

PROCEDURES FOR RETURNING SPORTS ACTIVITY IN DUBAI



Sports

Activities included in the sector

- All Sport Venues [gyms and fitness clubs in residential, commercial and hotels]
- Sports [Individual Sport and Team Sport trainings]
- Group sessions/classes in studios

Activities excluded in the sector

- Tournaments/Competitions
- Showers and Changing Rooms/lockers
- Pool, Steam, Saunas and Any Spa Facilities [including Massages]
- Swimming
- Aqua based activities (aqua bike, aqua aerobics...etc)
- Kids gyms

Operating Hours

N/A

Consumer Visiting Hours

1

Capacity Level (customers)

50%

RESTRICTIONS AND PROTOCOLS

Actions	Short Description
Staff & Trainers	<p>Employers to ensure that:</p> <ol style="list-style-type: none"> 1. All health & safety guidelines/standards are followed in staff accommodation & transport facilities in line with DM Health & Safety Guidelines ["DMHS"] 2. All protocols prescribed by DMHS must be adhered to - prior to staff and trainers entering the premises "for Public Interaction" 3. Mandatory temperature checks for all onsite staff and trainers 4. Compulsory wearing of masks for all staff and trainers at all times on premises, we recommend to use if needed protective goggles, or face shield while dealing with visitors. 5. All staff and trainers to practice social distancing of 2m as per the guidelines approved by DMHS. 6. Staff/Trainers older than 60 years or anyone having chronic diseases should not enter the facilities. 7. Social gathering among trainers and staff should not be allowed.
Regulation	<ol style="list-style-type: none"> 1. Remove and store extra loose equipment from the training floor to minimize cleaning surfaces that includes [mats, foam rollers, yoga blocks etc. from gym/studio floor], and request visitors to bring their own if needed. 2. Common used items e.g. (Medicine Balls, dumb bells, kettlebells, weight belts, bars and plates, etc..) to be used only on strict calendarization basis [i.e. no 2 people to use an equipment at the same time and all must be sanitized prior to use by another individual] 3. No renting for wearable items (Sport Gloves, Caps, T-Shirt, Pants, Face protections masks etc..), Shoes not included (but visitors are recommended to bring their own shoes if applicable with the technical standards of the activity or equipment used). Rented shoes must be kept aside for sanitization and cleaning after every use. 4. In case some equipment should be rented due to difficulty of owning these equipment then items to be sanitized before & after every use. 5. SOPs to be devised & approved in-line with DMHS requirements to cover all hygiene requirements for all activities 6. Dedicated Hygiene Champion assigned to ensure compliance to all DMHS guidelines and SOPs 7. Equipment to be placed at a minimum of 2m distance and any additional equipment that do not fit the social distancing requirements to be removed from the facility. In case these equipment are difficult to move/remove/transfer to achieve the required distancing then just keep "not in use" sign on them or turn them off. 8. Consider spacing equipment at least 2 m apart, with greater distancing for treadmills and other high-exertion aerobic fitness equipment, where can be arranged in an "X" pattern to provide greater distancing

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Regulations	<ol style="list-style-type: none"> 1. Physical barriers can also be helpful to create distancing or segregate exercise areas. 2. Utilize self-check-in or place barrier/partition between front desk staff and members
Hygiene Requirements	<ol style="list-style-type: none"> 1. Disinfection of Facility [Prior to Opening]: Entire facility including equipment needs to be completely sterilized with certification from DM approved third party vendors 2. Frequent Sanitization of all equipment, studios and all other areas in the facility [after every use or at minimum once every hour if used frequently], through proper sanitizing schedule by temporary closure of different areas. 3. Mandatory provision for touch free hand sanitizer dispensers across the facility 4. Mandatory to provide material to wipe/disinfect equipment before and after use of equipment 5. Intensive Sterilization of full facility post closure 6. Hazardous waste management (provision of special medical waste containers to dispose of mask and gloves according to DM requirements) 7. For each outdoor sport - there needs to be a hygiene/sanitization requirement for fields, pitches, tracks, courts etc for pre-opening, post game/training sessions and overnight deep cleaning
Ventilations Requirements	<ol style="list-style-type: none"> 1. Get fresh air into to the gym and properly utilize ventilation system, (e.g.): <ul style="list-style-type: none"> • Encourage outdoor activity and classes if feasible • Open doors and windows if possible • Maximize fresh air through ventilation system • Maintain relative humidity at 40-60%

