



GUIDELINES FOR OPERATIONAL READINESS

Transition Phase

GYM AND FITNESS CENTRES

Ministry of Culture, Youth and Sports

19 Nov 2021

**GUIDELINES FOR OPERATIONAL READINESS – Transition Phase:
GYM AND FITNESS CENTRES**

This document provides measures for the **Gym and Fitness Centres** to operate during the Transition Phase within the COVID-19 recovery framework in Brunei Darussalam. The transition phase begins at the **70% level of vaccination coverage**. The implementation of the Transition Phase for **Gym and Fitness Centres will** commence on **Friday, 13 Rabiulakhir 1443 / 19 November 2021**, with the updated conditions and guidelines as follows:

- 1. Only Full Vaccination (2 Doses) are allowed to enter with Bruhealth colour code Green and Yellow;**
- 2. Gym and Fitness Centres are only allowed to operate at 50% capacity at one time depending on the capacity and size of the facilities.**
- 3. Allowed to operate during normal operating times;**
- 4. Open to registered members only with unlimited usage time;**
- 5. Usage of locker rooms and shower areas is allowed.**

Other terms and conditions as well as the details of the guidelines are further outlined in Annex A.

Every Gym and Fitness Centres are required to adhere to existing Government regulations and the Standard Operating Procedures. For the Operational Preparation during the Transition Phase, the following measures are to be implemented.

1. RESPONSIBILITIES OF GYM AND FITNESS CENTRE ARE DIVIDED INTO THREE ASPECTS: GENERAL GUIDELINES, BOOKINGS AND GYM AND FITNESS CENTRES RULES.

a. General Guidelines

- (1) Proper registration and records must be done at the entrance for the purpose of contact tracing if required. (Each Gym and Fitness centre should register at the bruhealth app website at www.healthinfo.gov.bn/register to generate a QR code for users to register);
- (2) To conduct temperature checks and to provide hand sanitizers at the entrance and appropriate locations.
- (3) **Only Full Vaccination (2 Doses)** are allowed to enter with **BruHealth colour codes Green and Yellow**;
- (4) Gym and Fitness Centres are only allowed to operate at **50% capacity at one time** depending on the capacity and size of the facilities;
- (5) **Allowed to operate during normal operating times**;
- (6) Gym and Fitness Centres are **open to members only and are required to register in advance**;
- (7) **Usage time is not limited**;
- (8) **To clean and sanitize Gym and Fitness Centre's equipment** before and after use.
- (9) Users are encouraged to **bring their own towels and water bottles**.
- (10) Individuals who are found to be unwell are **NOT** allowed to enter.
- (11) Personal hygiene **must be observed at all times**, for example frequent hand washing or use of hand sanitizer as well as facemask when in crowded area;

- (12) **Physical distancing** of at least 1.5m apart to be maintained at all times.
- (13) Use of **Locker rooms and shower areas** is allowed.
- (14) **Signage and Posters regarding the precautionary measures pertaining to COVID 19** must be displayed.
- (15) For further information on COVID-19, members of the public can contact the **Health Advisory Line 148**.

b. Booking

- 1. Gym and Fitness Centres are to **organize a system of booking and time schedule** to ensure the safety of staff and users.
- 2. The maximum number of users to be confirmed by the Gym and Fitness Centre and must be in accordance with the regulation whereby it is limited to operate at **50% capacity at any one time depending on the capacity and size of the facilities**.

c. Gym and Fitness Centre Rules.

- (1) **Toilets and shower areas are allowed and must be sanitized frequently.**
- (2) Gym and Fitness Centres are to **have procedures in place to ensure social distancing requirements** in all areas within the facility;
- (3) Gym and Fitness Centre are to have procedures in place to **ensure gym equipment are safe to use and to practice to practice sanitization at all times;**
- (4) All Gym and Fitness Centres assistants **must wear facemasks and gloves;**
- (5) **All equipment must be disinfected before, after and between intervals** i.e before the next booking is done.
- (6) Users are encouraged to bring their own disinfectant for their protection.
- (7) The Gym and Fitness Centres **must ensure good ventilation at all times.**

2. USERS RESPONSIBILITIES.

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a. Registration

- (1) Users must scan the **QR code of the Gym and Fitness Centre** upon arrival and when leaving, for the purpose of contact tracing if required.

b. Workout and Exercising

- (1) Users are to ensure that **they keep a physical distancing of least 1.5 meters apart** during workout or exercise;
- (2) Wearing gloves to minimize contact with surfaces are encouraged.
- (3) **Wear appropriate workout attires** for skin protection;
- (4) When using an exercise mat, **use a towel and lay it on your mat.**
- (5) **Bring your own disinfectant** for your protection. Use disinfectant wipes to wipe down machines and equipment after use.

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