

# EARLY ENDEMIC PHASE GUIDELINES FOR FITNESS AND RECREATIONAL FACILITIES/ACTIVITIES

This document provides the measures under which fitness and recreational facilities/activities are permitted to be carried out 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 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. Mask 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 1.5 m 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 fitness and recreational facilities and activities**

### **Capacity Measure**

- Indoor facilities and swimming pools are allowed to operate at 75% usual capacity at any one time or 300 people maximum (whichever is lower) but is also determined by the availability of space to allow COVID19 Control Measures (this includes organised classes or programmes). While for outdoor sports facilities such as football fields and basketball courts, it is important for individuals to maintain physical distancing measures.
- Every fitness and recreational facility is required to display the current maximum capacity of each facility at the facility entrance.

### **Fitness and recreational activities Protocols**

- All individuals are allowed to attend fitness and recreational facilities, but individuals who are not fully vaccinated must have Proof of negative ART.
- Outdoor recreational activities such as hiking, walking, and running are allowed for all without the need for proof of negative ART

- For Non-contact team/individual sports (indoor or outdoor) are allowed for all individuals, but individuals who are not fully vaccinated must have Proof of negative ART to participate.
- Currently, contact team/individual sports are only allowed for skills training and no practice matches or games are allowed. No physical contact and sparring are allowed, and ONLY fully vaccinated individuals are allowed to participate.
- No organised competitions are allowed.
- No audience or spectators allowed.
- Use of the Bruhealth app is **mandatory**.
- **Mask wearing:**
  - Masks should be worn as a default when indoors and outside in groups. Masks may be taken off when performing strenuous activity, and they must be put on immediately after the completion of high-intensity sport and physical activities.
- **Intermingling to be avoided in changing rooms/toilets:**
  - Individuals should not intermingle with others and linger within the facilities. Masks must be worn when one is changing in and out of one's sports attire/swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after.
- **Physical Distancing:**
  - While exercising or playing a sport, the following physical distancing requirements apply:
    - 1.5-meter physical distancing between individuals for general physical activities, unless the nature of activity requires the distance to be shortened;
    - 2-meter physical distancing between individuals for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened.
- **Sharing of common equipment should be minimised:**
  - The sharing of equipment should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.
- Consumption of food is prohibited at fitness and recreational premises (unless in Cafes and Restaurants).
- Beverages can be consumed at short breaks between activities. Individuals are recommended to bring their own beverages and sharing of beverages is prohibited.

## Sanitation and Hygiene

- Premises must appoint staff to carry out enhanced cleaning and housekeeping both daily and regularly. Disinfect with disinfectant regularly, frequently touched areas such as handrails, lift surfaces and buttons, doorknobs/handles, letterboxes, notice boards, digital displays, touch screen panels, and tables and chairs in the common areas.
- Provide hand sanitisers at high human traffic points.
- Ensure refuse bins are covered at all times and cleared daily. Tie refuse contained in plastic bags properly before disposal at the bin centre.
- Clean up immediately any refuse spillage.
- Wash and disinfect all refuse bins, bin chambers, and bin centres where necessary.

- Engage licensed waste contractors to remove refuse daily.
- Cleaning staff are expected to:
  - Soak cleaning cloths in household bleach at the proper concentration according to manufacturer's instructions and wash the cloth after use or before reuse.
  - Clean and disinfect all cleaning equipment immediately after use.
- Toilets / Shower Facilities
  - Disinfect with disinfectant regularly, frequently touched areas such as water taps, door/towel/cistern handles, seats and cover flaps, washbasins, doorknobs, buttons, and switches.
  - Provide an adequate supply of toilet paper, paper towels (if provided) or hand dryers, and liquid soap at all times. Where feasible, provide disinfectant, preferably dispensed through a no-touch mechanism for each toilet cubicle for users to clean toilet seats before and after use.
  - Ensure the toilet-flushing apparatus is functioning at all times.
  - Keep exhaust fans running for longer operating hours at full capacity.
  - Use floor blowers to dry the toilet floors only when the toilets are closed from public usage.
  - Ensure adequate ventilation in toilets or use an air purifier, if possible.
- Gym and sport equipment
  - Disinfect indoor exercise equipment and frequently touched areas with disinfectants after it is used.
  - Increase rate of ventilation to allow as much fresh air into the room.
  - Remind users to clean the equipment after use.
- Swimming pools
  - Ensure residual chlorine level in the water is maintained between 1 and 3 ppm at all times.
  - Remind pool users to shower before entering the pool.
  - lifeguards and pool attendants are to look out for any swimmer or visitor who is not feeling well.