

**ADDRESS** UNIT NO. 144 - 145, PANCHSHIL PLAZA,  
NEAR DHARAM PALACE,  
OPPOSITE GHANASINGH JEWELERS,  
HUGHES ROAD, MUMBAI 400007

**EMAIL** INFO@REPPSFITNESS.COM

**PHONE** +91 90040 37452



## REPPS FITNESS COVID 19 SAFETY

Repps Fitness has made the following changes to its scheduling and operating procedures to comply with Covid-19 guidelines issued by the local and national government, and to ensure that members have a safe, clean and enjoyable experience.

Where possible, we've made an effort to incorporate products into the protocol that do not harm the environment and are not irritating to the skin – we do not want to substitute one problem (Covid-19) with another (environmental damage)

### MODIFIED SCHEDULE FOR COVID 19 SAFETY

*We have modified the schedule to eliminate overlap between sessions, manage capacity, and incorporate a cleaning schedule*

- Morning (Monday – Saturday)
  - 6:30 – 8:00
  - 8:15 – 9:45
  - 10:00 – 11:30
  - 11:45 – 1:15 PM
- Evening
  - 4:15 – 5:45
  - 6:00 – 7:30
  - 7:45 – 9:15
- On Sundays (when the gym is closed to members)
  - ULV fogging with Virosil by [Hallmark Services](#)
  - Deep cleaning by Hallmark Services (every other Sunday)
- Each gym session will have a maximum of 7 clients + 3 trainers on Monday, Wednesday, Friday; and 6 clients + 2 trainers on Tuesday, Thursday, Saturday (State guidelines dictate a minimum area of 4 square meters per person. This would allow a maximum of 16 guests at our gym at any one time, but we are keeping our numbers at half this capacity).

### GENERAL CLEANING PROTOCOL FOR COVID 19 SAFETY

*Cleaning protocol is for both the gym space and bathroom*

- Daily cleaning
  - Cleaning the floors with Finishol 54 + a disinfectant which are effective eco-friendly floor cleaners
  - The staff doing the daily cleaning between sessions will wear a mask, shield, and reusable gloves. These will be disinfected after each use.
- On Sundays, the gym will be deep cleaned and treated with Virosil using ULV fogging machines.

**ADDRESS** UNIT NO. 144 - 145, PANCHSHIL PLAZA,  
NEAR DHARAM PALACE,  
OPPOSITE GHANASINGH JEWELERS,  
HUGHES ROAD, MUMBAI 400007

**EMAIL** INFO@REPPSFITNESS.COM

**PHONE** +91 90040 37452



## **PHYSICAL CHANGES FOR COVID 19 SAFETY**

- A HEPA air purifier with a nano-filter will be running at all times that the gym is operational
- Exhaust fan systems are installed in the main gym and bathroom to ensure ventilation. These will be running as long as the gym is operational
- Sliding windows are installed to allow ventilation as needed
- Hand sanitizer stations at the entrance, all over the gym and in the bathroom
- Spray bottles with soap and water, disinfectant solution and towels will be in designated areas that are easy to access for clients to spray down the equipment
- Equipment will be spaced at least 6 feet apart
- A UVC “vault” will be installed to disinfect small items such as wallets, phones and keys
- Gym temperature will be maintained between 24 – 30 degrees centigrade
- A ‘sanitation bucket’ installed outside the gym in which clients and staff will be required to soak the soles of their shoes before entering. Clients can then dry their shoes on the mat provided

## **COVID 19 SAFETY MEASURES FOR STAFF**

- All staff will have their temperature and oxygen levels checked and recorded upon entry. If they have temperature is >98.6F or oxygen levels of less than 95% they will be sent home
  - If a staff member develops symptoms and/or tests positive for Covid-19, they are required to inform the gym, so the team can take necessary action (we will keep this information private). They will be required to stay home for 14 to 21 days from date of diagnosis
  - If a family member of a staff member falls sick, they will be required to stay home for 14 days and get tested
- All staff has been fully vaccinated
- Staff will be required to soak the soles of their shoes in the sanitation bucket upon entry
- Staff are required to wash and sanitize hands upon entering and re-entering the gym and before the beginning of each session
- All staff are required to wear masks at all times
- Staff are required to sanitize hands before and after spotting a member
- All staff will remind members to disinfect equipment after use (see below)
- Cleaning staff will:
  - Wash and sanitise hands upon entry
  - Clean the floor in the gym and bathroom with floor cleaner and disinfectant between sessions
  - Wear a mask during cleaning and ensure the room is well ventilated
- After using the bathroom, staff will put the lid down before flushing

