Precautionary measures
—to mitigate the spread—
of the Coronavirus (COVID-19)
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## Guidelines for the COVID-19 Alert Level Traffic Light System

### The alert level
will change depending on the rolling average of positive cases in intensive care, as follows:

<table>
<thead>
<tr>
<th>Alert levels</th>
<th>Average percentage of cases in ICU</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Green</strong></td>
<td>If the rolling average of positive cases in intensive care units is <strong>50 or less for 14 days</strong>.</td>
</tr>
<tr>
<td><strong>Yellow</strong></td>
<td>If the rolling average of positive cases in intensive care units is <strong>51 - 100 cases for 7 days</strong>.</td>
</tr>
<tr>
<td><strong>Orange</strong></td>
<td>If the rolling average of positive cases within intensive care units is <strong>101- 200 for 4 days</strong>.</td>
</tr>
<tr>
<td><strong>Red</strong></td>
<td>If the rolling average for positive cases within intensive care units is <strong>201 or more for 3 days</strong>.</td>
</tr>
</tbody>
</table>

- **De-escalating from one level to the level below** requires the same level to be maintained for a period of no less than a week.
- **Escalating from a lower alert level to a higher one** can take place with immediate effect. Moving directly from the Green Alert Level to the Red Alert Level is possible without going through the yellow and orange levels.
- **Moving to an alert level** can be recommended based on various emergency developments and that some dates may be designated a higher alert level in the interest of public health and safety.
Green level
If the rolling average of positive cases in intensive care units is 50 or less for 14 days.

The following activities are for vaccinated and non-vaccinated individuals:

- Providing the option to attend education and training institutions
- Shopping malls
- Retail shops
- Restaurants and cafes
- Gyms, sport halls and swimming pools
- Entering standalone government centres
- Barbershops, salons and spas
- Playgrounds and entertainment centres
- Organising events and conferences
- Public attendance of sporting events
- Cinemas

Wear masks in indoor public areas

The medical team noted that some dates may be designated by the National Medical Taskforce at higher alert levels if deemed necessary for the health and safety of all.
Yellow level

If the rolling average of positive cases in intensive care units is 51 - 100 cases for 7 days.

**Work policy**
Applying up to 30% work-from-home policy across all government entities.

**The following activities are for vaccinated and non-vaccinated individuals**

- Providing the option to attend education and training institutions
- Holding of private events at home, with no more than 30 attendees
- Retail shops
- Entering standalone government centres

**Limited to:**

- Vaccinated green shield holders
- Those recovered from COVID-19
- Children under the age of 12 must be accompanied by a vaccinated or a recovered person

- Shopping malls
- Restaurants and cafes indoor services
- Indoor gyms, sport halls and swimming pools
- Cinemas with up to 50% of the facility’s capacity
- Barber shops, salons and spas
- Playgrounds and entertainment centres (50% capacity for indoor)
- Events and conferences (50% capacity for indoor)
- Audience attendance at sporting events (50% capacity for indoor)

**The essential sectors that will remain open are:**

Hypermarkets, supermarkets, grocery stores, and stores that sell meat products and fresh vegetables, bakeries, fuel and gas stations, private health clinics, with the exception of some health services for which a circular is to be issued by the National Health Regulatory Authority, banks and currency exchange services, administrative offices of institutions and companies, whose activities are not directly customer facing, import and export distributors, automobile repair and spare parts shops, businesses operating in the processing, construction and maintenance sectors, factories, telecom operators, pharmacies.

The medical team noted that some dates may be designated by the National Medical Taskforce at higher alert levels if deemed necessary for the health and safety of all
Orange level

If the rolling average of positive cases within intensive care units is 101-200 for 4 days.

**Work policy**

Applying 50% work-from-home policy across all government entities

Mandatory rapid testing

**Vaccinated and not-vaccinated individuals can**

Have the option to attend education and training institutions

Hold home gatherings with a limit of no more than 6 people

**Limited to:**

- Vaccinated green shield holders
- Those recovered from COVID-19
- Children under the age of 12 must be accompanied by a vaccinated or a recovered person

- Restaurants and cafes outdoor service for 50 people, and in indoor areas for 30 people per reservation
- Holding outdoor events and conferences for 50 people, and in indoor areas for 30 people
- Shopping malls
- Outdoor gyms, sport halls and swimming pools
- Retail shops outside of shopping malls
- Barber shops, salons and spas (services that do not require removing the mask)
- Outdoor playgrounds and entertainment centres
- Outdoor cinemas
- Entering standalone government centres

