COMMONWEALTH OF
DOMINICA
MINISTRY OF HEALTH, WELLNESS, AND NEW HEALTH INVESTMENT

ENVIRONMENTAL HEALTH SERVICES (COVID-19) REGULATIONS
S.R.&O 26 OF 2021

PROTOCOLS FOR GYMS AND OTHER FITNESS VENUES

SEPTEMBER 8, 2021

ALL GYMS AND FITNESS VENUES MUST IMPLEMENT THE FOLLOWING PROTOCOLS WHICH MAKE PROVISION FOR GUIDELINES TO PREVENT THE SPREAD OF COVID-19.

PHYSICAL DISTANCING

- Limit capacity (employees and members/clients) based on available space and ability to social distance with six feet between members/clients.
- Set facility up for social distancing by spacing equipment to provide a six-foot (6ft) radius.
- The facility must be regularly monitored by employees to ensure physical distancing is maintained.
- Remove excess seating throughout the facility to discourage loitering.
- Use an appointment system that allows a limited number of patrons to book and attend at a specified time slot.

PHYSICAL DISTANCING

- Allow up to 15 minutes between the conclusion of one group and the beginning of the next for proper disinfecting of equipment and surfaces.
- Clients should not share any items e.g towels, water bottles
- Keep doors open as much as possible to allow for airflow and minimize the use of air conditioning.
- Disable or close-off steam rooms and saunas.
- Avoid the exchange of cash and encourage the use of debit/credit cards. If cash is unavoidable, be sure to wash and sanitize hands well after each transaction.

HYGIENE AND SANITIZATION

- **Masks must be worn by employees and members/clients at all times**
- **Hand washing or sanitization is required upon entry to the facility.**
- **Have sanitizer available throughout the facility for employees and members/clients.**
- **All equipment should be sanitized after each use.**

HYGIENE AND SANITIZATION

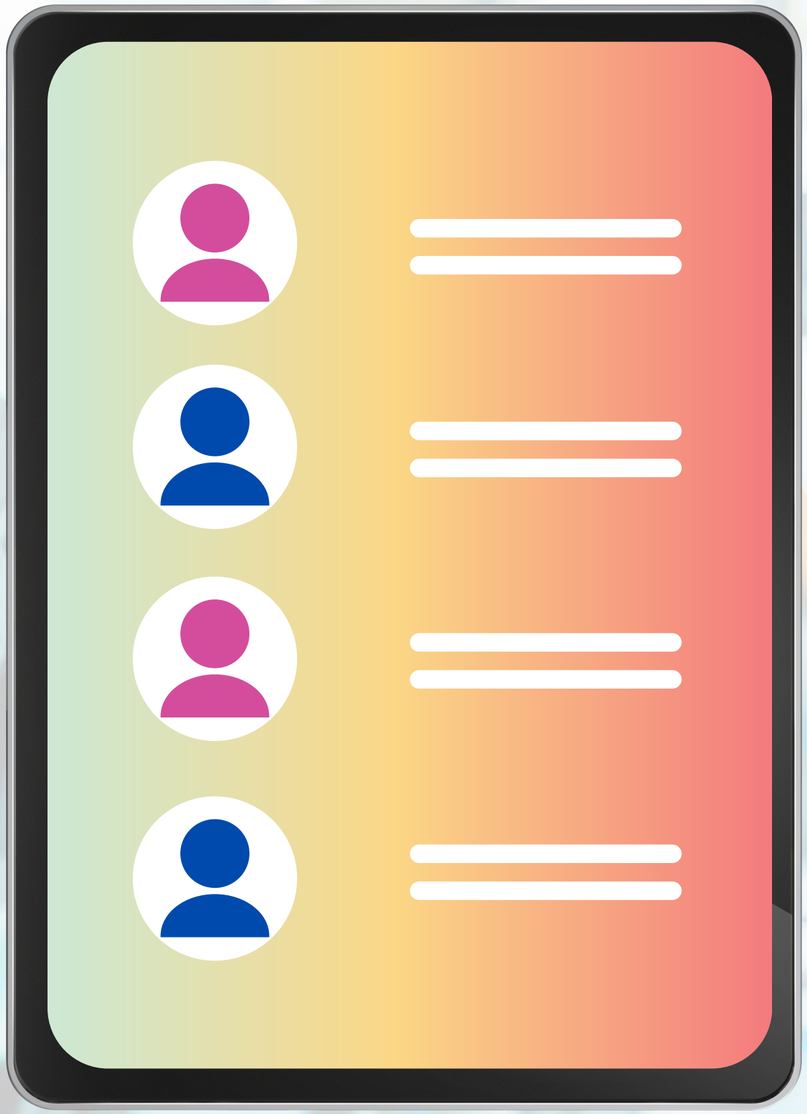
- **Routine sanitization and disinfection of high-contact surfaces to include desk workstations, faucets, toilets, doorknobs, and light switches.**

- **Ensure that supplies for handwashing, including soap and materials for drying hands, are fully stocked every time the washroom facility is cleaned.**

- **Provide signage on COVID-19 prevention, including proper sanitation, hand-washing, and respiratory etiquette.**

GENERAL PROTOCOLS

- **Remove all unnecessary, frequently touched items like magazines, newspapers, and any other unnecessary paper products and decor from customer service areas.**
- **Appropriate signage must be placed at conspicuous locations both inside and outside of the establishment to reinforce the promotion of health and safety protocols including wearing of masks, proper hand hygiene, and physical distancing.**
- **Keep a log for members/clients, and employees to include temperature and contact information. This log should be made available to the Health Authorities to facilitate contact tracing if required.**



- **Any employee or member/clients experiencing flu-like symptoms should not report to work or visit the facility.**

- **If an employee or member/client tests positive for COVID-19, the facility should be temporarily closed to facilitate sanitization of the premises and testing of all staff as per the protocols of the Ministry of Health, Wellness and New Health for COVID-19 positive cases at the workplace.**

- **Employees and members/clients should undergo regular Antigen testing and should be encouraged to get vaccinated to reduce the spread of the COVID-19 virus.**

COVID-19 Hotline:
611 4325 | 448 2151 | 1-800 219