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<p>Capacity and Facility Restrictions</p>	<p>1. Capacity</p> <ul style="list-style-type: none"> ▪ Venue limited to max of 50% capacity (maximum of 1 person per 4 sqm in facility). ▪ Online registration or reservation/appointment encouraged wherever possible to ensure maintenance of capacity limitations. ▪ No Waiting in Reception Areas ▪ All elevators must have markings on the floor that indicate social distancing and users must comply by standing on these markings. ▪ Ask practitioners to arrive as close as possible to when activity begins ▪ Age Groups are from 12-60 years old, and if any of the practitioners have chronic diseases or respiratory illnesses they are not allowed to enter the facility. <p>2. Facility Restrictions</p> <ul style="list-style-type: none"> ▪ All players/visitors/members must wear a face mask at all time and while engaged in light or moderate physical activity, but can be lowered/removed while engaged in strenuous physical exercise.. ▪ Washrooms/Toilets permitted [to be sanitized after every use or minimum of once every hour] ▪ No Showers or Changing Rooms Permitted ▪ No Pools, Steam and Saunas Permitted ▪ Areas around pool permitted for work-out facilities ▪ Lockers not Permitted ▪ No Sport gear rent [players to bring their own gear] ▪ No Spa Facilities Permitted [including Massages] ▪ No Linen to be provided [Customers to bring their own linen] ▪ F & B outlets are allowed to open as long as they follow the measures set for all F&B outlets in malls and retail. Keeping 2m distance between the tables, serving with disposable plates and utensils, and encouraging takeaways. [Water Dispensers to be closed – only disposable water bottles allowed to be provided by operator] ▪ Schedule mid- and post-workout cleaning periods, allowing a 10 – 15 minutes buffer between training sessions

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Actions	Short Description
Capacity and Facility Restrictions (Continued)	<ul style="list-style-type: none"> ▪ One Individual Personal Trainer allowed with maximum two trainees only with a minimum 2m distance to be maintained ▪ Team Training size counts include both athletes, staff, and account for transition periods between sessions (ensure 2.5m distance between trainees) ▪ No tournaments or events will take place at this time ▪ Specific Sports Facility Restrictions in following pages ▪ Create visible markers on the floor to indicate appropriate spacing ▪ Putting a contingency/emergency plan in case of possible Covid19 patient in the premises
Screening	<ul style="list-style-type: none"> ▪ Mandatory contactless screening for guests, visitors & contractors based on DMHS guidelines [If a visitor temperature exceeds 37.5 Celsius, he/she will be prohibited to enter the facility]
Communication	<ul style="list-style-type: none"> ▪ Public announcements and placement of rules in highly visible areas including entrances and other public areas ▪ Provide caution/awareness Signage in different areas of the venue e.g.: <ul style="list-style-type: none"> ▪ Capacity Allowance Signage ▪ Use Hand Sanitizer ▪ Wear Masks ▪ Social Distancing Floors Markers ▪ The facility must maintain adequate records of its members, including names, telephone numbers and visit dates, to assist if contact tracing becomes necessary. And also to maintain accurate work records of its staff for contact tracing purposes. ▪ Sport Venues are obliged to submit a "Resumption of Activity" request In order to resume operating through the following link: www.dubaisc.ae/SportsPermitUnderCovid19 ▪ Adhere to the mentioned sports restrictions and work accordingly. ▪ Continue the Preventive & Precautious measures until notified from Dubai Sports Council. ▪ Fully Cooperate with the Government Officials and Concerned Sports Associations who will do site visits to ensure these restrictions and protocols are adhered to.

Specific Sports Restrictions

RESTRICTIONS AND PROTOCOLS

Actions	Restrictions	Operating Hours	Consumer Visiting Hours	Capacity Level (Staffing)
GYMs, Sports & Fitness Clubs	<ul style="list-style-type: none"> Group classes/sessions in studios are allowed, with the condition of maintaining 2.5m distance between each trainee. One Individual Personal Trainer allowed with maximum two trainees only with a minimum 2.5m distance to be maintained . 	6AM – 10PM	Maximum of 1 hour to do the Activity	Not Limited
Fencing	<ul style="list-style-type: none"> Limit or stagger training groups throughout workout blocks and/or alternate training days Create exercise pairings to limit weight room traffic; Or one-way traffic flow based on entrances and exits. 			
Racket Sports, includes (Tennis, Paddle Tennis, Badminton, Table Tennis)	<ul style="list-style-type: none"> Equipment should be touched only by the player/coach and should be cleaned frequently, including racquets, target cones, balls, ball machines, shuttles, tables, surrounding glass, etc. Preferable to use new set of balls after every reservation/training session While training players, each should have their own marked hoppers and teaching charts to avoid sharing with other players Using a ball machine option for giving lessons, as it avoids having people touch the balls Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact. Ensure ball tubes and baskets are sanitized post use) Changing sides are after each set is no permitted For Trainings, the permitted number of players are: <ul style="list-style-type: none"> ➢ Tennis: maximum 4 players with a Coach/Trainer ➢ Paddle Tennis: maximum 2 players with a Coach/Trainer ➢ Table Tennis: maximum 2 players with a Coach/Trainer ➢ Badminton: maximum 4 players with a Coach/Trainer 			
Golf	<ul style="list-style-type: none"> Three golfers allowed per tee time only, with tee-times at 10 minute intervals Bag drops will be not be operational, golfers will be asked to place their own bags on carts If your bag is in clubhouse storage, the venue staff will collect it for you Golf carts will be for single occupancy use only, single group Family sharing is allowed Removal pin flags to be only by authorize staff Bunker rakes to be removed, use feet or back of a club to 'rake' bunkers Putting greens to be made available, however, golfers must provide their own golf balls No sharing of golf clubs allowed between golfers. 			
Cycling/Running	<ul style="list-style-type: none"> Wearing face mask is compulsory at all times and while engaged in a light or moderate intensity activity, but can be lowered/removed while engaged in strenuous and vigorous intensity cycling or running Practice the sport individually and at different times during the day Group training is permitted with a maximum capacity of 5 members per group, however it is not encouraged For the cycling/running tracks that have more than one parking / starting point, please utilize these and do not overcrowd one location Strictly no gathering after the activity 			

