Measures to be followed before opening the yoga institutes/gymnasiums

(1/2)

- Plan yoga/gymnasiums floor area based on $4m^2$ per person
- Place equipment 6 feet apart to facilitate social distancing
- Utilize outdoor space by relocating equipment
- Create pathways for entering and exiting using floor/wall markings
- Ensure 6 feet gap in queues with specific floor markings
- Promote contactless payment
For air-conditioning/ventilation, the guidelines of CPWD to be followed

- Air conditioners to be in the range of 24-30°C with relative humidity in the range of 40-70%
- Intake of fresh air as much as possible with adequate cross-ventilation

- Limit staff & members within general gym floor, workout areas & changing rooms
- Lockers to be used while practising social distancing
- Dustbins & trash cans to be covered at all times
- Spas, Sauna, Steam Bath & Swimming Pool to remain closed
Planning and Scheduling of Activities

Calculate the max capacity per session & pre-schedule them

Yogic Kriya(s)

Yogic Kriya(s) to be avoided & if practised, to be done in open spaces

Guidelines for Yoga practitioners issued by the Ministry of Ayush to be followed
Planning and Scheduling of Activities
(2/4)

Group fitness rooms and classes

- Allow a minimum of 15-30 minutes gap between classes
- Wherever possible, offer online fitness classes
- Restrict the number of persons allowed per group fitness class
Personal training in yoga institutes/gymnasiums

- Ensure 6 feet distance between trainer & clients
- Ensure sessions include only exercises that do not require physical contact
- Limit the number of clients per session
- Utilize outdoor spaces wherever available
Planning and Scheduling of Activities

(4/4)

For Employees

- Plan work shifts to ensure social distancing
- Staff residing in the containment zone to not attend the facility
- Housekeeping staff to be trained on disposal & waste management norms
- All employees who are at higher risk to take extra precautions & they should preferably not be exposed to any front-line work
Availability and Management of Supplies

- Personal protection gears like face covers/masks, hand sanitizers etc. shall be made available.
- Adequate supply of disinfectant wipes or solutions and disposable paper towels to wipe exercise equipment clean before and after use.
- Ensure availability of pulse oximeters to record oxygen saturation of members prior to the exercise.
At the entry point

Entrance to have mandatory hand hygiene & thermal screening provisions

Only asymptomatic persons to be allowed on the premises

Only persons wearing face cover/masks to be allowed entry

All members, visitors and staff to use Aarogya Setu app

Posters/standees on COVID-19 preventive measures to be displayed

Audio and Video clips on COVID-19 preventive measures to be played
At the entry point (2/2)

Ensure min distance of 6 feet at all times in queues

Follow social distancing norms in the parking lots, corridors & elevators

Arrange separate timing slots for members/visitors

In yoga institutes, footwear to be taken off outside the premises

Details of check-in and checkout times of members & visitors to be recorded
PREVENTIVE GUIDELINES FOR
YOGA & GYM INSTITUTES

Prior to exercising & using equipment

Equipment & frequently touched surfaces to be regularly disinfected

Sanitize middle finger with alcohol swab and check oxygen saturation using pulse oximeter

Those having oxygen saturation below 95% to not be allowed to exercise

Call helpline/ambulance & refer such persons to the nearest health facility

Remove mask & wear visor while exercising

Hand sanitizer to be provided near each gym equipment

Members to sanitize hands before using equipment

www.mohfw.gov.in Date: 6th August 2020
During yoga/other exercise sessions

- Common exercise mats to be avoided & members to bring their own mats
- Shouting/laughter yoga exercise to not be allowed

Check oxygen saturation level if someone feels difficulty in breathing

Those having oxygen saturation below 95% to not be allowed to exercise & health facility to be informed
After exercise and in common areas

1. Proper disposal of face covers/masks/used towels in covered bins
2. Shower areas/washrooms to be sanitized before & after use
3. Cafeteria facility to follow social distancing at all times
4. Cleaning and disinfection of gym equipment to be done after each session
5. Floor cleaning to be taken up between exercise sessions
At the time of closure

- Shower rooms & lockers/ changing areas to be properly sanitized
- Ensure deep cleaning of all washrooms
- Disinfect the entire premises before closure
Additional precautions to be followed in case of a suspect case in the premises

- Move the ill person to an isolated area
- Provide mask/face cover until he/she is examined by a doctor
- Immediately inform nearest medical facility or call the helpline
- Risk assessment to be undertaken by the designated public health authority
- Disinfect the premises, if the person is found positive