**The essential sectors that will remain open are:**

- Hypermarkets, supermarkets, grocery stores, and stores that sell meat products and fresh vegetables, bakeries, fuel and gas stations, private health clinics, with the exception of some health services for which a circular is to be issued by the National Health Regulatory Authority, banks and currency exchange services, administrative offices of institutions and companies, whose activities are not directly customer facing, import and export distributors, automobile repair and spare parts shops, businesses operating in the processing, construction and maintenance sectors, factories, telecom operators, pharmacies

The medical team noted that some dates may be designated by the National Medical Taskforce at higher alert levels if deemed necessary for the health and safety of all
Red level

If the rolling average for positive cases within intensive care units is 201 or more for 3 days.

**Work policy**
Applying 70% work-from-home policy across all government entities

Mandatory rapid testing

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**Closure of all below sectors**

- Suspending attendance at all educational and training institutions, activate distance learning, with the exception of attendance for international examinations
- Shopping malls
- Gyms, sport halls and swimming pools
- Barber shops, salons and spas
- Audience attendance at sporting events
- Restaurants and cafes
- Cinemas
- Events and conferences
- Retail shops outside of shopping malls
- Holding of private events at home
- Playgrounds and entertainment centres

**Limiting shop and restaurant services to external orders and delivery**

**Limited to:**

- Entering standalone government centers

- Vaccinated green shield holders
- Those recovered from COVID-19
- Children under the age of 12 must be accompanied by a vaccinated or a recovered person

**The essential sectors that will remain open are:**

- Hypermarkets, supermarkets, grocery stores, and stores that sell meat products and fresh vegetables, bakeries, fuel and gas stations, private health clinics, with the exception of some health services for which a circular is to be issued by the National Health Regulatory Authority, banks and currency exchange services, administrative offices of institutions and companies, whose activities are not directly customer facing, import and export distributors, automobile repair and spare parts shops, businesses operating in the processing, construction and maintenance sectors, factories, telecom operators, pharmacies

The medical team noted that some dates may be designated by the National Medical Taskforce at higher alert levels if deemed necessary for the health and safety of all
Precautionary measures to mitigate the spread of the Coronavirus (COVID-19)
Precautionary measures to be applied in

**Restaurants and Cafes**

to mitigate the spread of the Coronavirus (COVID-19)

If a staff member or customer exhibits any symptoms associated with COVID-19 upon arrival at the premises, they will be denied entry and asked to call 444.

Restaurants and cafes must encourage reservations in advance, they may however permit guests without reservations if there is available capacity.

At least 70% alcohol-based hand sanitisers must be provided at locations, including but not limited to the entrance, dining tables and restrooms.

Paper napkins should be made available.

Reusable tables cloths, place mats and napkins must be washed after each customer. Towels must be washed at a temperature of at least 80°C or above. It is advised to use single-use table cloths.

Individuals who are dining in restaurants or cafes must wear a face mask upon entering and exiting the premises; those not complying will be denied entry.

Increase the number of rubbish bins and frequency of emptying to accommodate greater use.

Staff

- **Staff** must regularly wash their hands thoroughly with soap and water for at least 20 seconds, and immediately if their hands become visibly soiled.

- **Staff** must wear a face mask at all times.
Precautionary measures to be applied in **Restaurants and Cafes** to mitigate the spread of the Coronavirus (COVID-19)

**Seating**
- **There** should be a minimum distance of 1 metre between tables.
- **The distance** between tables and public walkways in malls must be at least 1 metre.
- **Staff** must minimise close contact with customers insofar as possible.
- **Customers** are allowed to move around and receive service throughout the restaurant while in the Green Alert Level.

**Food Beverage handling and preparation**
- **Food servers** must maintain a distance of 1 metre between themselves and customers at all times.
- **Hands** must be washed with soap and water regularly for at least 20 seconds, particularly before commencing food preparation and after finishing.
Precautionary measures to be applied in **Restaurants and Cafes**
to mitigate the spread of the Coronavirus (COVID-19)

**Disinfecting**

- **Utilise** appropriate food service chemicals in food preparation areas.
- **Sanitise** high-contact areas after each use, or at least twice per day.
- **Clean** and disinfect tables and seating after each use.
- **Clean** and disinfect surfaces in contact with food after each use.
- **Use** electronic menus or sterilise menus after each use.
- **Do not use** disinfecting wipes to sanitise more than one surface; ensure the use of one wipe per item or area and discard after each use or when visibly soiled.
- **Thoroughly** clean restrooms at least twice a day and ensure sufficient sanitary supplies (ie soap, toilet paper, at least 70% alcohol-based sanitiser) are provided throughout the day.
- **Restaurants** and cafes must use dishwashers at the highest temperature setting available. If a restaurant does not have a dishwasher, they may only use disposable plates and cups.

