



Returning to Fitness Guidelines

Guidelines for those attending sessions include undergoing thermal check-ups before and during training sessions, wearing facemasks and hand gloves at all times, and changing them frequently. It also allows children from ages 12 and adults up to 60 years.

Participants must observe physical distancing (at least two meters), carry personal hygiene kits, and train individually except for during group training sessions.

All activities must be carried out in accordance with precautionary rules, procedures and preventive measures, in cooperation with the National Authority for Emergency, Crisis and Disaster Management, the Health Department - Abu Dhabi, the Department of Economic Development - Abu Dhabi, the Urban Planning Department, the Municipalities and the Abu Dhabi Media Office.

The second stage includes a set of procedures and controls for sports facilities, technical staff, players, and practitioners, as an extension of the successes of the first phase, which witnessed intense community turnout and the commitment shown by community members and institutions.

ADSC recommends that all sports institutions and clubs adhere to the security, health and safety standards related to the Covid-19 and work to implement all precautionary measures before resuming sports activities that are subject to the prior approval of the relevant inspection committee.

WATCH ABU DHABI SPORTS COUNCIL VIDEO -

<https://www.facebook.com/watch/?v=264895258137372>

Precautionary Measures

1. Determination of physical spacing points in the training area.
2. Ensure that all hand washing needs, such as soap, hand sanitizers and gel are provided throughout the session.
3. Ensure that clients are aware of the importance of personal disinfection and sterilization throughout the training session.
4. Ensure that medical gloves are with staff at all times during sessions.
5. All coaches are required to record temperature measurements before every session.
6. Split training periods of no more than two hours for each period.
7. Coaches are required to sterilize all equipment after each training session.

Precaution for Regulators:

1. Covid19 test is MANDATORY before resuming activity for all coaches.
2. Covid19 test is RECOMMENDED before resuming activity for all clients.
3. Commitment to wear gloves and change them throughout the work period and to change them continuously.
4. Coaches to carry thermal detectors at all times.
5. Sterilization of sports equipment and devices before use and after every hour.
6. A distance of not less than 2 meters between all individuals.
7. Signing the approval of the precautionary conditions by all clients.
8. Coaches to carry sanitizers at all times.
9. Not to hold any competitions or festivals, and only to train daily.
10. Control congestion so that it does not exceed one person per 5 square meters.
11. The group training sessions shall take into consideration the social divergence and that the number of participants not exceed 30% of the quota capacity.

Precautions for Clients and Practitioners:

1. Undergo a daily heat test before and during the training period.
 2. Commitment to wear masks and gloves and continuously toggle the activity.
 3. All users must stick to their gloves when using gym equipment.
 4. Spacing of at least 2 meters between all individuals during the training period.
 5. Bring personal hygiene supplies.
 6. Training individually and not in groups (with the exception of training sessions with the commitment mentioned in the item on training sessions).
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