



TRANSITION 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 transition phase within the National COVID-19 Recovery Framework. Our approach is based on ensuring compliance to core measures listed under COVID-19 Control Measures and differentiated restrictions for vaccinated and unvaccinated.

Transition Phase

May commence at 70% vaccination coverage.

Minimise serious illness, hospitalisations, and deaths.

Measures that may be implemented:

- Maximise vaccination coverage including boosters;
- Reporting to shift from daily case numbers to weekly averages and focus on serious illness and deaths.
- Phased re-opening of workplaces, businesses, and schools with possible ongoing low-level restrictions, adjusted to minimise severe cases.
- Contact tracing and quarantine measures to focus on the prevention of large clusters
- Differentiated restrictions for vaccinated and unvaccinated residents.
- Establish a Travel Green List with reduced restrictions on inbound and outbound travel for vaccinated individuals.

COVID-19 control measures for the Transition Phase

1. Use of the BruHealth App:

- All premises must register for a BruHealth QR code.



- The owner of premises is to ensure that all individuals entering the premises scan their BruHealth app once entering (this includes all employees/staff/volunteers).
- The owner of premises to ensure that only individuals with green and yellow BruHealth codes are allowed to enter.

2. Wearing of masks:

- 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.
- Masks can be taken off when:
 - In hotel rooms or accommodation with members of the household.
 - In an enclosed individual workspace.
 - During strenuous activity such as sports and recreational activities.
 - Inside your own vehicle and with members of the household.
 - Indoor or outdoor public areas and places without any other individuals.
 - When eating and drinking in a public place without any other individual (other than in a restaurant or food premises).

3. Complete vaccination:

- The owner of premises is to ensure all employees/staff/volunteers eligible to be vaccinated (no medical contraindications) are fully vaccinated.

4. Hand hygiene and coughing and sneezing etiquette:

- 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 sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

5. Physical distancing measures are in place:

- At least 1.5 metres apart between individuals when possible.

6. Ventilation of premises:

- The owner of indoor premises to ensure premises have adequate ventilation.



7. Self-health monitoring:

- Individuals are advised to monitor health daily for symptoms.

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.

Measures for fitness and recreational facilities and activities

1. Capacity measures:

- Allowed to operate at 50% usual capacity at any one time for swimming pools and indoor facilities but is also determined by the availability of space to allow COVID19 Control Measures (this includes organised classes or programmes).
- Every fitness and recreational facilities are required to display their current maximum capacity of each facility at facility entrance.

2. Fitness and recreational activity protocols:

- **ONLY fully vaccinated individuals are allowed** to enter these facilities and participate in group physical activities.
- **Non-contact team/individual sports (indoor or outdoor) are allowed for fully vaccinated individuals only.**
- **Contact team/individual sports are allowed for training only. No physical contact and sparring are allowed.**
- Use of the BruHealth app is mandatory.
- Wearing of masks:
 - 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-metre physical distancing between individuals for general physical activities, unless the nature of activity requires the distance to be shortened;
 - 2-metre 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/sanitized 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.
- Use of communal drinking water fountains is prohibited.

3. Sanitization 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, door knobs/handles, letterboxes, notice boards, digital displays, touch screen panels, and tables and chairs in the common areas.

- Provide hand sanitizers 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 sports 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 that 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.