

# Reopening Of Athletic Facilities

**A Guide for Gyms,  
Sport Academies and  
Outdoor Fields**

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



**Sterilization and Hygiene**



**Sports Facilities**



**Health and Fitness Clubs**



**Sports Games**



**Sport Academies and Training Schools**



**Renting Sports Fields and Courts**



**Health Regulations**



**Communication and Awareness**



**Social Distancing Guidelines**



**Monitoring the Implementation of Preventive Measures**



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Sterilization 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 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 sanitizer.

Increase the number of trash receptacles and frequency of trash pickup to accommodate increased use.

Ensure sufficient ventilation in all areas.

Visitors should bring their own personal gear to the gym, such as towels and mats .

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.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Sports Facilities

Check visitors' temperatures at entry points.

Designate a checkpoint to check visitors' temperature at entry points and before training. Any visitor with a temperature above 37.5°C should be denied entry and advised to immediately contact 444.

All coaches and staff in the facility are required to wear masks and gloves 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 2 meters must be maintained between all persons.

Devices and equipment must be stationed at least 2 meters apart.

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

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

If a person arrives before his reservation, he must wait outside the facility.

Any unused or stored equipment must be removed from the training area.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Sports Facilities

Shared facilities such as saunas, steam rooms and jacuzzies will be closed until further notice (excluding toilets and showers)

Waiting areas are to be closed.

Renting equipment that is to be worn during exercise shall be banned. If necessary, it should be properly disinfected before and after each use.

Shared sports equipment to be regularly disinfected (at least twice a day).

Maintain a distance of at least 2 meters between treadmills, fitness equipment and stationary bicycles.

Prepare emergency and evacuation plans in case a person within the facility tests positive or shows symptoms associated with COVID-19.

Electronic payments and online registration services are preferred.

Prevent overcrowding in pool areas by reducing the swimming pool's occupancy to a maximum of four square meters per person.

Goal posts and balls must be disinfected after each training session.

Shaking hands and hugging are prohibited.

Participants must exit the facility as soon as their training session ends.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## General Instructions

### Activities Included

All sports fields and halls  
Outdoor training fields and courts  
Swimming pools  
Health and fitness clubs  
Sport academies and training schools  
Renting sports courts



### Excluded Activities

Competitions and Championships  
Steam Rooms, Saunas and Jacuzzies  
Spas and Massage



\* These instructions include all sports activities:



#### Duration

Maximum 90 minutes



#### Maintain Distance

At least 2 meters



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## General Instructions

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

Walk-ins are allowed (if enough capacity is available)

There must be at least a 30 minutes 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.

Coaches must wear masks and gloves, however they can be lowered or taken off during vigorous training. They must be changed after each training session or if they become visibly soiled.

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

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 80oC.

The number of visitors must not exceed the number of exercise machines in the hall



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Personal Trainers

Disinfect used 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 sanitizer.

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

A maximum of 5 trainees per trainer are allowed per training session.

Used equipment must be disinfected before the session begins.

All floor and yoga mats must be removed from the training area.

Floor markings are to be used to ensure 2 meters in all directions is maintained.

Spinning classes: there must be a distance of not less than 2 meters between each bike. Further capacity reduction is encouraged.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)



# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Horse Riding

The bridle and saddle are to be disinfected before and after training.

Each person must bring their own equipment and refrain from sharing it with others.

Maintain physical distancing.



## Motorsport

Cars, Karts and Motorcycles are to be cleaned and disinfected before and after each use.

The contestant is the only person permitted to ride the car or motorcycle.

Each person must bring their own equipment and is not to share it with others.

Maintain physical distancing.



## Martial Arts

May only be practiced individually, due to the difficulty of maintaining physical distance with others



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Football

A maximum of 22 players and 5 coaches are to be distributed accordingly.

Balls and other equipment are to be disinfected after each training session. It is preferred to use a different set of balls for each group.

Balls must be collected by the designated staff.



## Basketball

A maximum of 6 players and 1 coach are to be distributed accordingly.

Balls and other equipment must be disinfected after each training session. It is preferred to use a different set of balls for each group.

Balls must be collected by the designated staff



## Handball

A maximum of 6 players and 1 coach to be distributed accordingly.

Balls and other equipment must be disinfected after each training session. It is preferred to use a different set of balls for each group.

