DISTRICT DISASTER MANAGEMENT AUTHORITY, SIRSA
ORDER

Whereas, the Union Home Secretary, Ministry of Home Affairs, Government of India in exercise of the powers conferred under Section 10 (2) (l) of the Disaster Management Act, 2005 has issued Orders bearing No.40-3/2020-DM-I(A) dated 29th June, 2020 whereby it has been ordered that the guidelines on Unlock-3, as Annexed, will be in force upto 31.08.2020.

And Whereas the Haryana State Executive Committee, State Disaster Management Authority vide order bearing No.DMC-SPO-2020/9033 dated 30th July, 2020 has also directed that the guidelines issued by the M.H.A. will remain in force upto 31.08.2020 within the territory of Haryana and shall be implemented within the State of Haryana strictly.

According to Point No.1 (ii) of the said guidelines, the Yoga Institutions and Gymnasiums have been allowed to function from 5th August, 2020 for which Standard Operating Procedure (SOP) will be issued by the Ministry of Health & Family Welfare (MoHFW), Govt. of India.

Now, the Ministry of Health & Family Welfare, Directorate General of Health Services (EMR Division) Govt. of India has issued Guidelines on Preventive Measures to Contain Spread of COVID-19 in Yoga Institutions and Gymnasiums on 03.08.2020, the extracts of which are enumerated herebelow for compliance for all concerned i.e. members, visitors, staff and Organizations managing the Yoga Institutes and Gymnasiums w.e.f. 05.08.2020:

(A) GENERAL PREVENTIVE MEASURES:

(1) All yoga institutes and gymnasiums in containment zones shall remain closed for public. Only those outside containment zones will be allowed to open up.

(2) All yoga institutes and gymnasiums shall comply with all health related guideline/SOP/notification issued by the Union/State Government from time to time.

(3) Persons above 65 years of age, persons with co-morbidities, pregnant women and children below the age of 10 years are advised not to use gyms in closed spaces. Organizations managing the yoga institutes and gymnasiums shall advise all members, visitors & staff accordingly.

The generic preventive measures include simple public health measures that are to be followed to reduce the risk of COVID-19. These measures need to be observed by all (members, visitors & staff) in these places at all times. These include:

i. Individuals must maintain a minimum distance of 6 feet as far as feasible.

ii. Use of face covers/masks is mandatory at all times within the premises. However, during yoga exercise or exercising in gymnasiums, as far as possible only a visor may be used. Use of mask (in particular N-95 masks) during exercise may cause difficulty in breathing.
iii. Practice frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be practiced wherever feasible.

iv. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one’s mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.

v. Self-monitoring of health by all and reporting any illness at the earliest to state and district helpline.

vi. Spitting should be strictly prohibited.

vii. Installation & use of Aarogya Setu App shall be advised to all.

(B) SPECIFIC MEASURES TO BE FOLLOWED INCLUDE:

(1) Before opening the yoga institutes/gymnasiums

Processes & premises redesigning including proper placement of equipments

i. Plan yoga/gymnasiums floor area based on 4m² per person.

ii. Place equipments, including cardio and strength machines, 6 feet apart, wherever feasible, by moving equipment to facilitate social distancing

iii. Where available, utilize any outdoor space by relocating equipment outside.

iv. Create specific pathways for entering and exiting exercise areas within closed spaces using floor or wall markings

v. Ensure queue management, inside and outside the premises, with specific markings on the floor with a gap of 6 feet.

vi. Promote card based/contactless payment.

vii. For air-conditioning/ventilation, the guidelines of CPWD shall be followed which emphasizes that the temperature setting of all air conditioning devices should be in the range of 24-30°C, relative humidity should be in the range of 40-70%, intake of fresh air should be as much as possible and cross ventilation should be adequate.

viii. Limit the number of staff and members within the general gymnasium floor, specific workout areas and change rooms by:

   a. Restricting the number of members allowed in specified areas

   b. Implementing ‘fitness sessions’ for particular exercise areas with requirements for members to register (ideally online) for specific sessions

ix. Lockers will remain in use, as long as social distancing is maintained.

x. Ensure dustbins and trash cans are covered at all times

xi. Spas, Sauna, Steam Bath and Swimming Pool (wherever applicable) shall remain closed.

