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# COMMISSIONERATE

## Health & Family Welfare Services

DD/SSU/Covid-19/42 Part(B)/2020-21

Date:07/08/2020

Sub: Guidelines on safety and preventive measures for COVID-19 in  
Yoga centres and Gymnasiums

### A. Preamble

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, Government of India has issued guidelines for opening of yoga centres and gymnasiums from 5<sup>th</sup> August, 2020. In this context, Government of Karnataka has issued the following guidelines to Yoga centres and Gymnasiums for strict compliance and to contain the spread of COVID-19 in the state. Spas, Sauna, Steam Bath and Swimming Pool (wherever applicable) shall remain closed till further orders.

### B. Scope

This document outlines various precautionary measures to be adopted in general. Besides specific measures to be taken at yoga centres and gymnasiums to prevent spread of COVID-19 are outlined. These guidelines aim to minimize physical contacts between staff, members & visitors and ensure other preventive and safety measures

### C. General preventive measures

- All yoga centres and gymnasiums in containment zones shall remain closed for public. Only those outside containment zones will be allowed to function.
- All yoga centres 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, lactating mothers and children below the age of 10 years are advised not to use gyms in closed spaces. Organizations managing the yoga centres and gymnasiums shall advise all members, visitors & staff accordingly.
- The general preventive measures include simple public health interventions that are to be followed to reduce the risk of COVID-19. These measures shall be observed by all i.e. members, visitors & staff in these places and at all times. These include:
  - Individuals shall maintain a minimum distance of 6 feet as far as feasible
  - Use of face covers/face masks is mandatory at all times with in the premises. However, during yoga exercise or exercising in gymnasiums, as far as possible only a face-shield

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may be used. Use of mask (in particular N-95 masks) during exercise causes difficulty in breathing and shall be avoided.

3. Activities that involve heavy breathing and loud voice shall be strictly avoided in closed spaces and if essential shall be done only in open areas with adequate physical distancing of 6 feet.
4. Practice frequent hand washing with liquid soap (for at least 40 seconds) even when hands are not visibly dirty. Alternatively use of alcohol-based hand sanitizers (for at least 20 seconds) can be practiced wherever feasible. (Annexure-1)
5. Respiratory etiquettes shall be strictly followed. This involves covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues in a closed bin
6. All are advised to self-monitor their health regularly. If any symptoms like fever, cough, cold, throat pain, weakness, body ache, loss of smell, loss of taste, diarrhoea, etc. appear they shall visit the nearest hospital/ health centre/ fever clinic for medical consultation immediately or call Apathamitra helpline 14410.
7. Installation & use of Aarogya Setu App shall be advised to all.
8. Spitting should be strictly prohibited.

#### **D. Specific measures**

##### **a. Before opening the yoga centres/gymnasiums**

##### **1. Processes & premises redesigning including proper placement of equipments**

- i. Plan yoga/gymnasiums floor area based on 4m<sup>2</sup> per person.
- ii. Place equipments, including cardio and strength machines, 6 feet apart, wherever feasible, by moving equipment to facilitate physical distancing.
- iii. Where available, utilize any outdoor area by relocating equipments 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. Encourage card based/contactless payments.
- 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%. The intake of fresh air should be as much as possible and cross ventilation should be adequate.
- viii. Restrict the number of staff and members within the general gymnasium floor, specific workout areas and change rooms by:
  - Limiting the number of members allowed in specified areas
  - Implementing 'fitness sessions' for particular exercise areas with requirements for members to register (ideally online) for specific sessions
- ix. Lockers shall remain in use, as long as physical distancing is maintained.
- x. Provide foot-operated dustbins at appropriate places

##### **2. Disinfection**

- i. All areas within the premises shall be disinfected using 1% sodium hypochlorite solution or 7% Lysol (Annexure-2). The areas to be disinfected are as follows:
  - Entrances to premise, building, rooms

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- All open areas used by staff and visitors
- Washrooms and toilets
- Shoe baths (Members will be encouraged to carry separate workout shoes)
- All other frequently touched surfaces (doorknobs, handles, lifts, etc.)
- Equipment in gymnasiums
- Other areas as applicable

- ii. Detailed guidelines on the disinfection of common places which are issued by Government of Karnataka shall be followed

<https://covid19.karnataka.gov.in/storage/pdf-files/C%20SOP%20AT%20WORK%20PLACE'.pdf>

