



9/11/2020

NOTICE FOR RE - OPENING OF GYMNASIUM & SOP's

Dear Members,

MANAGING COMMITTEE is pleased to inform Members that the Gymnasium facility will be reopened w.e.f. 17 / 11 / 2020 subject to the following Operating Procedure:

A) General & Covid-19 requirements:

1. Only Dadar Club members with membership cards will be permitted entry. No Casual Members or Guests will be allowed. Opening of the Gym will be subject to the availability of the Staff from time to time.
2. Members will be required to complete and submit Health & Safety Declaration / Waiver Form prior to being allowed to enter the gym.
3. Only the gym is being reopened. No Steam, Sauna or Massage facility will be allowed.
4. Persons with age over 65 are advised to stay at home. However, in the event they insist to use the GYMNASIUM they may do so entirely at their own risk and cost. Children below 10 years are not allowed.
5. Persons with co-morbidities are not being permitted gym facilities at this stage. Symptomatic members with cold, cough, fever, shortness of breath, sore throat etc. are not permitted entry. Those feeling unwell are advised to stay home till they are fully fit. The Duty staff has been authorized to request members with any symptoms to leave the club.
6. At the time of entry to the Club, members would be thermally scanned and checked for wearing face masks covering nose and mouth. Hand sanitization facilities have been made available at multiple points for use by members.
7. Upon entry to the Gym, Oxygen Saturation levels will be checked to check fitness for use of the gym.



B) Gymnasium Cleaning, Sanitization and Hygiene:

- i. Door knobs, handles, gym equipment, handles, rails & touch screens etc.) will be sanitized at regular & frequent intervals with appropriate sanitizer.
- ii. Gym floor will be cleaned / sanitized properly twice a day with proper cleaning solution / disinfectant. Hand sanitizers will be kept available for use by Members & staff.
- iii. Members using Gym equipment are requested to wipe the surfaces touched by them during workout with sanitizer and paper napkins for the safety of others.
- iv. Gym will be shut from 8 a.m. to 8.20 a.m. and 10 a.m. to 10.20 a.m. in the morning and between 7.00 p.m. to 7.20 p.m. and 8.30 for cleaning as above.
- v. Gymnasium will be opened at 6.00 a.m. and it will remain closed between 12 noon to 4 p.m. and after 9.00 p.m.
- vi. On Sundays the Gymnasium will remain closed after 1PM.

C) Gymnasium Process and Operations:

- i. Only 10 members will be allowed at a time in the Gym. Time slots of 45 Minutes shall be available for Members to exercise, which shall be on first come, first serve basis. After every slot, facility shall be closed for 15 minutes for sanitization and cleaning of the Gymnasium. No Member shall be permitted to use the Gym more than once a day.
- ii. Gym will be shut at 8 a.m. and 10 a.m. for 15 minutes for cleaning of the equipment and ventilation.
- iii. Usage of Equipment.
- iv. Only 3 Treadmills, 2 Ellipticals and 2 Cycles shall be made available.
- v. Members to keep at the least 6 feet distance from each other.
- vi. Mask is a must. However, Members may lower the mask during workout. Use of face shield is advisable.
- vii. Only alternate cardio & exercise machines could be used.
- viii. No socializing or loud talking allowed in the Gym.
- ix. No AIRCONDITIONERS WILL BE SWITCHED ON.
- x. Gym will be naturally ventilated with windows open. Fans & dehumidifiers will be placed to provide as much comfort as possible. ...2



- xi. Members must carry full size (3' x 2') napkins, Gym. Gloves and Gym. Shoes.
- xii. Members must carry their sports shoes which must be used in Dadar Club Gym only. No shoes worn elsewhere will be allowed.
- xiii. No shoes shall be allowed on any Gym Equipment or Mat.
- xiv. Members must carry big towels and may bring their exercise mats.
- xv. There shall be no drinking water provided at the Gym. Members must carry their own drinking water bottles.
- xvi. Training must be provided by observing safe distancing rules.
- xvii. Members are requested to observe all above guidelines and not engage with staff and others with needless arguments. Members are also requested to not to loiter around other areas of the Club and engage in to socializing.
- xviii. Disciplinary action will be taken against Member not observing / violating above guidelines.

The Gymnasium shall be managed by Dadar club. The staff members of Gymnasium have to follow all the S.O.P.s in connection with Covid-19 notifications set by Government and Municipal authorities.

Members will appreciate that the strict adherence of the above guidelines are in their own interest, in the interest of the Club and other Members. We request cooperation from the Members using the Gymnasium. These guidelines will be modified in accordance with the guidelines issued by the Government from time to time.

We wish Members Happy Gymnasium – Fitness training.

Regards,

**Hon. Jt. Secretaries,
For MANAGING COMMITTEE**