Balls must be collected by the designated staff.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)



## Volleyball

A maximum of 8 players and 1 coach are to be distributed accordingly.

Balls and other equipment must be disinfected after each training session. It is preferred to use a different set of balls for each group.

Balls must be collected by the designated staff.



## Swimming

Training swimming lanes must consider physical distancing.

Group training is allowed, with only one person per lane.

Swimmers must bring their own equipment.

Swimmers must adhere to the regulations set by the Ministry of Health regarding facilities with swimming pools to contain and prevent the spread of COVID-19





## Cycling and Running

Exercise individually and at different times throughout the day.

Group training in outdoor spaces is allowed, with a maximum of 5 people per group, but not encouraged.



## Golf

Only three players are permitted at the tee time, with a gap of 10 minutes between each tee time.

Baggage locomotives are prohibited, and players must put their own bags on golf carts.

Only one person is permitted per golf cart.

If a player's golf bag is in the club's store, a member of the staff will collect it.

Flags, floor markings and cache marks may only be removed by assigned staff.

Players must bring their own golf balls.



# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Cricket

Group training is permitted, provided that the number of participants in a session does not exceed 8 persons.

Training nets are allowed with a maximum of 6 players per net.

Players must bring their own equipment.



## Rugby

Group training is allowed, with a maximum of 10 participants in each session, including trainers.

Players must bring their own equipment.



## Bowling

Bowling ball must be cleaned and disinfected before and after use.

Players must bring their personal tools and equipment and not share them with others.

Physical distancing must be maintained



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Billiards and Snooker

Only 2 players per game.

Hands must be sanitized before touching the balls.

Physical distancing must be maintained.



## Racket Sports

Any shared equipment such as bats, target cones, balls, nets, tables, surrounding glass, must be disinfected between every separate use.

It is preferred to use a different set of balls for each group.

Players must bring their own equipment and avoid sharing with others.

It is preferred to use a ball throwing machine in lessons to avoid touching the ball.

Disinfect tubes and baskets after each use.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Tennis

A maximum of 4 players and 1 coach



## Table Tennis

A maximum of 1 player and 1 coach



## Badminton

A maximum of 4 players and 1 coach



## Squash

To be played individually.

Continuously disinfect walls and equipment.

Increase ventilation.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Sport Academies and Training Schools

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

Visitors must bring their own equipment and not share it with others.

The provision and distribution of training clothes and shoes is prohibited.

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.

Outdoor training is permitted but must adhere to physical distancing as well as disinfecting all equipment before and after the training session.

Audiences or spectators are not allowed.

Those who are 15 years old or older may enter the facility.

Participants under the age of 15 may use the facility but must provide a written consent letter from their parents.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)



# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Renting Sports Fields and Courts

Renting indoor and outdoor sports courts are permitted by reservation only.

A list of reservations must be prepared. The person making the reservation is responsible for saving the information of group members.

Balls and equipment must be disinfected after each training session. It is preferred to use a different set of balls for each group.

At least 30 minutes should be left between classes to allow the staff to clean and disinfect the area.

Renting clothes and shoes is prohibited, in the event they must be rented, they may 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.

Audiences and spectators are prohibited.

Facilities must adhere to all instructions stipulated in this guidelines, depending on the nature of the activity



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)

# Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields



## Health Regulations

A thermometer must be used to check the temperature of employees, athletes, and visitors before entering any sports facility.

Any person with a temperature of 37.5 C or higher must leave the facility and call 444.

Any suspected case must be reported, and precautionary measures must be taken.

The health status of staff and athletes must be monitored.

If a person within the facility tests positive, the facility must apply the protocols set by The National Taskforce for Combating COVID-19.

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.



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)



## Reopening Of Athletic Facilities

A Guide for Gyms, Sport Academies and Outdoor Fields

### 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.
- 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.



### Social Distancing Guidelines

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

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



[www.moh.gov.bh](http://www.moh.gov.bh)



[moh\\_bahrain](https://twitter.com/moh_bahrain)



[mohbahrain](https://www.youtube.com/mohbahrain)



## 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.

Preventing children from entering the facilities.

Maintaining social distancing while sitting on benches



## Implementation of Preventive Measures

Assign a supervisor to be the point of contact with the Ministry of Youth and Sport Affairs.

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.