**Restaurants** and cafes, in the accordance with the provisions of this decree, are subject to inspection by relevant government authorities to ensure compliance with health regulations.

**Customers** must be encouraged to use electronic and contactless payments.

**Any restaurant** or café not complying with the obligations and conditions set out in this decree will be closed.
Precautionary measures to be applied in

**Events, Occasions and Conferences**

to mitigate the spread of the Coronavirus (COVID-19)

Precautionary measures applied in restaurants and cafes must be adhered to, in addition to the following requirements:

- **Live performances and buffets** are allowed while in the Green Alert Level.

- **All attendees** must wear masks during entry and exit to and from the facility while in the Yellow and Orange Levels, those who do not comply with this condition must not be allowed to enter.

- **All employees** must wear masks at all times.

- **Hand sanitisers** should be distributed and placed in visible places.

- **Those** exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.
The elderly and those with chronic diseases should be encouraged to avoid attending celebrations and family gatherings.

Masks should be worn at all times except when sitting at the dining table, while in the Yellow and Orange Levels.

Surfaces should be disinfected regularly, with a focus on places with high contact possibility, such as door handles, dining tables, and seat cushions.
Whoever violates the provisions of this resolution shall be penalised as prescribed in Article (121) of the Public Health Law promulgated by Law No. (34) of 2018.

Precautionary measures to be applied in Home Gatherings

to mitigate the spread of the Coronavirus (COVID-19)

Ensure that toilets are disinfected periodically.

Hand sanitisers should be distributed and placed in visible location.

Family members should be alerted to not attend if symptoms arise.

If a positive case is discovered during or after the celebration or gathering, then the Public Health Department must be contacted to conduct the necessary contact tracing and examination process.

Whoever violates the provisions of this resolution shall be penalised as prescribed in Article (121) of the Public Health Law promulgated by Law No. (34) of 2018.
Precautionary measures to be applied in Salons, Barber Shops and Beauty parlours to mitigate the spread of the Coronavirus (COVID-19)

General Requirements:

- **Customers** are encouraged to pre-book their salon appointments.
- **Workstations** must be disinfected between each use with a disinfectant that contains at least 70% alcohol.
- **If a customer** exhibits any symptoms associated with COVID-19 upon arrival at the salon, the salon must cancel their appointment and ask them to leave the premises and call 444.
- **Chairs** must be 1 metre apart.
- **Employees must** wear face masks at all times and wear gloves when performing services that require them.
- **All customers** must wear masks at all times and not remove them except while eating or drinking.
- **Staff members** should wash their hands, using soap and warm water at least 20 seconds, before and after every customer, if they accidentally touch their face, and after degloving.
Precautionary measures to be applied in **Salons, Barber Shops and Beauty parlours** to mitigate the spread of the Coronavirus (COVID-19)

**Salons** should ensure their ventilation systems are operating correctly. Increase outside air ventilation by opening windows or doors and using ventilation fans.

**Salons** must encourage the use of electronic payments.

**Any salons** which cannot meet these regulations must remain closed.

**Salons** are not allowed to provide home services.
Precautionary measures to be applied in **Salons, Barber Shops and Beauty Parlours** to mitigate the spread of the Coronavirus (COVID-19)

### Specific requirements for each service

**Haircutting**

- **Use** disposable towels to dry off excess water from hair if needed.

**Shaving**

- **Only** disposable razor blades can be used. Blades must be discarded after each customer.
- **Clippers** must be sprayed with disinfectants containing at least 70% of alcohol before and after each use.

**Hair Dyes**

- **The hair dye** product must only be used on one customer.
- **Utilise** single-use towels or make sure to wash regular-used towels after each customer.

**Waxing**

- **To prevent** cross-contamination, waxing must be prepared on a single-use basis and salons must refrain from preparing large quantities.
- **Disposable equipment** (i.e., pads and spatulas) must be used.
- **Wax containers** should only be filled with sufficient wax for one customer.
Customers should wear face masks while receiving manicures and pedicures.

Pedicurists should clean customers’ feet before commencing a pedicure, using a sanitiser with at least 70% of alcohol content.

All equipment used, (i.e., clippers, bowls, scissors, etc) must be thoroughly disinfected after each use through autoclaving methods.