Disinfection

All areas within the premises shall be disinfected using clinically approved disinfectants. The areas to be disinfected include but are not limited to –

i. Entrances to premise, building, rooms
ii. All open areas used by staff and visitors
iii. Washrooms and toilets
iv. Shoe baths (Members will be encouraged to carry separate workout shoes)
v. All other frequently touched surfaces (doorknobs, handles etc.)
vi. Equipment in gymnasiums

Planning and Scheduling of Activities
i. Calculate the maximum capacity per session based on redesigned spaces. Accordingly schedule the session and inform the members.
ii. Yogic Kriya(s)
   a. The practice of Yogic Kriya(s) may be avoided for the time being. Even if it is to be practiced essentially, it may be done in open spaces
   b. Guidelines for practitioners (Yoga guideline for Covid-19) issued by the Ministry of Ayush (available at: https://www.ayush.gov.in/) may also be followed
iii. Group fitness rooms and classes
   a. Staggering class session times and allowing minimum of 15-30 minutes between classes to avoid overlap between members arriving and leaving
   b. Offering group fitness classes online, wherever possible
   c. Restricting the number of persons allowed per group fitness class based on the size of the room and the nature of the fitness activity
iv. Personal training in yoga institutes/gymnasiums
   a. Ensure 6 feet distance between personal trainer and clients during personal training sessions, wherever feasible.
   b. Ensure sessions are tailored to include only exercises that do not require physical contact between the trainer and the clients including setup and use of equipment
   c. Limit the number of clients per session & ensure adequate spacing amongst all clients.
   d. Utilize outdoor spaces at the yoga institutes/gymnasiums where available
v. For Employees:
   a. Shifts and attendance to be planned to ensure social distancing
   b. Staff residing in the containment zone shall not attend the facility till containment zone is de-notified
   c. Housekeeping staff to be informed & trained about norms for waste management & disposal
   d. All employees who are at higher risk i.e. older employees, pregnant employees and employees who have underlying medical conditions to take extra precautions. They should preferably not be exposed to any front-line work requiring direct contact with the clients
Availability and Management of Supplies

i. Appropriate personal protection gears like face covers/masks, visors, hand sanitizers etc. shall be made available by management to the members, visitors & staff

ii. Provide an adequate supply of disinfectant wipes or disinfecting solutions and disposable paper towels for members/staff to wipe exercise equipment clean before and after use.

iii. Ensure availability of pulse oximeters to record oxygen saturation of members prior to the exercise.

(2) After opening the yoga institute and Gymnasiums

At the entry point

a. Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions.

b. Only asymptomatic persons (including staff) be allowed in the premises.

c. All persons to be allowed entry only if using face cover/masks.

d. All members, visitors and staff may consider using Aarogya Setu application for risk identification at all times inside the yoga institute/gymnasiums

e. Posters/standees on preventive measures about COVID-19 to be displayed prominently. Audio and Video clips to spread awareness on preventive measures for COVID-19 may be regularly played.

f. Ensure minimum distance of 6 feet at all times in queues

g. Proper crowd management in the parking lots, in corridors and in elevators – duly following social distancing norms shall be organized.

h. Staggering of members/ visitors to be done, with separate timing slots, to allow for adequate physical distancing and disinfection of premises & equipment.

i. In yoga institutes, shoes / footwear are to be preferably taken off outside the premises where yoga exercises are done. If needed they should be kept in separate slots for each individual / family by the persons themselves.

j. Details of check-in and checkout times of members and visitors must be recorded (name, address and phone number)

Prior to exercising in the gymnasiums using equipment for cardio, strength training etc.

i. Ensure that the equipment has been disinfected, particularly the frequently touched surfaces before each use

ii. Sanitize middle finger with alcohol swab and check oxygen saturation using pulse oximeter. Those having oxygen saturation below 95% should not be allowed to exercise. Call central / state helpline / ambulance and refer such persons to the nearest health facility

iii. Remove mask and wear visor as far as feasible while exercising.

iv. Hand sanitizer stations must be provided near each gymnasium equipment

v. Ensure that members sanitize their hands before using gymnasium equipment
During yoga exercises / other exercise sessions

i. Common exercise mats should be avoided and members should preferably bring their own exercise mats which they may take back with them.

ii. In view of potential threat of spread of infection, as far as feasible recorded music/songs may be played and shouting/laughter yoga exercise should not be allowed.

iii. Stop the exercise if you feel difficulty in breathing. Check oxygen saturation level. Those having oxygen saturation below 95% should not be allowed to continue exercise. Call central / state helpline / ambulance and refer such persons to the nearest health facility.

