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Recommendation for training, sports and recreational activities in indoor sports facilities

These recommendations relate to the implementation of measures during sports and recreational activities in indoor sports facilities during the coronavirus (COVID-19) epidemic in order to protect users and facility employees, as well as other associates. It applies to fitness, recreational and sports centers, including gyms and all types of sports arenas.

Training, sports and recreational activities are allowed for all athletes, as well as other users of sports and recreational content, in indoor sports facilities pursuant to these recommendations and all other valid epidemiological recommendations of the CIPH, as long as the special measures are in force.

1. Spatial-organizational facility requirements

Organization of training, sports and recreational activities. Training, sports and recreational activities may take place in indoor sports facilities which can meet the special technical and security conditions for the implementation of activity: at least 7 m² net floor area has to be provided per person, i.e. 10 m² of gross floor area. The number of people takes into account coaches, instructors and managers, i.e. all of the people that are located in the area designated for training or sports activity.

Hand disinfectant. Disinfectant dispensers must be placed at the entrance areas to all sports facility units, payment counters, in the employee work area, and for each 200 m² in the area where the sports and recreational activities are conducted. The disinfectant should be alcohol-based with a concentration of at least 70% or other agent with declared virucidal properties, pursuant to the manufacturer's instructions, and which can be safely used on the skin.

Equipment disinfectant. At least three portable disinfectants for the equipment should be placed for each 50 m².

Waste disposal. It is recommended that waste bins with suitable lids are placed in all areas within the premises.

Physical distancing at the front desk. It is necessary to ensure appropriate distance between reception staff and users, as well as between employees, or install barriers if possible (made from Plexiglass, or similar material which ensures the required distance). The maximum number of persons at the reception area is regulated and restricted pursuant to physical distancing measures of 1.5 meters.

Record keeping. A system for keeping records on all present persons will be established for each training session, organized sports and recreational activity, in order to facilitate subsequent epidemiological tracking of contacts in the event of a SARS-CoV-2 outbreak. In addition to the place and date when the training session or activity took place, the name, surname, telephone number, as

well as the arrival and departure time of the coach, instructor, manager, athletes, users, assistants and all other people needed to carry out the activity is entered into the records. The records will also be kept for individual training sessions with a coach, for all sports.

Schedule. Trainings, i.e. sports and recreational activities can only be held pursuant to the schedule and attended by precisely those athletes, i.e. users and coaches, instructors or managers, and with the accompanying technical staff who are listed in schedule. It is recommended that the users' training sessions, which are held in the training areas of the centers, gyms and halls, are limited to a maximum of an hour and a half.

Plan and priorities. If multiple users are using the sports facility for training, sports and recreational activities, the user will determine the priorities together with the legal entity which manages the sports facility.

Outdoor activities. It is recommended that training, sports and recreational activities, which are related to sports and activities that usually take place in indoor sports facilities, to be conducted outdoors as much as possible. In the event of outdoor activities, the maximum number of people allowed is 40, and they must maintain a distance between them of at least 1.5 m. Whenever possible, it is recommended that more intense activities take place outdoors.

2. Sanitation of premises.

Sanitation and security requirements. While the special measures are in force, all of the sanitation and security requirements have to be ensured in the sports facility, which is also the responsibility of the legal entities which are managing the sports facility. Cleaning and disinfection recommendations relate to all areas of the facility (entrance, reception, training area, sanitary facilities, locker rooms and showers).

Ventilation. It is necessary to regularly ventilate all areas, especially between activities, i.e. constant ventilation should be ensured whenever possible.

Air conditioning, heating and ventilation units. The general recommendation is to ventilate confined spaces by opening windows, and refrain from using ventilation systems. When using ventilation systems, special attention should be given to the condition of the filters and the constant indoor air exchange rate should be maintained. The proper functioning of ventilation and air exchange equipment has to be checked. Ventilation with an increased percentage of external air which circulates into the system is recommended, and to refrain from using recirculation mode in order to encourage the exchange of air, which reduces the concentration of potentially infectious particles.

Frequent cleaning and disinfection. During the day, it is necessary to disinfect indoor sports facilities where trainings are held as often as possible (which encompasses all parts of the sports facility - training area, sanitary facilities...), and especially after each training session. It is necessary to disinfect premises of the centers where sports and recreational activities take place, such as gyms and fitness centers, as often as possible during the day, as well as after each group activity which was held in the available exercise area.

Disinfection during the break. It is necessary to thoroughly disinfect and ventilate the fitness and other sports and recreational centers, gyms and halls as often as possible during the obligatory one-hour break in the middle of the workday, at the end of the workday, as well as between group

trainings, pursuant to CIPH's instructions. Special attention should be given to the dressing rooms, shower areas and sanitary facilities.

