HEALTH DEPARTMENT
GOVERNMENT OF HARYANA
INTEGRATED DISEASE SURVEILLANCE PROGRAMME
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From

Director General Health Services,
Haryana, Panchkula.

To

1) All the Divisional Commissioners,
2) All the Deputy Commissioners,
3) All the Civil Surgeons

No. 32/3-IDSP-2020- 4539 - 86 **Dated:** 04-08-2020

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

2. With reference to the subject cited above,

3. As the situation of COVID 19 is evolving in Haryana, the numbers of cases are increasing.

4. However, 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.

5. In this regards, Guidelines on Preventive Measures to Contain Spread of COVID-19 in Yoga Institutes & Gymnasiums has been issued by Ministry of Health & Family Welfare which is being enclosed as **Annexure- 1,** which 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.

6. Hence you all are directed to ensure the vide publicity and implementation of the same in the State.

Director Health Services, IDSP
Haryana, Panchkula.

No. 32/3-IDSP/2020- 4587 **Dated:** 04-08-2020

A copy is forwarded to **Worthy Additional Chief Secretary** Health for information please.

Director Health Services, IDSP
Haryana, Panchkula

Dated the 03rd August, 2020

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.

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

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.