

Dated 13 August, 2020

**Indian Institute of Science
Gymkhana
Bangalore- 560012**

Guidelines on Preventive Measures to Contain Spread of COVID-19 in Gymkhana, IISc

1. Background

To contain the spread of COVID infection, lockdown was imposed, which is now being gradually relaxed in a phased manner. Sports and physical activity being important for health & well-being, it has been decided to open Gymkhana from 18th August, 2020. Gymkhana shall adhere to protocols and prevention measures outlined in this document to prevent the spread of COVID-19.

2. Scope

This document outlines various precautionary measures to be adopted at Gymkhana 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

Gymkhana will be opened with effect from 18th Aug. 2020.

Persons above 65 years of age, persons with co-morbidities, pregnant women and children below the age of 10 years are not allowed to use Gymkhana facilities. Visitors and outsiders Gymkhana are not allowed in Gymkhana premises. No classes (sports/cultural/yoga/aerobics) are allowed to be conducted until further order.

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 & staff) in these places at all times. These include:

- i. Individuals must maintain a minimum distance of 6 feet or more.
- ii. Use of face covers/masks is mandatory at all times within the premises. However, during 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. Members must wash hands frequently 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. Alcohol-based hand sanitizers will be placed at the entrance of the Gymkhana.
- 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. Spitting is strictly prohibited. Spitting in the Gymkhana premises will attract a fine of up to Rs. 1000 at a time.

4. Specific measures to be followed include-

Sports allowed until further order:

- Badminton - Indoor (reservation required)
- Gymnasium - Indoor (reservation required)
- Tennis - Outdoor (reservation required)
- Table Tennis –Indoor - (reservation required)

Sports NOT allowed until further order:

- ❖ Kabaddi - Outdoor
- ❖ Cricket -Outdoor
- ❖ Hockey -Outdoor
- ❖ Football -Outdoor
- ❖ Frisbee -Outdoor
- ❖ Khokho - Outdoor
- ❖ Basket ball - Outdoor
- ❖ Volley ball - Outdoor
- ❖ Carom - Indoor
- ❖ Chess - Indoor
- ❖ Billiards - Indoor
- ❖ Kung fu - Outdoor
- ❖ Yoga - Indoor
- ❖ Aerobics - Indoor
- ❖ Swimming - Outdoor

a. Before opening the Gymkhana

Processes & premises redesigning including proper placement of equipments

- i. Only 10 persons at a time are allowed to practice at gymnasium. For this purpose, the Gymkhana will be hosting a web portal for reserving time slots.
- ii. Only 16 persons will be allowed at Badminton court per hour. It will be managed through Gymkhana web portal.
- iii. Equipments will be placed 6 feet apart, wherever feasible, by moving equipment to facilitate social distancing
- iv. Dustbins and trash cans are covered at all times will be ensured.

Disinfection

All areas within the premises hall will be disinfected using 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 members.
 - 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.
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- i. Group fitness rooms and classes
 - a. No physical classes will be conducted at Gymkhana premises.
 - b. Online Group fitness/yoga classes are encouraged.
 - ii. For Employees:
 - a. Shifts and attendance will 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 are 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 have been advised to take extra precautions

Availability and Management of Supplies

- i. Appropriate personal protection gears like facecovers/masks, visors, hand sanitizers etc. will be made available by Gymkhana to the members & staff.
- ii. Supply of disinfectant wipes or disinfecting solutions and disposable paper towels for members/staff to wipe exercise equipment clean before and after use will be made available.
- iii. Pulse oximeters to record oxygen saturation of members prior to the exercise will be made available.

b. After opening the Gymkhana

Gymnasium

Members, please note:

- Maximum 10 members allowed for each session (One hour)
- All members should register themselves in Gymkhana Facility Management portal. The link will be shared.
- All members should book their practice sessions one day in advance in Gymkhana Facility Management portal.
- The members, who have not booked on portal will not be allowed to enter Gymnasium.

Badminton

Members, please note:

- Maximum 16 members allowed for each session (One hour)
- All members should register themselves in Gymkhana Facility Management portal. The link will be shared.
- All members should book their practice sessions one day in advance in Gymkhana Facility Management portal.
- The members, who have not booked on will not be allowed to enter Gymnasium.

At the entry point

- i. Entrance (through QR code) 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 facecover/masks.
- iv. All members, visitors and staff may consider using Aarogya Setu application for risk identification at all times inside the institute/gymkhana
- v. Posters/standees on preventive measures about COVID-19 will be displayed prominently.
- vi. Minimum distance of 6 feet at all times in queues will be ensured.
- vii. Staggering of members/ visitors to be done, with separate timing slots, to allow for adequate physical distancing and disinfection of premises & equipment through Gymkhana web portal.

Prior to exercising in the gymnasiums using equipment

- i. It will be ensured 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. Ensure that members sanitize their hands before using gymnasium equipment.

During exercise sessions

- i. Common exercise mats will 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. Proper disposal of face covers / masks / used towels in covered bins will be ensured.
- ii. The shower areas / washrooms will be sanitized before and after use.
- iii. Cleaning and disinfection of gymnasium equipment, particularly frequently touched surfaces (hand rails, benches, fixtures, etc.) will be done after each exercise session before it is used by the next member.
- iv. 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.

List of contact telephone numbers at Gymkhana:

1. Mr. Gopala R, UDC - Primary contact person at Gymkhana: 63613 47371
2. Mr. Veeranna Kammar, Deputy Registrar- Overall supervision of Gymkhana : 94827 11906
3. Security : 080 2293555 / 22932400 / 22932225
4. Health Centre/ Ambulance : 080 22932227 / 22932234
5. Samadhan (Complaints cell) : 080 2293 2112
6. Disinfection team : Mr. Ratheesh : 86182 62564 / Mr. Shivakumar : 95911 26049