Appropriate ventilation must be in place within the facility, by opening windows and doors and using fans.
Precautionary measures to be applied in **Salons, Barber Shops and Beauty Parlours** to mitigate the spread of the Coronavirus (COVID-19)

- **The thread** spool must be sprayed with a disinfectant that contains at least 70% alcohol prior to providing the service.
- **To prevent** the transmission of infection, the thread must not be held in the mouth. Use alternative threading methods such as using the neck or hands.
- **Threads** used must be safely discarded after each use by placing them in containers or garbage bags.

**Hair threading**

- **Wash** and disinfect customers’ hands and feet before providing the service.

**Henna**

- **Make-up kits** must be disinfected with a disinfectant containing at least 70% alcohol between each use.
- **Use** disposable tools, such as palettes, cosmetics’ scooping spoons, brushes, and sponges, or thoroughly disinfect reusable tools after each use with a disinfectant that contains at least 70%. Any unused product must be immediately disposed of.
- **The application** of eyelashes is permitted. Reusable eyelashes must be disinfected before their application.
Precautionary measures to be applied in **Salons, Barber Shops and Beauty Parlours**

to mitigate the spread of the Coronavirus (COVID-19)

- **Utilise** single-use towels or make sure to wash regular-used towels after each customer.

- **Cream and lotion containers** must be disinfected after each use with a disinfectant that contains at least 70% alcohol.

- **After each use**, tools, such as tweezers and blackhead needles, must be cleaned and disinfected with a disinfectant that contains at least 70% alcohol, and then disinfected using a disinfecting machine as outlined in the Ministry of Health’s guidelines.

- **Use** disposable tools, such as palettes, scooping spoons, brushes, and sponges, or thoroughly disinfect reusable tools after each use with a disinfectant that contains at least 70%. Any unused product must immediately be disposed of.

- **The equipment** must be routinely and thoroughly disinfected after each use.

- **Returned hair extensions** must be disinfected or placed in an isolated area for 48 hours.
Precautionary measures to be applied at Massage Parlours and Spas to mitigate the spread of the Coronavirus (COVID-19)

Customers are encouraged to pre-book their appointments.

Those exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.

Appropriate ventilation must be in place within the facility, by opening windows and doors and using fans.

Sanitisers for customer use with a concentration of no less than 70% alcohol must be placed at the entrances and exits and in every room.

Toilets should be sterilised periodically (twice a day at least) and sanitisers should be provided.

All employees must commit to wearing masks at all times.

Utilise single-use towels or make sure to wash regular-used towels after each customer.
Precautionary measures to be applied at

**Massage Parlours and Spas**

to mitigate the spread of the Coronavirus (COVID-19)

**Requirements related to massage services**

- The service provider must wash their hands with warm soapy water or sanitise them with an approved sanitiser containing no less than 70% alcohol for a period of 20 seconds before and after performing the service for the customer or upon touching the face.

- The masseuse must wear a facemask while performing the service.

- All massage equipment, including beds, chairs, massage tools, and cosmetic containers must be cleaned and sanitised after each use with approved disinfectants.

- Massage bed accessories such as pillows and sheets must be single-use, replaced, or sanitised after each use.

**Final provisions**

- All massage parlors and spas shall be subject to inspections by the relevant government agencies to ensure compliance with health requirements.

- Customers must be encouraged to pay online and via contactless methods.

- Employees must be encouraged to get vaccinated.

- Any facility that does not comply with the requirements stipulated here, or any other related guidelines, shall be closed.

The customer and service provider may remove their masks during the service.

The doors of health baths, steam rooms, and saunas must remain open during the sanitation stage after each customer’s session to ensure fresh air for ventilation.
Precautionary measures to be applied in Cinemas to mitigate the spread of the Coronavirus (COVID-19)

- **Leave** at least one chair between groups.
- **Advance** ticket bookings and or reservations is encouraged whenever possible.
- **Clear** signs must be placed to ensure social distancing of at least 1 metre in waiting areas (entrances, ticket sales points, restrooms).
- **Those** exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.
- **All** cinema-goers and employees must wear masks at all times and not remove them except while eating or drinking.
- **Adequate** supplies of personal hygiene items such as soap, hand sanitisers with a minimum of 70% alcohol, tissue paper, and rubbish/garbage containers should be provided.

**All cinemas** shall be subject to inspections by the relevant government agencies to ensure compliance with health requirements.

