Preventive Guidelines for Yoga & Gym Institutes

Measures to be Followed Before Opening

(1/2)

- Plan yoga/gymnasiums floor area based on 4m² 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

Date: 5th August 2020
Measures to be Followed Before Opening

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, and Steam Bath to function in accordance with the SOPs issued by the State/UT concerned

Swimming pools shall function in accordance with SOP issued by the Ministry of Youth Affairs and Sports

Date: 5th August 2020
Planning and Scheduling of Activities

(1/4)

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

Date: 5th August 2020
Planning and Scheduling of Activities

Group fitness rooms and classes

- Staggering class session times & 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
Planning and Scheduling of Activities

(3/4)

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

Date: 5th August 2020
Planning and Scheduling of Activities

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
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

Date: 5th 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

Date: 5th August 2020
After exercise and in common areas

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

Date: 5th August 2020
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

Date: 5th August 2020
Additional precautions to be followed in case of a suspect case in the premises

- Move the ill person* to an isolated area
  *suspected COVID patient

- 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

Date: 5th August 2020