Specific Sports Restrictions

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Cricket	<ul style="list-style-type: none"> ▪ Group Coaching with no more than 8 participants in a coaching session ▪ Practice nets with not more than 6 per players per net ▪ No spitting on the cricket ground ▪ No use of sweat or saliva on the cricket ball ▪ Players must bring their own equipment (gloves, pads, and all other protective equipment) 			
Chess	<ul style="list-style-type: none"> ▪ Training Competitions to occur within maximum of 25% of the competition area ▪ Official Trainings to have a maximum capacity of 50% of the training area ▪ Promote trainings and official championships to be held on online platforms 			
Rugby	<ul style="list-style-type: none"> ▪ Group Coaching with a maximum of 10 participants in a coaching session including the Trainers/Coaches. <ul style="list-style-type: none"> ▪ Maximum 4 players with 1 Coach/Trainer per section ▪ No spitting on the ground ▪ Players must bring their own equipment 			
<p>Ball Sports, includes (Basketball, Football, Handball, Volleyball)</p> <p><i>The number of players can be controlled based on the size of the play area, the smaller it gets the less number of players,</i></p>	<ul style="list-style-type: none"> ▪ Equipment should be touched only by the player/coach and should be sanitized (at least once / hour, including balls, target boards, cones, tables, etc.) ▪ Preferable to use new set of balls after every reservation/training session ▪ Ball collection and pickups to be performed strictly by staff ▪ Changing sides are after each set is no permitted ▪ For Trainings, our recommendations are: <ul style="list-style-type: none"> ➢ Football: Maximum of 20 players and 5 Coaches/Trainers to be distributed accordingly: <ul style="list-style-type: none"> ○ Full sized football pitch to be split into 4 sections ○ Use separation cones between the training sections ○ Maximum 4 players with 1 Coach/Trainer per section ➢ Basketball: maximum 6 players with 1 Coach/Trainer to be distributed accordingly: <ul style="list-style-type: none"> ○ Full sized basketball court to be split into 2 sections ○ Use separation cones between the training sections ○ Maximum 3 players per section ➢ Volleyball: maximum 8 players with 2 Coaches/Trainers to be distributed accordingly: <ul style="list-style-type: none"> ○ Full sized Volleyball court to be split into 2 sections ○ Maximum 4 players with 1 Coach/Trainer per section ➢ Handball: maximum 6 players with 1 Coach/Trainer to be distributed accordingly: <ul style="list-style-type: none"> ○ Full sized Handball court to be split into 2 sections ○ Use separation cones between the training sections ○ Maximum 3 players with 1 Coach/Trainer per section 	6AM – 10PM	Maximum of 1 hour to do the Activity	Not Limited

Specific Sports Restrictions

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Actions	Restrictions	Operating Hours	Consumer Visiting Hours	Capacity Level (Staffing)
Academies	<ul style="list-style-type: none"> ▪ Sport Academies needs to adhere to the above sport restrictions based on your nature of activity ▪ Prepare full training plan that includes information required in terms of selected Coaches/Trainers, registered Players/Members, and Training Schedules on weekly basis and follows the following measurements: <ul style="list-style-type: none"> ▪ Placing training priorities ▪ Weekly Training Schedule ▪ Approving players/members who will take part of the training that week ▪ Prepare Contingency and Emergency operational and training plans 	6AM – 10PM	Maximum of 1 hour to do the Activity	Not Limited