**Employees** must be encouraged to get vaccinated.

**Customers** must be encouraged to pay online and via contactless methods.

**Any facility** that does not comply with the requirements stipulated here, or any other related guidelines, shall be closed.
Precautionary measures to be applied at Indoor and Outdoor Entertainment and Game Centres to mitigate the spread of the Coronavirus (COVID-19)

- **Advance booking** is encouraged to organise visits and reduce overcrowding and large gatherings at the location.

- **Clear signs** must be placed to ensure social distancing of at least 1 metre in waiting areas, entrances, ticket sales points, food and beverage venues, restrooms.

- **Those** exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.

- **Customers** over 6 years old must wear a mask at all times (except for activities that require physical effort).

- **All employees** must wear masks at all times.

- **Seating** should be rearranged to maintain social distancing of at least 1 metre.

- **Adequate supplies** of personal hygiene items such as soap, hand sanitisers with a minimum of 70% alcohol, tissue paper, and rubbish/garbage containers which open without touching should be provided.

- **Frequently** touched surfaces should be cleaned and disinfected with alcohol sanitisers. This includes: climbing and playing handles, chairs and tabletops, door handles, toilet surfaces, and handwashing areas.

- **Toilets** must be cleaned and disinfected periodically, preferably every two hours, while ensuring good ventilation and lowering the temperatures in them.
All recreational facilities and shops shall be subject to inspections by the relevant government agencies to ensure compliance with health requirements.

Customers must be encouraged to pay online and via contactless methods.

Employees must be encouraged to get vaccinated.

Rides or games that are difficult to sanitise should remain closed.

Any facility that does not comply with the requirements stipulated here, or any other related guidelines, shall be closed.
Precautionary measures to be applied in Swimming Pools to mitigate the spread of the Coronavirus (COVID-19)

Pool visitors and employees of the operating facility must maintain social distancing of 1 metre at all times.

Pool visitors must wear face masks outside the pool area, especially when dealing with others.

The facility’s management must ensure that its employees practice good personal and general hygiene.

Those exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.

The facility’s management must ensure that its employees wear face masks throughout working hours.

Seats must be rearranged to ensure that a safe distance is maintained and direct contact is reduced.

At least 70% alcohol-based sanitisers must be provided at entry points and at various areas around the pool.

All facilities and chairs must be cleaned and disinfected regularly (at least twice a day) according to health guidelines. Any equipment or tools used by visitors or staff must be disinfected after each use.

The facility’s management must clean and disinfect the toilets and showers, disinfect electronic devices upon leaving duty, and correctly dispose of the personal tools used by the pool visitors.

A sufficient number of trash receptacles must be provided and waste must be disposed of regularly.
Precautionary measures to be applied in **Swimming Pools**
to mitigate the spread of the Coronavirus (COVID-19)

### Swimming Pool Requirements

- **The facility’s** management must use approved chemicals to sterilise the pool water and provide special equipment to add these components and measure their percentages on a regular basis. All measurements taken must be recorded in a chart and kept in a health file for the competent department to review. The addition of their components must be supervised by a qualified person or a pool maintenance entity.

- **The facility’s** management must ensure that the total chlorine percentage remaining in the pool water is between 1-3% and the acidity percentage is between 6.8% - 7.8%.

- **The facility’s** management must ensure that pool visitors take social distancing (of 1m) into account when training.

- **The facility’s** management must comply with the pools’ safety requirements issued by the Minister.

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### Changing Room Requirements

- Single-use disinfectant wipes, sterilising sprays or at least 70% alcohol-based sanitisers must be provided.

- Razors, cotton swabs and hair dryers must be removed from all changing rooms.

- Lockers must be disinfected and wiped before and after each use with disinfectant wipes or disinfectants if possible (or at least twice a day).

- Pool visitors are encouraged to bring their own towels. If the facility provides towels, they must be washed with hot water (at least 80 °C) and must be placed in individual bags.
Precautionary measures to be applied in **Swimming Pools**

to mitigate the spread of the Coronavirus (COVID-19)

**Requirements that the facility’s management must direct pool visitors to abide by**

- The facility’s management must use awareness signs and posters regarding hand washing guidelines and good hygiene standards (available at the Ministry of Health in multiple languages).
- The facility’s management must use awareness signs and posters that direct pool visitors to wash their bodies and hair with a disinfectant soap and water before entering the pool.

Establishments are subject to inspection by the concerned government entities to ensure compliance with health requirements in accordance with the provisions of this decree.