After exercise and in common areas

i. Ensure proper disposal of face covers / masks / used towels in covered bins.

ii. The shower areas / washrooms should be sanitized before and after use.

iii. Cafeteria facility, if any within the premises, shall follow social distancing norms at all times.

iv. Cleaning and disinfection of gymnasium equipment, particularly frequently touched surfaces (hand rails, benches, fixtures, etc.) shall be done after each exercise session before it is used by the next member.

v. The floor cleaning shall be taken up between exercise sessions.

At the time of closure

i. Showerrooms and lockers/changing areas need to be properly sanitized.

ii. Deep cleaning of all washrooms shall be ensured

iii. Before closure, the entire premises will be disinfected

(3) Additional precautions to be followed in case of a suspect case in the premises:

a. Place the ill person in a room or area where they are isolated from others.

b. Provide a mask/face cover till such time he/she is examined by a doctor.

c. Immediately inform the nearest medical facility (hospital/clinic) or call the state or district helpline.

d. A risk assessment will be undertaken by the designated public health authority (district Rapid Response Team /treating physician) and accordingly further action be initiated regarding management of case, his/her contacts and need for disinfection.

e. Disinfection of the premises to be taken up if the person is found positive.

Hence, all concerned i.e. members, visitors, staff and Organizations managing the Yoga Institutes and Gymnasiums are hereby directed that the Preventive measures/guidelines/precautions as prescribed by the Ministry of Health and Family Welfare, Govt. of India should be followed meticulously.

However, District Ayurvedic Officer, Sirsa shall be the Nodal Officer and the Superintendent of Police, Sirsa; all the Sub Divisional Magistrates in the district and all officers exercising the powers of Executive Magistrates would enforce these measures under their respective jurisdictions and take appropriate action against the violators/offenders.

DIPRO, Sirsa shall ensure dissemination of the guidelines through all modes of communication i.e. electronic media/print media and social media etc.

Deputy Commissioner,
Sirsa.
A copy is forwarded to the following for information, necessary action and compliance, wherever required, please:

1. Chief Secretary to Government, Haryana, Chandigarh.
2. Financial Commissioner Revenue & Addl.Chief Secretary to Govt., Haryana, Revenue, Disaster Management & Consolidation Department, Chandigarh.
3. Addl.Chief Secretary to Government, Health, Health Department, Chandigarh.
4. Addl.Chief Secretary to Government, Haryana, Home Department, Chandigarh.
6. Commissioner, Hisar Division, Hisar.
7. IGP Hisar Range, Hisar.
8. District & Sessions Judge, Sirsa.
9. All the District Magistrates in the State of Haryana.
10. DIG-cum-Superintendent of Police, Sirsa.
13. Civil Surgeon, Sirsa/Drugs Control Office, Sirsa/ District Food Safety Officer, Sirsa.
15. District Food, Civil Supplies & Consumer Affairs Controller, Sirsa.
16. Deputy Director, District Industries Centre, Sirsa.
17. Assistant Labour Commissioner, Sirsa.
18. Deputy Excise & Taxation Commissioner (ST)/(Excise), Sirsa.
19. Station Superintendent, Northern-Western Railways, Sirsa.
20. Executive Officer/Secretary of concerned Municipal Council/Committee in the district.
21. DIPRO, Sirsa – for wide publicity through all modes of communication.
22. All Heads of Departments in the district.

Deputy Commissioner-cum-Chairman, D.D.M.A. Sirsa.
Government of India  
Ministry of Health & Family Welfare  
Directorate General of Health Services  
(EMR Division)

Guidelines on Preventive Measures to Contain Spread of COVID-19 in Yoga Institutes & Gymnasiums

1. Background

To contain the spread of COVID infection, lockdown was imposed, which is now being gradually relaxed in a phased manner. Yoga and physical activity being important for health & well-being, it has been decided to open yoga institutes and gymnasiums from 5th August, 2020. Yoga Institutes and Gymnasiums shall adhere to protocols and prevention measures outlined in this document to prevent the spread of COVID-19.

2. Scope

This document outlines various generic precautionary measures to be adopted in addition to specific measures to be taken at yoga institutes and gymnasiums to prevent spread of COVID-19. The guidelines aim to minimize all possible physical contacts between staff, members & visitors and maintain social distancing and other preventive and safety measures in context of COVID-19.

