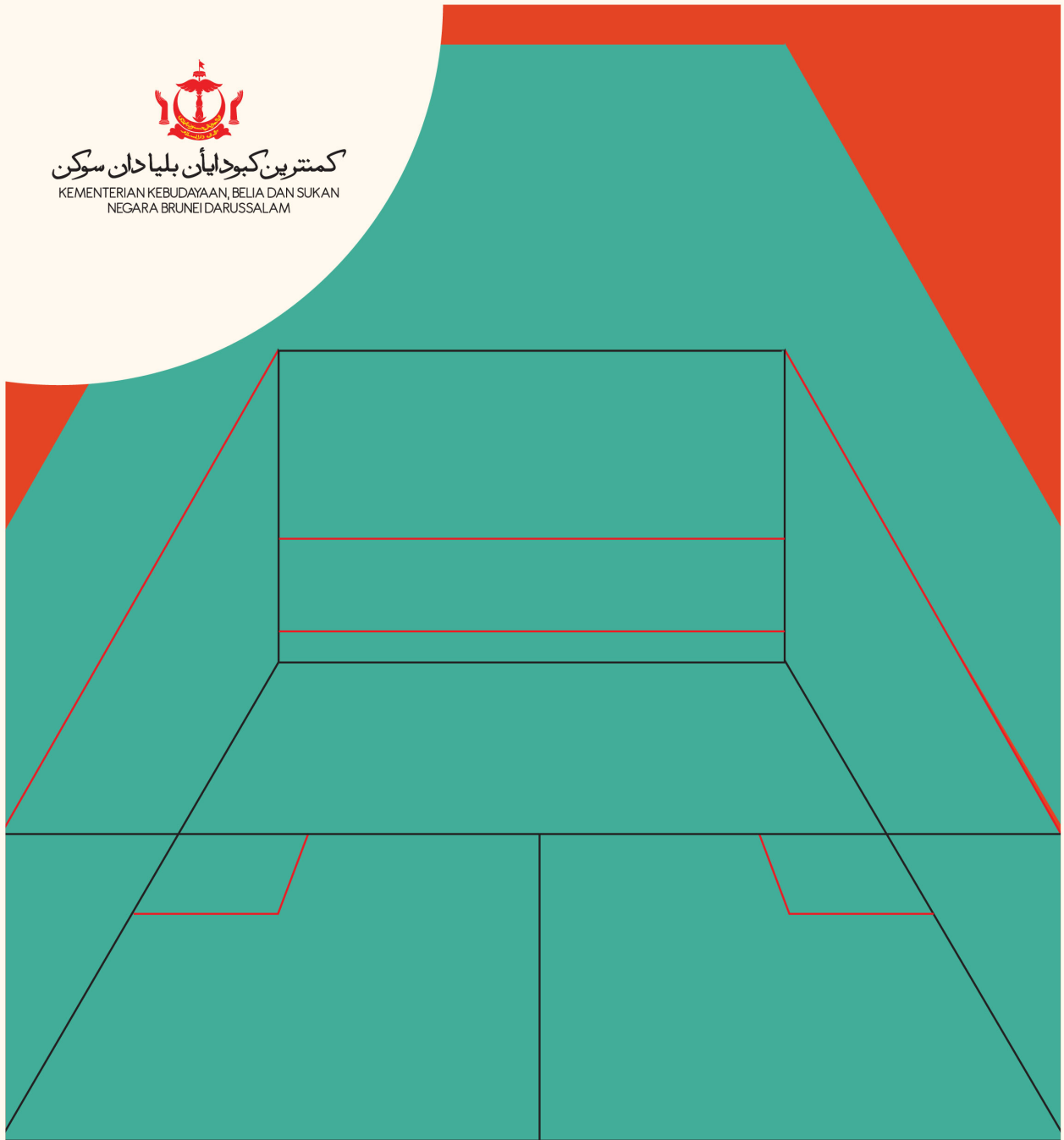




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Guidelines For Operational Readiness Level 3

Indoor Sports Facilities

Ministry Of Culture, Youth And Sports

6 July 2020

GUIDELINES FOR OPERATIONAL READINESS LEVEL 3: INDOOR SPORTS FACILITIES

Referring to the press release by Ministry of Culture, Youth and Sports on **1st July 2020**, on the implementation of level 3 de-escalation plan for gym and fitness centers, indoor sport facilities, outdoor sports facilities and gold courses. It will commence on **Monday 6th July 2020, 14 Zulkaedah 1441H**, on **Level 3 De-escalation** with updated term and guidelines for indoor sport facilities:

1. Allows to operate **with capacity of 90% at one time followed by the area capacity of facilities.**
2. **Restaurant / Cafeteria** is allowed to operate with **90% capacity at one time following the area capacity** of the Clubhouse restaurant / Cafeteria.
3. **Time Limited to 2 hours per person.**
4. **Locker and shower room is allowed.**
5. **Double or singles and non-contact artistic sports** are allowed in which guidelines before only allowed single match only.
6. **Team sports in a group of 5 in one team but only for training program.**
7. **Switching players between groups, contact (one on one) activity and sharing of equipment are not allowed.**
8. **Only physical training / workout sessions** is allowed in a group and **no parring or games** is allowed.
9. **Other terms and guidelines are maintained** for compliance.

