

# **EARLY ENDEMIC PHASE GUIDELINES FOR RECREATIONAL ACTIVITIES AT INDOOR SPORTS FACILITIES**

This document provides the measures for recreational activities at indoor sports facilities such as gyms, fitness centres, indoor swimming pools and bowling centres during Brunei's early endemic phase within the National COVID-19 Recovery Framework.

## **COVID-19 Control Measures in Endemic Phase**

- **Use of the Bruhealth App:**
  - a. All premises must register for a BruHealth QR code.
  - b. The owner of premises is to ensure all individuals entering the premises scan their BruHealth app once entering (this includes all employees/staff/volunteers).
  - c. The owner of premises to ensure only individuals with green and yellow BruHealth codes are allowed to enter.
- **Complete vaccination:**
  - a. The owner of premises is to ensure all employees/staff/volunteers eligible to be vaccinated (no medical contraindications) are fully vaccinated.
- **Mask wearing:**
  - a. All individuals aged 2 years or older should wear a mask over their nose and mouth in indoor public places, on public transport, in crowded outdoor settings, and for activities with close contact with others who are not fully vaccinated.
  - b. Masks can be taken off when:
    - i. In hotel rooms or accommodation with members of the household.
    - ii. In an enclosed individual workspace.
    - iii. During strenuous activity during Sports and recreational activities.
    - iv. Own vehicle and involve household members.
    - v. Indoor or outdoor public areas and places without any other individuals.
    - vi. When eating and drinking in a public place without any other individual (other than in a restaurant or food premises).
- **Hand hygiene and cough and sneezing etiquette:**
  - a. If individuals have been in a public place, or after blowing their nose, coughing, or sneezing, they are advised to wash their hands frequently with soap and water, but if not readily available, use a hand sanitiser that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- **Physical distancing measures are in place:**
  - a. At least 1.5m apart between individuals when possible.
- **Ventilation of premises:**
  - a. The owner of indoor premises to ensure premises have adequate ventilation.
- **Self-health monitoring and ART testing:**
  - a. Individuals are advised to monitor health daily for symptoms.
  - b. It is recommended that vaccinated people do an ART as a matter of routine once every 2 weeks. And test before attending gatherings or visiting others in their home.

## Fully vaccinated individuals

An individual is considered to be fully vaccinated if he/she has received the appropriate regimen of WHO Emergency Use Listing (WHO EUL) vaccines or BDMCA-approved vaccines. Vaccination status in an individual's BruHealth, International Certificate of Vaccination or Prophylaxis book (Yellow Book), or other acceptable vaccination records may be shown to the management of a premise or organiser of the event as proof of vaccination.

## Proof of negative ART

This will be required for individuals who are unvaccinated or partially vaccinated to ENTER PUBLIC PREMISES. Proof must be in the form of an ART conducted under observation by the relevant authority or store owner or can be in the form of a certificate issued by an ART certification centre that is registered with the Ministry of Health. These certificates will be issued with a validity period that expires in 2 (two) days. Children under the age of 12, when together with a party of fully vaccinated adults will be granted the same exemptions that apply to fully vaccinated individuals during the endemic phase only.

## Measures for recreational activities in indoor sports facilities

Updated measures and requirements for recreational activities at indoor sports facilities such as gyms, fitness centres, indoor swimming pools and bowling centres are as follows:

### Gyms and Fitness Centres:

Owners/Employees	Customers
<ul style="list-style-type: none"><li>• Only employees that have completed two <b>(2) doses of vaccine</b> with <b>GREEN</b> and <b>YELLOW</b> BruHealth colour codes are allowed to work in <b>areas of the premises where there is public interaction.</b></li><li>• <b>Unvaccinated employees</b> with <b>GREEN</b> and <b>YELLOW</b> BruHealth colour codes <b>are only permitted to work</b> in areas of the premises where there is no public interaction, provided that <b>they undergo ART testing and receive a negative ART result. THIS DOES NOT APPLY TO FRONTLINERS.</b></li><li>• Owner is <b>encouraged</b> to carry out regular ART testing on all employees in line with the ART Guidelines issued by the Ministry of Health.</li></ul>	<ul style="list-style-type: none"><li>• Scan QR code using the BruHealth app. Only individuals with <b>GREEN</b> and <b>YELLOW</b> BruHealth colour codes will be allowed to enter the premises.</li><li>• Vaccinated individuals that have completed <b>two (2) doses of vaccine</b> are allowed entry by showing their vaccination status on the BruHealth app or Vaccination Booklet (Yellow Book).</li><li>• Unvaccinated individuals are required to undergo ART, for which the validity period of the test result is two (2) days.</li><li>• Children under 18 years old who have not received or completed their vaccinations are allowed to enter premises without the need for ART testing, provided that they</li></ul>

