



## INDOOR GYMNASIUM SOPs – COVID-19

- Usage of all Club facilities at Member's discretion and risk.
- Strict observance of SOPs is mandatory and dedicated staff on duty will be authorized to ensure implementation of SOPs as per Bye-Law III (6).
  1. For members (no lady guests allowed).
  2. Only Member and their families who have been fully vaccinated and registered their vaccination certificate at the Pool Reception will be permitted to use the indoor gymnasium.
  3. Members and their families with underlying medical conditions, respiratory illness, or chronic diseases must not enter the gym.
  4. Gym timing: 6:30 am – 9:30 pm.
  5. Please call at ext. 291, 311 or 0317-1299927 to book a time slot. A member can sign up for only one time slot per day. Time slots are not transferable.
  6. Time slots are as follow:

6:30 am to 8:00 am	1st Slot
8:30 am to 10:00 am	2nd Slot
10:30 am to 12:00 NOON	3rd Slot
12:30 am to 2:00 pm	4th Slot
2:30 pm to 4:00 pm	5th Slot
4:30 pm to 6:00 pm	6th Slot
6:30 pm to 7:30 pm	7th Slot
8:00 pm to 9:30 pm	8th Slot
9:30 pm to 10:30 pm	Thorough Cleaning/ Sanitization

7. Bookings to be made one day in advance at Swimming Pool reception.
8. Each time slot will be for one-and-a-half-hour duration with a half hour gap between slots for cleaning and sanitization (**except the peak hour slot 6:30 pm to 7:30 pm and the final slot from 9:30 to 10:30 pm**).

9. All Members and their wives must use hand sanitizer prior/post using the machines or weights.
10. Users must ensure wiping off all equipment after usage.
11. Masks must be worn at all times except when engaged in an exercise.
12. Temperature will be checked at the entrance gate as per practice and anyone with temperature of 99 degrees Fahrenheit and above will not be permitted to enter the Club premises.
13. For the time being members and their wives will need to bring their own towels and yoga mats.
14. Members must avoid congregating in the gym and social distance of 6 feet must be maintained at all times.
15. Till further notice, a maximum of 15 users per time slot in the cardio room and 5 in the weight room doing weight training permitted.
16. For the time being Dedicated Personal Training is not allowed.

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