



**Republic of Rwanda
Ministry of Sports**

GUIDELINES FOR RESUMPTION AND REOPENING OF GYM FACILITIES

Reference made to Resolutions taken from Cabinet Meeting held on May 5th 2021 from which gyms shall resume operations progressively upon assessment of compliance with COVID-19 preventive measures;

The Ministry of Sports is issuing the following guidelines which must be complied with for the resumption and reopening of Gyms' operations.

Guidelines for gym facilities

- 1. Gym facilities are allowed to reopen for the following activities: body building exercises, and fitness exercises.**
- 2. Group aerobics sessions are only allowed outdoor, and participants must have 2 meters of physical distance between one another;**
3. Public Notices on hygiene measures and COVID-19 measures must be posted and visible for all clients to see;
4. Gym equipment (*weightlifting machines, Lat Pulldown machines, Leg extension machines, etc...*), must be set with a minimum of two (2) meters distancing between each other and regularly cleaned properly with detergent after every usage by clients.
5. Gym Staffs and personnel must have appropriate protective gears for their daily duties (*protective gloves, face masks, face shields, cleaning towels which are disinfected after every cleaning session*);
6. Bathrooms are not allowed to be used by clients to prevent the spread of COVID-19;
7. Gym facilities must allow a minimum of 1-hour window for deep cleaning and aeration of the facility between every practice session.

Guidelines for Gym clients

1. Face mask must be worn correctly before and after practice;
2. Gym clients must respect physical distancing of 2 meters during practice;
3. Clients must comply with hygiene measures,
4. Gym clients must bring their equipment such as *stretching mats, bags, towels*. Personal belongings (bags) must be kept in safe designated spaces and placed as not to be in contact with other clients' belongings to avoid the risk of COVID-19 contamination.
5. Clients are requested to carry their own hand sanitizers and use it whenever necessary;
6. Individuals with symptoms of fever, coughing, headache, flu are not allowed in Gyms;

Guidelines for practice calendars

1. Gym facilities must have a clear timetable showing working days and respective opening and closing hours;
2. Gym facilities are instructed to apply electronic/online booking methods for their clients and have all payments done through a cashless process. Therefore, Gyms are requested to have these instructions clearly explained to their customers.
3. Practice sessions must not exceed 2 hours maximum per session.
4. The Management of the gym facility shall submit an official request for authorization to resume addressed to the Minister of Sports with a Copy to the CEO of RDB. An inspection shall be conducted per request received, which shall determine the response to be issued.

Done in Kigali on 09/05/2021

MUNYANGAJU Aurore Mimosa
Minister of Sports