Further details are outlined in **Annex A**.

Every Indoor Sport Facilities is required to adopt procedures to ensure compliance with government restrictions. For Operational Readiness Level 3, the following measures will need to be implemented.

1. INDOOR SPORT FACILITIES RESPONSIBILITIES ARE DIVIDED INTO THREE ASPECTS: GENERAL GUIDELINES, BOOKING AND INDOOR SPORT FACILITY RULES.

a. General Guidelines.

- (1) Indoor Sport Facilities are only allowed to operate at **90% capacity at one time following the capacity of the area.**
- (2) **Cafeteria, Restaurant or Canteen** are allowed to operate at **90% capacity at one time following the capacity of the area.**
- (3) Registration and proper records must be done at the entrance for the purpose of contact tracing if required. (Each Sport Facility should register at the *bruhealth* app website at www.healthinfo.gov.bn/register to generate a QR code for clients to register)
- (4) Time is limited to **2 hours** per person per day.
- (5) **Locker room & Shower room** is open.
- (6) **Double or Single match and non-contact artistic sports** are allowed.
- (7) **Team sports in a group of 5 in one team** but only **for training program.**
- (8) **Switching players between groups, contact (one on one) activity and sharing of equipment are not allowed.**
- (9) **Only physical training / workout** sessions is allowed in a group and **no parring or games** is allowed.
- (10) **Clean and sanitize** the Indoor Sport Facility, where relevant, before and after use.
- (11) Clients must bring **their own towels and water bottles.**
- (12) To **conduct temperature checks** and hand sanitizer must be provided at the entrance.
- (13) **Symptomatic and high risk individuals** are not allowed to enter.

- (14) Personal hygiene **must be observed at all times.**
- (15) **Physical distancing atleast 2 meter** must always be maintained at all times.
- (16) Any **physical contact** must be avoided.
- (17) **Signage and Posters on precautionary measures on COVID 19** should be displayed.
- (18) For more information on COVID-19, members of the public can **contact Health Advice Line 148.**

b. Booking.

- (1) The Indoor Sport Facility is to organize **a system of booking and allocation of time** that ensure the safety of staff and clients.
- (2) The maximum number of clients per hour are to be confirmed by the Indoor Sport Facility and must be in accordance with the regulations whereby it is limited to operate at **90% capacity at any one time.**
- (3) **There should be a minimum of 1-hour interval** before the next group of clients, but longer intervals may be required depending on the Indoor Sport Facility.

c. Indoor Sport Facility Rules.

- (1) Indoor Sport Facility is allowed to operate at **90% capacity at any one time following the capacity of the area.**
- (2) **No gathering** will be permitted before or after the activity, in or around the Indoor Sport Facility.
- (3) The use of **toilets is allowed and should be sanitized** frequently.
- (4) The Indoor Sport Facility is to have procedures in place **to ensure social distancing** requirements in the area of the sport activity.
- (5) The Indoor Sport Facility is to have procedures in place to ensure that **the equipment is safe to use** and that sanitizing practices can be guaranteed.
- (6) All **Indoor Sport Facility staff** must **wear facemasks and gloves.**
- (7) The **equipment must be disinfected before, after and between intervals** of the next booking.
- (8) Client are encouraged to **bring their own disinfectant** for their protection.

(9) The Indoor Sport Facility should **have good ventilation**.

2. CLIENT RESPONSIBILITIES.

a. Registration

- (1) Clients need to **register in advanced** (pre-booking)
- (2) Client must **scan the QR code of Indoor Sport Facility** upon arrival and leaving, for the purpose of contact tracing if require.

b. Sporting Activity.

- (1) Clients are **to ensure that they keep at least 2 meter** apart during the sport activity.
- (2) **Wear gloves** to minimise contact with surfaces, where applicable.
- (3) **Wear the right gear** and **consider wearing workout clothing** that can cover and protect your skin.
- (4) Use your **own equipment**.
- (5) **Bring your own disinfectant** for your protection.
- (6) When using an exercise mat, **use a towel and lay it on your mat**.
- (7) **Avoid touching your face, eyes, nose, and mouth** with unwashed hands.
- (8) Social distancing is important and clients are **to leave the Indoor Sports Facility immediately** so that there are no gatherings around the Indoor Sports Facility until further notice.