Owners/Employees	Customers
<ul style="list-style-type: none"> <li>• Any employee that is not feeling well is advised not to come to work.</li> <li>• Employees are required to wear face masks at all times.</li> <li>• Premises must register for a BruHealth QR code that is printed and placed at the entrance area.</li> <li>• Number of customers allowed to enter at any one time is limited to <b>75% of the normal premise capacity but not more than 300 people (whichever is lower)</b>.</li> <li>• Notice regarding the number of maximum and 75% capacity (excluding employees in the venue/premise) and declaration of the vaccination status of all employees as per <b>APPENDIX 1</b> must be displayed outside the premise.</li> <li>• Use of the facility is not limited.</li> <li>• Open to registered and unregistered members.</li> <li>• Single, double or pair sports and non-contact artistic sports are allowed. Team sports not exceeding 15 people are only allowed for training. Exchange or mixing of players is permitted.</li> <li>• Activities involving physical contact and sharing equipments must be kept at minimum. Contact Sports is only allowed for training sessions and does not involve sparring training.</li> <li>• Hosting of organised sports or any tournament is not allowed.</li> <li>• Use of locker rooms and showers are allowed.</li> </ul>	<p>are accompanied by a fully vaccinated adult.</p> <ul style="list-style-type: none"> <li>• Face mask is required at all times (except during performing of sports activity).</li> <li>• Individuals who are not feeling well are advised not to enter the premises.</li> <li>• Practice social distancing and personal hygiene at all times such as washing hands regularly or using hand sanitiser.</li> </ul>

Owners/Employees	Customers
<ul style="list-style-type: none"> <li>• Perform body temperature checks before entering the premise and provide hand sanitisers.</li> <li>• Ensure all equipment used are cleaned or sterilised before and after use.</li> <li>• Adhere to guidelines on cleaning and sanitation of premises.</li> </ul>	

**Indoor Swimming Pools:**

Owners/Employees	Customers
<ul style="list-style-type: none"> <li>• Only employees that have completed two <b>(2) doses of vaccine</b> with <b>GREEN</b> and <b>YELLOW</b> BruHealth colour codes are allowed to work in <b>areas of the premises where there is public interaction.</b></li> <li>• <b>Unvaccinated employees with GREEN and YELLOW BruHealth colour codes are only permitted to work</b> in areas of the premises where there are is no public interaction, provided that <b>they undergo ART testing and receive a negative ART result. THIS DOES NOT APPLY TO FRONTLINERS.</b></li> <li>• Owner is <b>encouraged</b> to carry out regular ART testing on all employees in line with the ART Guidelines issued by the Ministry of Health.</li> <li>• Any employee that is not feeling well is advised not to come to work.</li> <li>• Employees are required to wear face masks at all times.</li> <li>• Premises must register for a BruHealth QR code that is printed and placed at the entrance area.</li> <li>• Number of customers allowed to enter at any one time is limited to <b>75% of the</b></li> </ul>	<ul style="list-style-type: none"> <li>• Scan QR code using the BruHealth app. Only individuals with <b>GREEN</b> and <b>YELLOW</b> BruHealth colour codes will be allowed to enter the premises.</li> <li>• Vaccinated individuals that have completed <b>two (2) doses of vaccine</b> are allowed entry by showing their vaccination status on the BruHealth app or Vaccination Booklet (Yellow Book).</li> <li>• Unvaccinated individuals are required to undergo ART, for which the validity period of the test result is two (2) days.</li> <li>• Children under 18 years old who have not received or completed their vaccinations are allowed to enter premises without the need for ART testing, provided that they are accompanied by a fully vaccinated adult.</li> <li>• Face mask is required at all times (except during swimming).</li> <li>• Individuals who are not feeling well are advised not to enter the premises.</li> <li>• Practice social distancing and personal hygiene at all times such as washing hands regularly or using hand sanitiser.</li> </ul>