3. Generic preventive measures

All yoga institutes and gymnasiums in containment zones shall remain closed for public. Only those outside containment zones will be allowed to open up.

All yoga institutes and gymnasiums shall comply with all health related guideline/SOP/notification issued by the Union/State Government from time to time.

Persons above 65 years of age, persons with co-morbidities, pregnant women and children below the age of 10 years are advised not to use gyms in closed spaces. Organizations managing the yoga institutes and gymnasiums shall advise all members, visitors & staff accordingly.

The generic preventive measures include simple public health measures that are to be followed to reduce the risk of COVID-19. These measures need to be observed by all (members, visitors & staff) in these places at all times. These include:
   i. Individuals must maintain a minimum distance of 6 feet as far as feasible.
   ii. Use of face covers/masks is mandatory at all times with in the premises. However, during yoga exercise or exercising in gymnasiums, as far as possible only a visor may be used. Use of mask (in particular N-95 masks) during exercise may cause difficulty in breathing.
iii. Practice frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be practiced wherever feasible.

iv. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one’s mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.

v. Self-monitoring of health by all and reporting any illness at the earliest to state and district helpline.

vi. Spitting should be strictly prohibited.

vii. Installation & use of Aarogya Setu App shall be advised to all.

4. Specific measures to be followed include-

a. Before opening the yoga institutes/gymnasiums

   Processes & premises redesigning including proper placement of equipments

   i. Plan yoga/gymnasiums floor area based on 4m² per person.

   ii. Place equipments, including cardio and strength machines, 6 feet apart, wherever feasible, by moving equipment to facilitate social distancing

   iii. Where available, utilize any outdoor space by relocating equipment outside.

   iv. Create specific pathways for entering and exiting exercise areas within closed spaces using floor or wall markings

   v. Ensure queue management, inside and outside the premises, with specific markings on the floor with a gap of 6 feet.

   vi. Promote card based/contactless payment.

   vii. For air-conditioning/ventilation, the guidelines of CPWD shall be followed which emphasizes that the temperature setting of all air conditioning devices should be in the range of 24-30°C, relative humidity should be in the range of 40-70%, intake of fresh air should be as much as possible and cross ventilation should be adequate.

   viii. Limit the number of staff and members within the general gymnasium floor, specific workout areas and change rooms by:

          a. Restricting the number of members allowed in specified areas

          b. Implementing ‘fitness sessions’ for particular exercise areas with requirements for members to register (ideally online) for specific sessions

   ix. Lockers will remain in use, as long as social distancing is maintained.

   x. Ensure dustbins and trash cans are covered at all times

   xi. Spas, Sauna, Steam Bath and Swimming Pool (wherever applicable) shall remain closed.

Disinfection

All areas within the premises shall be disinfected using clinically approved disinfectants. The areas to be disinfected include but are not limited to –

i. Entrances to premise, building, rooms
ii. All open areas used by staff and visitors

iii. Washrooms and toilets

iv. Shoe baths (Members will be encouraged to carry separate workout shoes)

v. All other frequently touched surfaces (doorknobs, handles etc.)

vi. Equipment in gymnasiums

**Planning and Scheduling of Activities**

i. Calculate the maximum capacity per session based on redesigned spaces. Accordingly schedule the session and inform the members.

ii. Yogic Kriya(s)
   a. The practice of Yogic Kriya(s) may be avoided for the time being. Even if it is to be practiced essentially, it may be done in open spaces
   b. Guidelines for practitioners (Yoga guideline for Covid-19) issued by the Ministry of Ayush (available at: [https://www.ayush.gov.in/](https://www.ayush.gov.in/)) may also be followed

iii. Group fitness rooms and classes
   a. Staggering class session times and allowing minimum of 15-30 minutes between classes to avoid overlap between members arriving and leaving
   b. Offering group fitness classes online, wherever possible
   c. Restricting the number of persons allowed per group fitness class based on the size of the room and the nature of the fitness activity

iv. Personal training in yoga institutes/gymnasiums
   a. Ensure 6 feet distance between personal trainer and clients during personal training sessions, wherever feasible.
   b. Ensure sessions are tailored to include only exercises that do not require physical contact between the trainer and the clients including setup and use of equipment
   c. Limit the number of clients per session & ensure adequate spacing amongst all clients.
   d. Utilize outdoor spaces at the yoga institutes/gymnasiums where available