**ADDRESS** UNIT NO. 144 - 145, PANCHSHIL PLAZA,  
NEAR DHARAM PALACE,  
OPPOSITE GHANASINGH JEWELERS,  
HUGHES ROAD, MUMBAI 400007

**EMAIL** INFO@REPPSFITNESS.COM

**PHONE** +91 90040 37452



## COVID 19 SAFETY FOR MEMBERS

- All members will have their temperature and oxygen levels checked and recorded upon entering. If temperature is above 98.6F and/or oxygen levels are below 95%, they will not be permitted to enter the gym
- Members will need to soak the soles of their shoes in the sanitation bucket upon entry
- Members will be required to sanitize their hands upon entry/re-entry, and frequently during their time in the gym
- Members wear masks at all times. These can be cotton masks or surgical 3-ply masks. It is NOT recommended to use an N95 mask as this restricts breathing
  - If a member has forgotten a mask, they can buy a reusable cotton one from the gym for INR 100
  - It is recommended that members bring a spare mask, in case they get sweaty
  - No mask, no entry
  - If members have been fully vaccinated for at least two weeks, they have the option of not wearing a mask
- Members are required to wipe down equipment before (unless they are certain it has been cleaned) and after use, particularly the areas with which they were in contact. The disinfectant solutions will be available in labeled spray bottles
- Members are expected to bring their own water bottles. There will be a water cooler, but disposable cups will no longer be provided
- Members are expected to bring their own yoga mats, if needed
- It is recommended that members install the Aarogya Setu App
- When using the bathroom, members should put the lid down before flushing
- Persons above 65 years, with co-morbidities, and children under the age of 14 will not be permitted to use the gym.
- Members will only be granted entry for their particular time slot. If members are late, extra time will not be granted.
- If a member or their family member fall sick:
  - If a member develops symptoms and/or tests positive for Covid-19, they are required to inform the gym, so the team can take necessary action (we will keep this information private). The member will be required to avoid the gym for 14 days from date of diagnosis. Membership will be extended for the time remaining on the membership/the period of 14 days, whichever is less. The maximum membership extension that will be offered is 14 days.
  - If a family member of a member test positives (and with whom they have been in contact), they need to avoid the gym for 14 days and their membership can be rolled over for the time remaining on their membership/14 days, whichever is less OR they can opt for online training that will be deducted from the remaining membership

**ADDRESS** UNIT NO. 144 - 145, PANCHSHIL PLAZA,  
NEAR DHARAM PALACE,  
OPPOSITE GHANASINGH JEWELERS,  
HUGHES ROAD, MUMBAI 400007  
**EMAIL** INFO@REPPSFITNESS.COM  
**PHONE** +91 90040 37452



balance at the published online training rate. The maximum membership extension that will be offered is 14 days

## **PERSONAL AND GENERAL HYGEINE PROTOCOL – RESOURCES**

- For personal use
  - Hand sanitizer >70% ethyl alcohol (or iso-propyl alcohol)/medical grade to be available all over the gym (4 dispensers at various locations) and bathroom
  - Soap and water solution in spray bottles (4 – 5 units), all over gym
  - Virosil solution (5%-10%, 4 – 5 units) to disinfect equipment after each use. All over gym
  - Cloth towels, for wiping down equipment and then disposed of for laundering
  - Pulse Oximeter
  - Masks for purchase
- For the gym
  - Floor cleaner
  - Disinfectant, bucket and drying mat for shoe bath
  - UVC “Vault”
  - Air purifier with Nano HEPAA filters

## **WHAT IF SOMEONE GETS SICK?**

- If a gym member gets sick, Repps Fitness will
  - Close the gym for 24 – 72 hours for disinfection and deep cleaning
  - Get all staff who were in contact with the patient the COVID19 PCR test
  - We will inform ALL clients in that shift of this event, and we will recommend to those clients who were in contact with the sick person to get tested and/or monitor symptoms
- If a staff member gets sick, the protocol is:
  - Close the gym for 24 – 72 hours for disinfection and deep cleaning
  - Close the staff member’s shift for 7 days (memberships will be extended accordingly)
  - All staff will get the COVID19 PCR test
  - Recommend that all members in contact with that staff member get tested and monitor symptoms