



Repubulika y'u Rwanda
Minisiteri ya Siporo

AMABWIRIZA YO GUSUBUKURA IBIKORWA BYA SIPORO ZIBERA MU NYUBAKO

Hashingiwe ku myanzuro y'Inama y'Abaminisitiri yo kuwa 27 Ugushyingo 2020 yemeza ko imyitozo ngororamubiri ikorerwa mu nyubako z'imyidagaduro (gyms) no kogera muri pisine (swimming pool) bizasubukurwa hubahirizwa ingamba zo kwirinda COVID-19;

Minisiteri ya Siporo itangaje amabwiriza agomba kubahirizwa hasubukurwa ibikorwa bya siporo bikorerwa mu nyubako zizwi nka "GYM".

Amabwiriza areba abakorera siporo muri Gyms

1. Kwambara neza agapfukamunwa mbere na nyuma yo gukora imyitozo,
2. Guhana intera ya metero 2 mu gihe binjiye ahakorera siporo (*Physical Distancing*),
3. Kubahiriza amabwiriza yo kugira isuku no kwirinda gusangira ibikoresho,
4. Buri wese asabwe kwitwaza ibikoresho bye (*stretching mats, bags, towels*) no kubishyira ahabugenewe hahanye 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 imyitozo,
7. Abakora imyitozo yo mu matsinda muri gym ntibemerewe kurenza 50% by'abemerewe mu itsinda.

Ibisabwa ahakorera imyitozo

1. Amatangazo agaragaza uburyo isuku ikorwa agomba kumanikwa ahantu hagaragarira bose, kimwe n'amatangazo agaragaza uburyo bwo gukomeza kwirinda COVID-19.

2. Ibikoresho byose byo mu nzu zikororwamo imyitoto ngororamubiri bikoreshwa kandi bigasangirwa (*ibyonyerura, kugorora ingingo, kunanura imitsi*), bikwiye guterwa mu buryo bihana intera ya metero 2 kandi bigasukurwa by'umwihariko buri gihe bimaze gukoreshwa hifashishijwe imiti yabugenewe.
3. Abakozi bashinzwe isuku mu nzu zikororwamo imyitoto ngororamubiri bagomba kugenerwa 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 tujugunywa, udutambaro twa guhanagura ibikoresho duhita dusukurwa mbere yo kongera kudukoresha...*)
4. Ubwogero bukoreshwa n'abagana gyms ntabwo bwemewe mu rwego rwo kwirinda ikwirakwizwa rya COVID-19,
5. 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 gikororwemo imyitoto gihumeke hagati y'icyiciro n'ikindi.

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 01/12/2020

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