Instructions for adhering to general and hygienic measures. Instructions for cleaning and disinfecting are available at the following links:

- [Cleaning and disinfecting premises with no COVID-19 patients](https://www.hzjz.hr/wp-content/uploads/2020/03/Ciscenje-i-dezinfekcija-prostorije-bez-oboljelih-od-COVID-19-2.4.2020..pdf)
(<https://www.hzjz.hr/wp-content/uploads/2020/03/Ciscenje-i-dezinfekcija-prostorije-bez-oboljelih-od-COVID-19-2.4.2020..pdf>)
- [Cleaning and disinfecting premises in which a person suspected of COVID-19 resided](https://www.hzjz.hr/wp-content/uploads/2020/03/Ciscenje-i-dezinfekcija-prostora-u-kojima-je-boravila-osoba-pod-sumnjom-COVID-19-2.4.2020..pdf)
(<https://www.hzjz.hr/wp-content/uploads/2020/03/Ciscenje-i-dezinfekcija-prostora-u-kojima-je-boravila-osoba-pod-sumnjom-COVID-19-2.4.2020..pdf>)

3. Recommendations for users, athletes and facility employees

Informing the staff and users. Before starting work or opening it is necessary to educate the employees concerning all of the measures which are being implemented. Information on hygienic procedures or information regarding guidelines on proper behavior and protective measures has to be placed before or immediately after entry so that is clearly visible.

Daily measurement of body temperature. Coaches, instructors, managers, athletes and users have to measure their body temperature prior to coming to the facility. If the body temperature is higher than 37.2 °C during the morning hours, if the person feels sick or has any signs of the diseases (refers to all symptoms and signs of the disease, not just respiratory diseases), he should contact his superior and not come to work until he contacts the competent family physician, who will decide on further action.

Physical distancing. During indoor training, sports or recreational activities, the recommendation is to keep a necessary physical distance of 2 meters. Regarding training, sports and recreational activities in contact and other sports where it is impossible to maintain a physical distance between the coaches, instructors, managers and athletes or users, it is recommended that the same people carry out the training or activity. A distance of 4 meters (for example by activating every third running track in a row or by rearranging the bicycles, steppers and similar) is recommended for parts of the training area where intensive aerobic training is carried out (e.g. cardio machines), or for the training intensity to be held at an intermediate level.

Face mask. It is recommended for the employees to use face masks while they are indoors, except when this interferes with their activity.

- [Instructions for the proper use of face masks](https://www.hzjz.hr/wp-content/uploads/2020/03/Maske-za-lice-1.pdf)
(<https://www.hzjz.hr/wp-content/uploads/2020/03/Maske-za-lice-1.pdf>)

Shoe covers. The use of nylon or medical shoe covers is recommended in facilities which lead from the dressing room to the training area. Aside from the shoe covers, it is also possible to install a specialized shoe disinfectant mat.

Health care workers. In the event that there is a need for a health care worker to be present during an activity, during close contact he is obligated to use appropriate protective equipment, i.e. a face mask in combination with a visor.

Equipment disinfection and hygiene. After using the equipment, exercise machines, and all other equipment which is required for training, sports and recreational activities, the user, or the responsible person, is obliged to disinfect them immediately after finishing their exercise or training. In order to facilitate the maintenance of physical distancing and hygiene, one person should be prevented from using multiple exercise machine and training areas at the same time. When working out, each user has to have his own towel with which he covers every surface on which he sits, lies or works out (exercise mats, equipment, benches, as well as all types of floor mats and floors). The use of larger towels is recommended.

Consuming liquids. Each athlete or user is advised to have their own labeled bottle, as well as other supplies which have to be kept in a bag labeled with their name. Beverage bottles and other waste produced during the training session is disposed into a designated waste bin with a double bag and suitable bin.

Loitering in the premises. After the training, sports and recreational activity is over, the users and athletes should not loiter in the premises for longer than is necessary. Time spent in the locker rooms and shower areas has to be reduced to a minimum.

Working in two shifts. If possible, work should be organized in two shifts, in such a way that there is at least an hour separating the first and second shift, that hour should be used for cleaning and disinfecting the premises.

Accepting associates. The arrival of other people (e.g. handymen, couriers, deliverymen) should be organized so that those persons announce their arrival via the telephone. Then that person should be checked for COVID-19 symptoms (cough, sore throat, elevated body temperature, shortness of breath/trouble breathing, loss of smell and taste), and whether he came into contact with any sufferers.

4. Other service units.

Areas for the consumption of food and beverage. The consumption of food and beverage in the appropriate areas of the facility is conducted in accordance with the [CIPH's recommendations for the operation of hospitality facilities.](https://www.hzjz.hr/služba-epidemiologija-zarazne-bolesti/koronavirus-najnovije-preporuke/) (<https://www.hzjz.hr/služba-epidemiologija-zarazne-bolesti/koronavirus-najnovije-preporuke/>)

Cosmetic services. Detailed instructions are available [here.](https://www.hzjz.hr/wp-content/uploads/2020/03/Kozmeticki-finalno.pdf) (<https://www.hzjz.hr/wp-content/uploads/2020/03/Kozmeticki-finalno.pdf>)

Masseuse services. Detailed instructions are available [here.](https://www.hzjz.hr/wp-content/uploads/2020/03/Fizioterapeuti-i-maseri.pdf) (<https://www.hzjz.hr/wp-content/uploads/2020/03/Fizioterapeuti-i-maseri.pdf>)

Wellness and saunas. The number of persons, especially in indoor facilities (e.g. wellness) has to be restricted in accordance with the available space. It is recommended that steam saunas should not be used. Unlike the steam saunas, dry saunas, for example the Finnish sauna, can still be used.