



Sanitation and Hygiene Advisory for GYM/Fitness/Leisure Centers

Release Date: 24 March 2020-01

Greetings from the Fijian Competition and Consumer Commission (FCCC).

FCCC is an independent Fijian statutory authority whose role is to enforce the Fijian Competition and Consumer Commission Act 2010, promoting competition, fair trading, regulating prices in markets where competition is lessened or limited and regulating monopolistic market situations including national infrastructure for the benefit of all Fijians.

The Ministry of Health has confirmed several cases of the 2019 Novel Coronavirus COVID-19 infection worldwide, as well as a few cases in Fiji. In view of this situation, FCCC strongly urges all stakeholders to take precautionary measures to maintain high standards of sanitation and personal hygiene.

Symptoms of COVID-19

- The most common symptoms of COVID-19 are a new, continuous cough or a high temperature.
- For most people, COVID-19 will be a mild infection.

How COVID-19 is Spread

There are 2 main routes by which people can spread COVID-19 includes:

- Infection can be spread to people who are nearby (within 2 meters) via coughed or sneezed out droplets that land on eyes, nose and ears or possibly inhaled into the lungs.
- It is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a door knob or shaking hands then touching their own face).

FCCC advises all stakeholders to follow good Sanitation and Hygiene Practices (SHP) below and instil confidence without panic hence we recommend the following:

(A) Personal Hygiene: Individuals should do the following:

- Monitor their temperatures regularly.
- Report to, see a doctor and stay away from fellow colleagues if they are unwell.
- Cover their mouths with tissue paper when coughing or sneezing and dispose of the soiled tissue paper into the rubbish bin immediately. Wash hands thoroughly with soap and water.
- Practice good toilet habits (e.g. flush toilets after use).

- Practice good personal hygiene (e.g. wash hands with soap and water before and after meals, after clean-up is carried out, after handling refuse or other dirty items, and after visiting the toilet).
- Refrain from touching their exposed body parts such as eyes, nose, face and arms with soiled gloves or unwashed hands.
- Do not share bowls or plates
- Participants are also advised to practice social responsibility - monitor their own health condition and avoid attending gatherings and events if unwell.

Where there are gatherings these measures are mandatory to follow!

(B) For Members Safety & Wellbeing

- Increase the level of cleaning and hygiene in gyms, including:
- Increasing the frequency of cleaning and sanitization in our gyms, especially high touch areas.
- Ensuring soap dispensers and hand sanitizers are available at all times and replenished.
- Providing wipes/cleaning products to allow members to self-clean equipment before and after use
- Educating and reminding members and staff of the importance of good hygiene in the gym
- If we are notified of any issues in your club, or if another member contracts the virus, we will notify you immediately and undertake a full deep clean of the facility.

(c) Users Duty

Let's work together to keep ourselves safe and healthy by:

- Frequent hand washing and hand sanitizing during your visits
- Making full use of the soap, sanitizers and cleaning items available
- When coughing or sneezing, cover your mouth with flexed elbow or tissue. Dispose of the tissue after use
- Minimize direct contact with people within the club
- Familiarize yourself with the most current information from relevant Government Health Departments if posted in venues
- If you feel unwell, we ask that you do not attend the club
- In addition, if you have travelled to the affected countries within the last 14 days, we recommend you self-quarantine and seek medical assessment.
- We are monitoring the situation closely across all of our clubs and should the situation change we will provide further information in line with the local requirements.

(D) Membership-Cancellation or Freeze

- Check with your Gym staff about this

(E) Proper Ventilation in Gyms

- Inspect, clean and maintain all ventilating systems if necessary and regularly, in particular for small and confined areas.
- Clean and disinfect cooling towers regularly, if applicable.
- Maintain a a swift flow of fresh air.
- Reduce the crowding of participants and improve ventilation.
- Avoid shaking hands).;
- Put in place temperature and health screening measures, as well as turn away persons who are unwell.

(F) Toilets

- Disinfect toilets with disinfectant regularly and pay attention to frequently touched areas such as water taps, door/ towel/ cistern handles, seats and cover flaps, washbasins, doorknobs, buttons and switches.

- Provide adequate supply of toilet paper, paper towels (if provided) or hand dryers and liquid soap at all times.
- Ensure toilet-flushing apparatus is functioning at all times.
- Ensure all sanitary pipes and fittings are in good working condition.

We seek your cooperation in implementing the above practices.

FIJIAN COMPETITION & CONSUMER COMMISSION