



**Republic of Rwanda  
Ministry of Sports**

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**GUIDELINES FOR RESUMPTION AND REOPENING OF GYMS**

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Reference made to Resolutions taken from Cabinet Meeting held on Friday, November 27<sup>th</sup>, 2020 from which gyms and swimming pools shall resume operations 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 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. Comply with hygiene measures and avoid sharing equipments;
4. Gym clients must bring their equipments 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;
7. Group exercise sessions must not exceed 50% of the facility's capacity.

**Guidelines for gym facilities**

1. Public Notices on hygiene measures and COVID-19 measures must be posted and visible for all clients to see;
2. Gym equipments that are shared (*weightlifting machines, Lat Pulldown machines, Leg extension machines, etc...*), must be set with a minimum of two (2) meters

distancing between each other and be given an extensive deep cleaning with appropriate detergent after every usage by a customer.

3. Gym Staffs and personnel must be given appropriate protective gears for their daily duties (*protective gloves, face masks, face shields, cleaning towels which are disinfected after every cleaning session*);
4. Gym showers are not allowed to operate until further notice to avoid the spread of COVID-19;
5. Gyms must allow a minimum of 1-hour window for deep cleaning and aeration of the facility between every practice session.

### **Guidelines for practice calendars**

1. Gyms must have a clear timetable showing working days and respective opening and closing hours;
2. Gyms 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. Gym practice sessions (*gym and aerobics*) must not exceed a maximum of 2 hours per session.
4. Gym Management 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 01/12/2020

**MUNYANGAJU Aurore Mimosa**  
**Minister of Sports**