**General instruction to be followed at Gym (In door Gym**)

**To be followed by gym goers:**

1. Wash your hands before and after going to gym for at least 20 seconds.
2. Maintain one meter distance with each other.
3. Don’t touch your face while doing work out.
4. Don’t shake hands.
5. Follow good respiratory etiquettes while coughing and sneezing (cover your nose and mouth with flexed elbow or a tissue paper) used tissue paper should be disposed into a covered bin.
6. Keep your self –hydrated and maintain healthy diet.
7. Don’t share water bottles and personal items with others.
8. Don’t come to gym if you are not feeling well and if you are having minor symptoms such as cough, cold, sneezing and sore throat and seek medical advice.
9. Gym staff should maintain record of people entering inside the gym.
10. Gym staff should ensure regular supply of hand sanitizers, soap and running water in the washrooms near to gym (Keep hand sanitizer inside the gym).
11. Gym staff should ensure proper cleaning and frequent (twice a day) sanitization of the gym, particularly of the frequently touched surfaces.
12. Last but not least try to do work out at your home, avoid gym.

**INITIATIVE TAKEN BY AKAL COLLEGE OF NURSING & AKAL CHARITABLE HOSPITAL,**

**General measures to be followed at Gym (Open air Gym)**

**To be followed by gym goers:**

1. Wash your hands before and after going to gym for at least 20 seconds.
2. Kindly maintain one meter distance with each other.
3. Don’t touch your face while doing work out.
4. Don’t shake hands.
5. Follow good respiratory etiquettes while coughing and sneezing (cover your nose and mouth with flexed elbow or a tissue paper) used tissue paper should be disposed into a covered bin.
6. Keep your self –hydrated and Maintain healthy diet.
7. Don’t share water bottles with others.
8. Don’t come to gym if you are not feeling well and if you are having minor symptoms such as cough, cold, sneezing and sore throat and seek medical advice.
9. Last but not least try to do work out at your home, avoid gym.

**INITIATIVE TAKEN BY AKAL COLLEGE OF NURSING & AKAL CHARITABLE HOSPITAL,**

**General instruction to be followed during the sports activities**

1. Wash your hands before going to ground for at least 20 seconds follow the same while leaving the ground.
2. Kindly maintain one meter distance with each other (try to avoid those sports activities in which you need to get closure with each other )
3. Don’t touch your face (eyes nose and mouth) while participating in sports activities.
4. Don’t shake hands.
5. Follow good respiratory etiquettes while coughing and sneezing (cover your nose and mouth with flexed elbow or a tissue paper) used tissue paper should be disposed into a covered bin.
6. Dispose used tissue paper into a covered bin.
7. Keep your self -hydrated and maintain healthy diet.
8. Don’t share water bottles with others.
9. Don’t come to ground if you are not feeling well and if you are having minor symptoms such as cough, cold, sneezing and sore throat and seek medical advice.

**INITIATIVE TAKEN BY AKAL COLLEGE OF NURSING & AKAL CHARITABLE HOSPITAL,**