### 3. Planning and scheduling of activities

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

- ii. **Yogic Kriya(s)**

- 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
- Guidelines for practitioners (Yoga guideline for Covid-19) issued by the Ministry of Ayush (available at: <https://www.ayush.gov.in/docs/yoga-guidelines.pdf>) may also be followed

- iii. **Group fitness rooms and classes**

- Stagger timings of classes/sessions and allow minimum of 15-30 minutes between classes/sessions to avoid overlap between members arriving and leaving
- Offer group fitness classes online, wherever possible
- Restrict the number of persons allowed per group fitness class/session based on the size of the room and the nature of the fitness activity

- iv. **Personal training in yoga centre/gymnasiums**

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

- v. **For Employees:**

- Shifts and attendance to be planned to ensure physical distancing
- Staff residing in the containment zone shall not attend the facility till containment zone is de-notified
- Housekeeping staff to be informed & trained about norms for regular disinfection, waste management and disposal
- All employees who are at higher risk i.e. elderly aged above 65 years, pregnant women and employees who have underlying medical conditions

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like diabetes mellitus, hypertension, thyroid disease, heart/liver/kidney ailments, etc. shall take extra precautions. They shall avoid any front-line work requiring direct contact with the clients

**vi. Availability and Management of Supplies**

- Appropriate personal protection gears like face covers/masks, face-shields, hand sanitizers etc. shall be made available by management to the members, visitors & staff
- 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.
- Ensure availability of pulse oximeters to record oxygen saturation of members prior to the exercise.

**b. After opening the yoga institutes / gymnasiums**

**1. At the entry point**

- i. Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions. If any person has body temperature  $\geq 37.5^{\circ}\text{C}$  ( $\geq 99.5^{\circ}\text{F}$ ), they shall be referred to seek immediate medical consultation.
- ii. Only asymptomatic persons (including staff) shall be allowed in the premises.
- iii. All persons to be allowed entry only if using face cover/masks.
- iv. All members, visitors and staff shall use Aarogya Setu application for risk assessment at all times inside the yoga centres/gymnasiums.
- v. Posters/standees on preventive measures about COVID-19 shall be displayed prominently. Audio and Video clips to spread awareness on preventive measures for COVID-19 shall be regularly played.
- vi. Ensure minimum distance of 6 feet at all times in queues with markings on the floor.
- vii. Proper crowd management shall be done in the parking lots, in corridors and in elevators – duly following physical distancing norms.
- viii. Ensure staggered entry of members/ visitors with separate timing slots, to allow for adequate physical distancing and disinfection of premises & equipment.
- ix. In yoga centres, 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. A record of check-in and check-out timings of members and visitors shall be maintained (name, address and phone number)

**2. 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 Apathamitra helpline 14410 or call 108 Ambulance and refer such persons to the nearest health facility
- iii. Remove mask and wear face-shield 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

**3. 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 Apathamitra helpline 14410 or call 108 Ambulance and refer such persons to the nearest health facility.

**4. 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 physical 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.

**5. At the time of closure**

- i. Shower rooms and lockers/changing areas shall be properly sanitized.
- ii. Deep cleaning of all washrooms shall be ensured
- iii. Before closure, the entire premises shall be disinfected

**E. Action to be taken on detection of suspected or confirmed/positive case of COVID -19 in the premises**

**1. For suspected COVID-19 case in premises**

- If any person shows symptoms of COVID-19 such as fever, cough, cold, throat pain, difficulty in breathing, weakness, body ache, loss of smell, loss of taste, diarrhoea, etc. he/she shall be immediately moved to an area away from other individuals. If possible, find a room or area where they can be isolated behind a closed door, open the window for ventilation wherever possible.
- The person who is unwell shall be provided with a facemask. While they wait for medical advice, they shall avoid contact with others, surfaces and objects. They shall be advised to cover their mouth and nose with a disposable tissue when they cough or sneeze and then dispose of the tissue in a closed bin. They shall follow cough etiquette, hand hygiene practices and physical distancing from others.
- Immediately call Apathamitra helpline 14410 or call 108 Ambulance for shifting the person to the hospital.

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**2. For confirmed/positive case of COVID-19 in the premises**

- Once a confirmed/positive case of COVID-19 is detected in the premises, co-ordinate with the district health authorities in carrying out contact listing and tracking as per the guidelines of Government of Karnataka
- All the primary/high risk contacts of the COVID-19 positive person as listed by health authorities shall be advised home quarantine for a period of 14 days
- Disinfection shall be done of specific areas like all commonly touched surfaces, equipments, floors, lifts, railings, stairs desks, vehicles, etc. as per movement history of positive confirmed case using 1% sodium hypochlorite solution. There is no need to close or seal-down the premises. These areas can be used from the next day.
- If the yoga centre/gymnasium continues to report new COVID-19 cases in the following days, District health authority/ BBMP shall investigate and recommend further action on a case-to-case basis.
- However, if there is a larger outbreak (15 cases or more), the building/block shall have to be closed for 48 hours after thorough disinfection.