v. For Employees:
   a. Shifts and attendance to be planned to ensure social distancing
   b. Staff residing in the containment zone shall not attend the facility till containment zone is de-notified
   c. Housekeeping staff to be informed & trained about norms for waste management & disposal
   d. All employees who are at higher risk i.e. older employees, pregnant employees and employees who have underlying medical conditions to take extra precautions. They should preferably not be exposed to any front-line work requiring direct contact with the clients
Availability and Management of Supplies

i. Appropriate personal protection gears like face covers/masks, visors, hand sanitizers etc. shall be made available by management to the members, visitors & staff.

ii. Provide an adequate supply of disinfectant wipes or disinfecting solutions and disposable paper towels for members/staff to wipe exercise equipment clean before and after use.

iii. Ensure availability of pulse oximeters to record oxygen saturation of members prior to the exercise.

b. After opening the yoga institutes / gymnasiums

At the entry point

i. Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions.

ii. Only asymptomatic persons (including staff) be allowed in the premises.

iii. All persons to be allowed entry only if using face cover/masks.

iv. All members, visitors and staff may consider using Aarogya Setu application for risk identification at all times inside the yoga institute/gymnasiums

v. Posters/standees on preventive measures about COVID-19 to be displayed prominently. Audio and Video clips to spread awareness on preventive measures for COVID-19 may be regularly played.

vi. Ensure minimum distance of 6 feet at all times in queues

vii. Proper crowd management in the parking lots, in corridors and in elevators — duly following social distancing norms shall be organized.

viii. Staggering of members/visitors to be done, with separate timing slots, to allow for adequate physical distancing and disinfection of premises & equipment.

ix. In yoga institutes, shoes / footwear are to be preferably taken off outside the premises where yoga exercises are done. If needed they should be kept in separate slots for each individual / family by the persons themselves.

x. Details of check-in and checkout times of members and visitors must be recorded (name, address and phone number)

Prior to exercising in the gymnasiums using equipment for cardio, strength training etc.

i. Ensure that the equipment has been disinfected, particularly the frequently touched surfaces before each use

ii. Sanitize middle finger with alcohol swab and check oxygen saturation using pulse oximeter. Those having oxygen saturation below 95% should not be allowed to exercise. Call central / state helpline / ambulance and refer such persons to the nearest health facility

iii. Remove mask and wear visor as far as feasible while exercising.

iv. Hand sanitizer stations must be provided near each gymnasium equipment

v. Ensure that members sanitize their hands before using gymnasium equipment
During yoga exercises / other exercise sessions

i. Common exercise mats should be avoided and members should preferably bring their own exercise mats which they may take back with them.

ii. In view of potential threat of spread of infection, as far as feasible recorded music/songs may be played and shouting/laughter yoga exercise should not be allowed.

iii. Stop the exercise if you feel difficulty in breathing. Check oxygen saturation level. Those having oxygen saturation below 95% should not be allowed to continue exercise. Call central / state helpline / ambulance and refer such persons to the nearest health facility.

After exercise and in common areas

i. Ensure proper disposal of face covers / masks / used towels in covered bins.

ii. The shower areas / washrooms should be sanitized before and after use.

iii. Cafeteria facility, if any within the premises, shall follow social distancing norms at all times.

iv. Cleaning and disinfection of gymnasium equipment, particularly frequently touched surfaces (hand rails, benches, fixtures, etc.) shall be done after each exercise session before it is used by the next member.

v. The floor cleaning shall be taken up between exercise sessions.

At the time of closure

i. Shower rooms and lockers/changing areas need to be properly sanitized.

ii. Deep cleaning of all washrooms shall be ensured.

iii. Before closure, the entire premises will be disinfected.

5. Additional precautions to be followed in case of a suspect case in the premises:

i. Place the ill person in a room or area where they are isolated from others.

ii. Provide a mask/face cover till such time he/she is examined by a doctor.

iii. Immediately inform the nearest medical facility (hospital/clinic) or call the state or district helpline.

iv. A risk assessment will be undertaken by the designated public health authority (district Rapid Response Team /treating physician) and accordingly further action be initiated regarding management of case, his/her contacts and need for disinfection.

v. Disinfection of the premises to be taken up if the person is found positive.