

# **GYM**

## **HEALTH INSTRUCTIONS FOR MEMBERS:**

1. It is mandatory to wear mask before entering the GYM as COVID-19 spreads through coughing, sneezing & heavy breathing through air
2. The members must bring their own towels, which shall not be shared with other members.
3. There will be a break of 15 minutes after every 45 minutes to disinfect the area as the virus can rest on furniture, machinery & other items and transfer to humans through hand touching. Please cooperate with the GYM staff.
4. Please maintain 02 meter distance from other members/staff.
5. The usage of GYM is limited to 45 minutes by each member.
6. The number of members is limited in GYM at one time; please coordinate with GYM staff at Old GYM Ext. 254 and New GYM Ext. 264 to set your time.
7. Club management is authorized to implement the above mentioned SOP's.