  
Commissioner

Department of Health and Family Welfare

To:

1. The Additional Chief Secretary, Health & Family Welfare Department.
2. The Additional Chief Secretary, Urban Development Department.
3. The Commissioner, BBMP
4. The Mission Director, National Health Mission.
5. The Deputy Commissioners, Bengaluru Urban & Rural districts.
6. The Director, Health & Family Welfare Services.
7. The Director, Medical Education
8. The District Health and FW Officer, All districts
9. All the Concerned Yoga and Gym Centres for necessary actions.

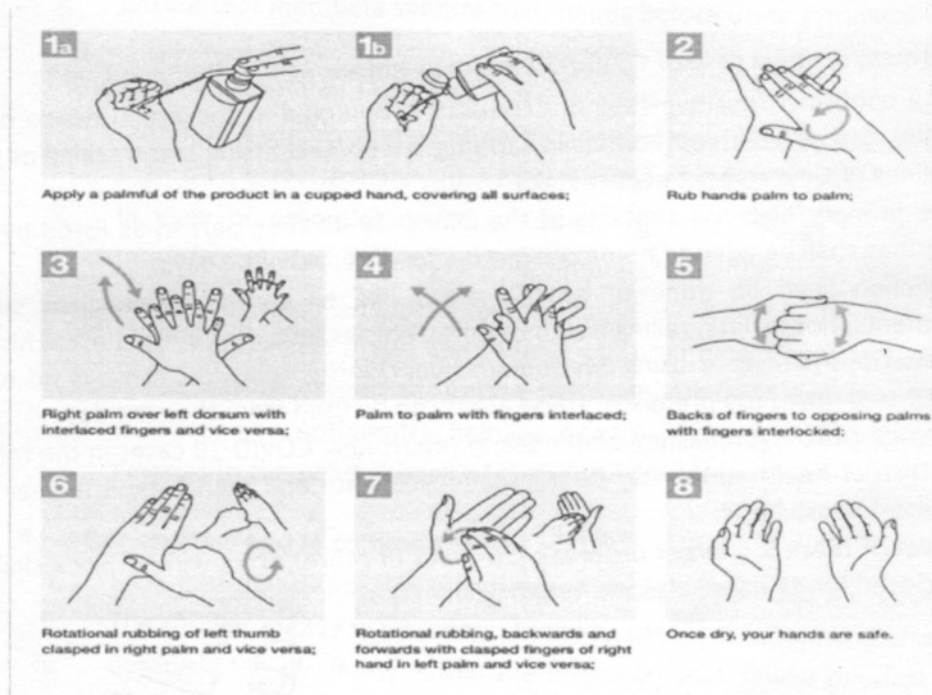
**For COVID related queries please contact:**  
**Helpline numbers:** 9745697456 & 104  
**NIMHANS counselling helpline:** 080-46110007  
**Ambulance:** 108; **Apthamitra helpline:** 14410

GoK Website on COVID-19: <https://covid19.karnataka.gov.in/>

For COVID-19 related videos please visit Jagruti Karnataka Youtube channel  
[https://www.youtube.com/channel/UC-jJ\\_NNwB9m8\\_OocGo1Zfcg](https://www.youtube.com/channel/UC-jJ_NNwB9m8_OocGo1Zfcg)



## Annexure 1 : Steps of Hand Hygiene



## Annexure 2: Guidelines for Preparation of 1% sodium hypochlorite solution and Lysol

Product	Available chlorine	1percent
Sodium hypochlorite – liquid bleach	3.5%	1-part bleach to 2.5 parts water
Sodium hypochlorite - liquid	5%	1-part bleach to 4 parts water
NaDCC (sodium dichloroisocyanurate) powder	60%	17 grams to 1-liter water
NaDCC (1.5 g/ tablet) - tablets	60%	11 tablets to 1-liter water
Chloramine - powder	25%	80 g to 1-liter water
Bleaching powder	70%	70 g to 1-liter water
Lysol for disinfection Lysol IP (50% Cresol and 50% Liquid soap)		2.5% Lysol (1 litre of Lysol in 19 litres of water)
Any other	As per manufacturer's Instructions	