The facility must close its pools if it is unable to implement the conditions and obligations stipulated in this decree.
Return of Sports Training

- Sport Training Federations and National Clubs
- Gyms, Sport Academies and Outdoor Fields
- Local Leagues
- Return Spectators
A Guide for
Sport Training
Federations and National Clubs

Activities Included

- All sports fields and halls.
- Outdoor training fields and courts.
- Licensed swimming pools
- Gyms.
- Sports academies and training schools.
- Renting sports fields.
- Steam rooms, saunas and jacuzzies.
- Spas and massage.
Sterilisation and Hygiene

- Disinfect the premises and its facilities on a regular basis (at least twice a day) and provide disinfectants at entry points and throughout the facility.
- Do not use the same antiseptic wipes for more than one surface.
- Disinfect toilets regularly.
- Wash hands regularly with soap and water for at least 20 seconds.
- Facilities must ensure an adequate supply of hygienic products such as soap, toilet paper and at least 70% alcohol-based hand sanitiser.
- Ensure sufficient ventilation in all areas.
- Visitors are encouraged to bring their own personal belongings (towels, mats, weight belts, prayer mats, etc.) and avoid sharing with others.
- Disinfect transportation buses daily, upon arrival and departure. The use of personal cars is preferred.
- Referee gear to be thoroughly disinfected after every use, and not shared.
A Guide for

Sport Training Federations and National Clubs

Sports Facilities

- Maintain at least 1 metre distance between all persons.
- Maintain a distance of at least 1 metre between treadmills, fitness equipment and stationary bicycle.
- Floor markings are to be used to ensure social distancing is maintained at entry and exit points.
- Advanced reservations for training is encouraged.
- Renting equipment that is to be worn during exercise is allowed. On the condition that it should be properly disinfected before and after each use.
- Shared sports equipment to be regularly disinfected.
- Electronic payments and online registration services are preferred.
A Guide for
Sport Training
Federations and National Clubs

Health Regulations

- Those exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.

- The facility must abide by the protocols set by the National Taskforce for Combating the Coronavirus (COVID-19) for testing and in the event of coming into contact with a positive case.

- Facilities must cooperate with the Ministry of Health in tracing contacts of active cases, in order to implement the necessary measures set by the National Taskforce for Combating the Coronavirus (COVID-19).

Communication and Outreach

- Posters in various languages must be placed in the facilities and transportation buses, clarifying:
  - How the Coronavirus spreads and how to prevent it from spreading.
  - The etiquette of sneezing and coughing; using a tissue and its proper disposal, sneezing in your bent arm, etc and health care.
  - The symptoms of the virus, the necessity of disclosing those symptoms, and adhering to the required procedures.
  - Raising awareness about the importance of washing hands, avoiding touching the eyes, nose and mouth, and encouraging personal hygiene and health care.
A Guide for
Sport Training
Federations and National Clubs

Social Distancing Guidelines

Floor markings should be placed to ensure social distancing is maintained in the following areas:

- Before entry points at temperature check point.
- At toilet entrances.
- In group classes.
- At the athlete substitution benches.
- In elevators.

Instructions for Social Distancing Within the Facility

- Reducing the general capacity of the sports facility.
- Limiting the number of people using the elevators.
- Following the health guidelines in the areas designated for prayer.
Implementation of Preventive Measures

- Assign a supervisor to be the point of contact with the General Sports Authority.
- The supervisor’s task is to ensure the implementation of the guidelines specified to the facility.
- The supervisor will maintain daily records, forms and test results.
- Staff must be trained to use the thermometer and Rapid Antigen Test correctly.
Spectators are allowed at indoor sports facilities, at 100% capacity, in the Green Alert Level.

One seat must be left between each group of spectators to ensure the required separation distance, with organizers placed to ensure that the masses adhere to the requirements.

All coaches and staff in the facility are required to wear masks while working.

Members of staff showing any symptoms associated with COVID-19 are not to be allowed to work in the facility.

A distance of at least 1 metre must be maintained between all persons.

Floor markings are to be used to ensure the required distancing is maintained at entry and exit points.

Renting equipment is allowed provided that it will be properly disinfected before and after each use.

Shared sports equipment to be regularly disinfected.

Maintain a distance of at least 1 metre between treadmills, fitness equipment and stationary bicycles.

Electronic payments and online registration services are preferred.
Activities Included

- All sports fields and halls.
- Outdoor training fields and courts.
- Licensed Swimming pools.
- Gyms.
- Sports Academies and Training Schools.
- Renting Sports Fields.
- Steam Rooms, Saunas and Jacuzzies.
- Spas and Massage.

General Instructions

- Advanced reservations are encouraged. The person making the reservation is responsible for saving the information of his group members.

