



**Repubulika y'u Rwanda**  
**Minisiteri ya Siporo**

**AMABWIRIZA YO GUSUBUKURA IBIKORWA BY'INZU ZIKORERWAMO IMYITOZO  
NGORORAMUBIRI (GYMS)**

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Hashingiwe ku myanzuro y'Inama y'Abaminisitiri yo kuwa 05 Gicurasi 2021 yemeza isubukurwa ry'ibikorwa by'inzu zikorerwamo imyitoto ngororamubiri (gyms) hubahirizwa ingamba zo kwirinda COVID-19;

Minisiteri ya Siporo itangaje amabwiriza agomba kubahirizwa hasubukurwa ibikorwa by'ahakorerwa imyitoto ngororamubiri hazwi nka "GYM".

**Ibisabwa ahakorerwa imyitoto**

- 1. Inyubako z'imyitoto ngororamubiri zemerewe gufungura ku bikorwa bikurkira: Imyitoto yo kubaka umubiri, n'imyitoto ngororamubiri (Fitness exercises).**
- 2. Imyitoto ngororamubiri mu matsinda (Group aerobics exercises) yemewe gusa ikorewe hanze. Kandi abayikora bategetswe guhana intera ya metero ebyiri.**
3. Amatangazo agaragaza uburyo isuku ikorwa n'amatangazo agaragaza uburyo bwo gukomeza kwirinda COVID-19 agomba kumanikwa ahantu hagaragarira bose,
4. Ibikoresho byose byo mu nzu zikorerwamo imyitoto ngororamubiri (ibyonguturura, kugorora ingingo, kunanura imitsi), bikwiye guturwa mu buryo bihana intera ya metero 2 kandi bigasukurwa by'umwihariko buri gihe bimaze gukoreshwa hifashishijwe imiti yabugenewe.
5. Abakozi bashinzwe isuku mu nzu zikorerwamo imyitoto ngororamubiri bagomba kugenera n'abakoresha babo ibyangombwa bibarinda mu gihe bakira ababagana no mu gihe bakora isuku hagati ya buri cyiciro cy'imyitoto (agapfukamunwa, ikirahuri gikingira mu maso, udupfukantoki tjugunywa, udutambaro two guhanagura ibikoresho duhita dusukurwa mbere yo kongera kudukoresha,...)
6. Ubwogero bukoreshwa n'abagana inyubako ntabwo bwemewe gukoreshwa mu rwego rwo kwirinda ikwirakwizwa rya COVID-19.
7. Hagati y'icyiciro cy'imyitoto n'ikindi hagomba kubamo byibura igihe kingana n'isaha imwe (*1 hour in between sessions*) yo gukora isuku y'ibikoresho no kugira ngo icyumba gikorerwamo imyitoto gihumeke hagati y'icyiciro n'ikindi.

## **Amabwiriza areba abakorera siporo muri Gyms**

1. Kwambara neza agapfukamunwa mbere na nyuma yo gukora imyitoto.
2. Guhana intera ya metero 2 mu gihe binjiye ahakorera siporo (*Physical Distancing*).
3. Kubahiriza amabwiriza yo kugira isuku no kwirinda gusangira ibikoresho.
4. Umuntu wese ugana inzu zikorera imyitoto ngororamubiri asabwe kwitwaza ibikoresho bya (*stretching mats, bags, towels*) no kubishyira ahabugenewe hahanywe intera n'iby'abandi ku buryo bitaba inzira yo gukwirakwiza COVID-19,
5. Buri wese asabwa kwitwaza umuti usukura intoki (Hand Sanitizer) we bwite no kuwukoresha igihe cyose bibaye ngombwa.
6. Umuntu ugaragaza ibimenyetso birimo umuriro, inkorora, umutwe, ibicurane ntiyemerewe kwinjira ahatangirwa hakanakorera imyitoto.

## **Gahunda n'ingengabihe by'imyitoto**

1. Inzu zitangirwamo serivisi z'imikino ngororamubiri zigomba gutegura ingengabihe igaragaza iminsi zakira abazigana, igihe zifungurira n'igihe zifungira imiryango.
2. Inzu zitanga serivisi z'imyitoto ngororamubiri zigomba kugaragaza uburyo abazigana basaba gahunda hifashishijwe uburyo bw'ikoranabuhanga (*electronic/online booking*) ndetse na serivisi zose z'ubwishyu zigakorwa hifashishijwe ikoranabuhanga kandi hakagaragazwa uburyo aya mabwiriza amenyeshwa abagenerwabikorwa.
3. Igihe cya buri cyiciro cy'abakora imyitoto ngororamubiri yaba muri Gyms no muri Aerobics ntikigomba kurenza amasaha abiri (Max 2 hours/Session).
4. Ubuyobozi bwa Gym buzajya bugeza ubusabe bwanditse kuri Minisitiri wa Siporo na kopi kuri CEO/RDB, busaba uburenganzira bwo gusubukura ibikorwa, hakorwe igenzura rizajya rishingirwaho hatangwa igisubizo.

Bikorewe i Kigali, ku wa 09/05/2021

**MUNYANGAJU Aurore Mimosa**  
**Minisitiri wa Siporo**