Owners/Employees	Customers
<p><b>normal premise capacity but not more than 300 people (whichever is lower).</b></p> <ul style="list-style-type: none"> <li>• Notice regarding the number of maximum and 75% capacity (excluding employees in the venue/premise) and declaration of the vaccination status of all employees as per <b>APPENDIX 1</b> must be displayed outside the premise.</li> <li>• Operating hours are as follows: <ul style="list-style-type: none"> <li>➤ 8.00 am to 12.00 noon (except for Fridays which is until 11.30am)</li> <li>➤ 2.00pm to 6.00pm (except for Fridays which begins at 2.30pm)</li> <li>➤ Closed during 12.00 noon to 2.00pm (for cleaning)</li> </ul> </li> <li>• Hosting of organised sports or any tournament is not allowed.</li> <li>• Use of locker rooms and showers are allowed.</li> <li>• Perform body temperature checks before entering the premise and provide hand sanitisers.</li> <li>• Ensure all equipment used are cleaned or sterilised before and after use.</li> <li>• Adhere to guidelines on cleaning and sanitation of premises.</li> </ul>	

**Bowling Centres:**

Owners/Employees	Customers
<ul style="list-style-type: none"> <li>• Only employees that have completed two <b>(2) doses of vaccine</b> with <b>GREEN</b> and <b>YELLOW</b> BruHealth colour codes are allowed to work in <b>areas of the premises where there is public interaction.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Scan QR code using the BruHealth app. Only individuals with <b>GREEN</b> and <b>YELLOW</b> BruHealth colour codes will be allowed to enter the premises.</li> <li>• Vaccinated individuals that have completed <b>two (2) doses of vaccine</b> are</li> </ul>

Owners/Employees	Customers
<ul style="list-style-type: none"> <li>• <b>Unvaccinated employees with GREEN and YELLOW BruHealth colour codes are only permitted to work</b> in areas of the premises where there is no public interaction, provided that <b>they undergo ART testing and receive a negative ART result. THIS DOES NOT APPLY TO FRONTLINERS.</b></li> <li>• Owner is <b>encouraged</b> to carry out regular ART testing on all employees in line with the ART Guidelines issued by the Ministry of Health.</li> <li>• Any employee that is not feeling well is advised not to come to work.</li> <li>• Employees are required to wear face masks at all times.</li> <li>• Premises must register for a BruHealth QR code that is printed and placed at the entrance area.</li> <li>• Number of customers allowed to enter at any one time is limited to <b>75% of the normal premise capacity but not more than 300 people (whichever is lower).</b></li> <li>• Notice regarding the number of maximum and 75% capacity (excluding employees in the venue/premise) and declaration of the vaccination status of all employees as per <b>APPENDIX 1</b> must be displayed outside the premise.</li> <li>• Use of the facility is not limited.</li> <li>• <b>Four (4) people per lane</b> with the use of house ball and house shoe are allowed.</li> <li>• Hosting of organised sports or any tournament is not allowed.</li> </ul>	<ul style="list-style-type: none"> <li>allowed entry by showing their vaccination status on the BruHealth app or Vaccination Booklet (Yellow Book).</li> <li>• Unvaccinated individuals are required to undergo ART, for which the validity period of the test result is two (2) days.</li> <li>• Children under 18 years old who have not received or completed their vaccinations are allowed to enter premises without the need for ART testing, provided that they are accompanied by a fully vaccinated adult.</li> <li>• Face mask is required at all times.</li> <li>• Individuals who are not feeling well are advised not to enter the premises.</li> <li>• Practice social distancing and personal hygiene at all times such as washing hands regularly or using hand sanitiser.</li> </ul>

<b>Owners/Employees</b>	<b>Customers</b>
<ul style="list-style-type: none"><li>• Perform body temperature checks before entering the premise and provide hand sanitisers.</li><li>• Ensure all equipment used are cleaned or sterilised before and after use.</li><li>• Adhere to guidelines on cleaning and sanitation of premises.</li></ul>	