- There must be at least a 10 minute gap between classes to allow staff to clean and disinfect the area.

- Facilities that sell products must adhere to the guidelines set by the Ministry of Health for commercial retail stores.

- All persons must wear masks, though masks may be removed during vigorous exercise.

- Coaches must wear mask, however they can be lowered or taken off during vigorous exercise.

- All trainees are encouraged to bring their own items.

- Showers and changing rooms must be disinfected at least twice a day.

- Facilities may provide towels if they are disinfected and individually packed or cleaned at a temperature not less than 80°C.

- The number of visitors must not exceed the number of exercise machines in the hall.
A Guide for Gyms, Sport Academies and Outdoor Fields

Personal Trainers

- Disinfect all equipment before the training session begins.
- Before and after training sessions, trainers and trainees must wash their hands with soap and water and disinfect them using at least 70% alcohol-based sanitiser.
- Personal trainers must reduce their direct contact with trainees. They are prohibited from any physical contact with trainees and are encouraged to use verbal cues to ensure proper performance.

Group training sessions

- Floor markings are to be used to ensure 1 metre in all directions is maintained.
- Used equipment must be disinfected before the session begins.
- Spinning classes: there must be a distance of not less than 1 metre between each bike. Further capacity reduction is encouraged.
Sport Academies and Training Schools

- Visitors are encouraged to bring their own personal belongings (towels, mats, weight belts, prayer mats, etc.) and avoid sharing with others.
- Facilities that sell products must adhere to the guidelines set by the Ministry of Health for commercial retail stores.
- There must be a gap between sessions to allow staff to clean and disinfect the area.
- Personal trainers must reduce their direct contact with trainees. They are prohibited from any physical contact with trainees and are encouraged to use verbal cues to ensure proper performance.
- Facilities must adhere to all instructions stipulated in this guidelines, depending on the nature of the activity.
Renting Sports Fields and Courts

- At least 10 minutes should be left between classes to allow the staff to clean and disinfect the area.
- Renting clothes and shoes is allowed as long as they are disinfected before and after each use.
- Facilities that sell products must adhere to the guidelines set by the Ministry of Health for commercial retail stores.
- Facilities must adhere to all instructions stipulated in this guidelines, depending on the nature of the activity.

Health Regulations

- Those exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.
- The facility must abide by the protocols set by The National Taskforce for Combating the Coronavirus (COVID-19) for testing and in the event of coming into contact with a positive case.
- Facilities must cooperate with the Ministry of Health in tracing contacts of active cases, in order to implement the procedures of the National Taskforce for Combating the Coronavirus (COVID-19).
Communication and Outreach

Posters in different languages must be placed in the facilities and transportation buses, clarifying:

- How the Coronavirus spreads and how to prevent it from spreading.
- The etiquette of sneezing and coughing; using a tissue and its proper disposal, sneezing in your bent arm, etc.
- The symptoms of the virus, the necessity of disclosing those symptoms, and adhering to the required procedures.
- Raising awareness about the importance of washing hands, avoiding touching the eyes, nose and mouth, and encouraging personal hygiene and health care.
A Guide for Gyms, Sport Academies and Outdoor Fields

Social Distancing Guidelines

Floor markings should be placed to ensure social distancing is maintained in the following areas:

- Before entry points at temperature check point.
- At toilet entrances.
- In group classes.
- At the athlete substitution benches.
- In elevators.

Instructions for Social Distancing Within the Facility

- Reducing the general capacity of the sports facility.
- Limiting the number of people using the elevators.
- Following the health guidelines in the areas designated for prayer.
- Maintaining social distancing while sitting on benches.
A Guide for Gyms, Sport Academies and Outdoor Fields

Implementation Of Preventive Measures

- Assign a supervisor to be the point of contact with the General Sports Authority.
- The supervisor’s task is to ensure the implementation of the guidelines specified to the facility.
- The supervisor will maintain daily records, forms and test results.
- Staff must be trained to use the thermometer correctly.
Disinfect the premises and its facilities on a regular basis (at least twice a day) and provide disinfectants at entry points and throughout the facility.

Do not use the same antiseptic wipe for more than one surface.

Disinfect showers, changing rooms, lockers and toilets regularly.

Wash hands regularly with soap and water for at least 20 seconds.

Facilities must ensure an adequate supply of hygienic products such as soap, toilet paper and at least 70% alcohol-based hand sanitiser.

Ensure sufficient ventilation in all areas.

Visitors are encouraged to bring their own personal belongings (towels, mats, weight belts, prayer mats, etc.) and avoid sharing with others.

