



INSTRUCTIONS FOR SELECTED PUBLIC ACTIVITIES/WORK SETTINGS FOR THE PREVENTION AND CONTROL OF COVID- 19

The instruction notes are given for a range of public activities and work settings. Some sectors such as tourism, large shopping malls, event management, etc. would require reference to several instruction notes.

The Instructions are subject to overall permission given by the Ministry of Health to resume functions (totally/selected)

Each instruction note is issued by the Director General of Health Services, Ministry of Health and Indigenous Medical Services and are for the establishment /owner /responsible authority to follow in prevention of transmission of COVID-19.

Further guidance on occupational (work) settings if needed - please refer to

http://eohfs.health.gov.lk/occupational/index.php?option=com_content&view=article&id=61&Itemid=208&lang=en



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TOWARDS A NEW NORMAL



MINISTRY OF HEALTH
AND INDIGENOUS
MEDICAL SERVICES



GOVERNMENT MEDICAL
OFFICERS ASSOCIATION



SRI JAYAWARDENEPURA
KOTTE MUNICIPAL
COUNCIL



23. Indoor Sports Halls and Sports Classes

Practicing sports activities such as yoga is encouraged to elevate your physical and spiritual wellbeing during this period subjected to adequate precautions. Other classes may include Zumba, Aerobics, Pilates, Individual Dancing, and large sports halls which conducts sports such as Badminton, Basketball, Squash, etc. The government should announce the limitations on number of clients until further notice

Specific message/ Instructions For the owner/management

- Educate all staff on preventive measures for COVID-19 - to pay attention to hand hygiene, and cover mouth and nose with a tissue or elbow when sneezing/coughing and dispose of tissue in a closed bin, physical distancing of at least 1 meter and use of masks as appropriate
- Install a sink for handwashing (with soap) close to the entrance. Hand sanitizer bottles can be kept in several places in the practicing hall
- A verbal screen of symptoms (ask for fever and respiratory symptoms such as cough and sore throat) should be done at the entrance for all employees and clients.
- All clients should be registered, including details such as address and contact number
- Control people flow and reduce the number of clients in the facility at a time. Allocate time slots for clients and ask clients to make appointments to prevent overcrowding. When taking the appointment, screen the clients for fever and respiratory symptoms such as cough and sore throat. Should indicate to the client about the restriction on the number of participants and at the time of making bookings for sessions an instruction sheet with the current rules should be provided to the client.
- Strengthen ventilation; ensure the normal operation of the AC and/or increase the fresh air flow. Operate the air conditioners at moderate speeds. Clean/ wash its filters once a week.
- Clean and disinfect frequently touched surfaces (door handles, water dispenser taps touch screens, etc.), equipment and facilities.
- Changing rooms and washrooms must be cleaned and disinfected frequently and a cleaning chart maintained. If possible, changing rooms and washrooms for employees should be separate from the one for clients.
- Facilities to store clothes and belongings allow these to be stored separately (well-spaced hooks on the wall or lockers) and disinfected regularly
- Ask clients to change their footwear at the door and have an allocated shoe stand to keep outdoor shoes at entrance or provide a foot bath to sanitize the shoe soles.
- Provide disposable cups at the water dispenser or ask clients to bring their own water bottles
- Offer online classes whenever possible. Provide an option for online payments for clients. Minimise handling of cash by encouraging clients to pay the exact amount.
- Ensure that adequate physical distancing is maintained between participants during activities.
- You are required to fill the provided Assurance form, indicating compliance with the instructions given. The original of the Assurance form should be submitted to the area Medical Officer of Health. A copy of the same should be sent to the local government authority (municipal council/ urban council/ pradeshiya sabha) and another copy should be kept with you. The owner/ employer/ manager of the organization/ premises is responsible to ensure that the above guidelines are strictly adhered to.



Instructions for selected public activities/work settings for the prevention and control of COVID - 19

For the employees/instructors

- Do not come to work if you have fever and/or respiratory symptoms such as cough and sore throat
- Should adhere to the instructions given to maintain the adequate social distance (one meter) from other employees and clients throughout the sessions.
- Wash hands with soap and water between clients, use hand sanitizer between touching equipment
- Do not share water glasses or cutlery

For the participants

- Do not go to the sports hall if you have fever and/or respiratory symptoms such as cough and sore throat
- Make an appointment before going to the facility, and strictly stick to your time slot
- Wash your hands well with soap and water for 20 seconds soon after entering and when leaving.
- Avoid touching frequently touched surfaces such as door handles
- Do not share any equipment such as rackets, clothing, etc. with other groups or individuals.
- Do not touch your face, mouth or eyes at any time.
- Avoid contact with others, such as hand shaking and high fives.
- Adhere to guidelines by not touching your face (after handling a badminton shuttles, basketballs, rackets, etc.).
- Consider using hand sanitizer between games.
- Bring your own water bottle to the gym, and if refilling makes sure you do not touch the dispenser tap with your bottle mouth.
- Leave the court as soon as reasonably possible.

Methods of instruction

- All centers to give instructions to clients at the time of making bookings
- All centers to display the new rules until further notice.
- Posters at the entrance to the centres
- Social media and mass media communication to the public




Director General of Health Services

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