and limit washroom, changing rooms, and locker access**

Encourage patrons to arrive at the gym or fitness center in workout clothes and to avoid using the changing rooms on site. When locker rooms are used, a disinfectant spray or wipes should be available for patrons to disinfect locker contact surfaces before and after use. Site plan must include enhanced cleaning and disinfection for locker rooms and bathroom facilities. Ensure Dust bins & trash cans are completely covered at all times.

Washrooms should only be used for emergencies. However, a gym may opt to keep the locker facilities completely closed for the initial phase of reopening.

**17. Do Not Offer Food and Beverage services.**

**18. Close drinking fountains. Water bottle filling stations are acceptable if appropriately sanitized.**

**19. Each staff and patron is requested to download and register in the Arogya Setu App to keep a track of their neighborhood history of Covid victims.**

**20. Last but not the least; do not go for discount wars in the lookout for new members and business. Avoid any unhealthy Business practices.**

## Questions?

Further to the above S.O.P and Safety Protocols, If you have any queries or clarifications, then you may please contact your Health / Municipality Department or your area Nodal Officer In charge.

Random checking may be done by Civic & police authorities to check upon the implementation of SOP / Mandates as above and Non Compliance with above SOP / Mandates may result in Penal Action, shutting down of the Gym along with cancellation of License.

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