Disinfect transportation buses daily, upon arrival and departure. The use of personal cars is preferred.

Referee gear to be thoroughly disinfected after every use, and preferably not shared.
A Guide for
Return of Spectators

Entrance Procedures
- Face masks must be worn at all times.

Health Regulations
- Those exhibiting COVID-19 related symptoms, should be prohibited from entering, asked to leave immediately and call 444.
- Any suspected case must be reported, and precautionary measures must be taken.
- The facility must abide by the protocols set by the National Taskforce for Combating the Coronavirus (COVID-19) for testing and in the event of coming into contact with a positive case.
- Facilities must cooperate with the Ministry of Health in tracing contacts of active cases, in order to implement the procedures of the National Taskforce for Combating the Coronavirus (COVID-19).
A Guide for
Return of Spectators

Sports Facilities

- One seat must be left between each group of spectators to maintain social distancing, with organisers placed to ensure that the masses adhere to the requirements.
- Floor markings are to be used to ensure social distancing is maintained at entry and exit points.
- Electronic payments and online registration services are preferred.

Sterilisation and Hygiene

- Disinfect the premises and its facilities on a regular basis (at least twice a day) before and after the match.
- Disinfect places with frequent contact, such as stairs and seats.
- Disinfect toilets regularly.
- Wash hands regularly with soap and water for at least 20 seconds.
- Facilities must ensure an adequate supply of hygienic products such as soap, toilet paper and at least 70% alcohol-based hand sanitiser.
- Ensure sufficient ventilation in all area.
Maintain at least a 1 metre distance during interviews, and it is preferable to hold interviews remotely.

Maintain a 1 metre distance on the substitute bench during matches.

Athletes should reduce contact with their teammates and avoid gatherings in the facility.

Pre-Match Warm Up

- Disinfect tracks and sign boards.
During Match

- Prevent crowding in common areas.
- Goal posts, balls and substitute benches must be regularly disinfected.
- Those responsible for collecting the balls must wear masks at all times and regularly disinfect their hands.
- Maintain at least 1 metre between players and staff in the substitute benches.
Precautionary measures to be applied at Retail Shops

1. While queuing, customers need to maintain a distance of at least 1 metre between each other. It is recommended that markings are placed on the floor to guide customers on queuing distance.

2. Customers are encouraged to shop online and a pickup service should be facilitated outdoors (if possible) in addition to provision of delivery services.

3. Consider setting up one or more “necessities only” sections to reduce the shopping time for customers.

4. Stores should limit the number of customers allowed in the store at any one time.

5. Stores should have at least 70% alcohol-based hand sanitiser at the entrances and exits of the store, as well as several locations within the store.

6. Store workers should wear face masks and plastic gloves, including cashiers and baggers.

7. Promote electronic payments and avoid cash payments where possible.

8. At a minimum, store workers should clean every shopping cart or basket after every use.
Floor plan for Retail Stores and Supermarkets

Instructions for printing the floor sticker:

- This floor sticker must be printed to be placed on the floor to mark a 1 metre distance between customers in queues.

- We strongly recommend the use of a heavy duty vinyl sticker for printing.

- The size of the sticker should be large enough for a person to stand on it (we recommend a radius of 30cm for the circle).
3

Precautionary measures to be followed when

**Purchasing Goods**

to mitigate the spread of the Coronavirus (COVID-19)

All retail outlets shall abide by the following preventive measures:

**Changing rooms protocols**

- Disinfect changing rooms before and after each use.
- Place clear social distancing floor marking.
- Ensure that people queuing in changing rooms maintain at least 1 metre apart.
- Designate a place for worn clothes.

**Requirements for those using changing rooms**

- Disinfect hands with a 70% alcohol-based hand sanitiser.
- Wear a face mask.

**Clothing requirements**

- Disinfect worn clothes, or refrain from using them again for 48 hours.
Returning and exchanging goods is permitted, subject to the following:

- Beauty cosmetics and medical masks may not be tried at the store, nor can they be exchanged or returned.
- Other goods may be tried and returned, provided they are sterilised by the store’s employees before they are displayed again for sale.

Exchanged or returned clothing items must be sterilised using one of the following methods:

- Steamer
- Washing clothes with soap and water
- Dry cleaning

Goods that are difficult to sterilise using one of the approved methods must be isolated in a separate room for 48 hours before they are displayed for sale again.

Eyeglasses, jewelry and other personal items that are placed directly on the human body must be sterilised with a sterilisation agent after being touched by the store’s visitors or employees.