



Sanitation and Hygiene Advisory for SPORTING FACILITIES

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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.

- 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 doorknob or shaking hands then touching their own face)

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

(A) Personal Hygiene:

- Staff, managing agent and cleaning contractors servicing the premises should be reminded to:
- Monitor their temperature regularly.
- Report to their supervisor, see a doctor and stay away from fellow colleagues if they are unwell.
- Wear a mask if they have a cough or runny nose.
- Cover their mouth with a tissue paper when coughing or sneezing, and dispose of the soiled tissue paper in the rubbish bin immediately. Wash hands thoroughly with soap and water. Practise good toilet habits (e.g. flush toilets after use).
- Practise 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).
- Use gloves when carrying out cleaning work and when handling waste.
- Refrain from touching their exposed body parts such as face and arms with soiled gloves.
- 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 any refuse spillage immediately.
- Wash and disinfect all refuse bins, bin chambers and bin centres where necessary.
- Engage licensed waste contractors to remove refuse daily. Managing agents and cleaning contractors are encouraged to:
- Soak cleaning cloths in household bleach at the proper concentration and wash the cloth before reuse.
- Clean and disinfect all cleaning equipment immediately after use.

(B) Housekeeping

- Assign a team of workers to carry out cleaning and housekeeping daily.
- Disinfect frequently touched areas such as handrails, lift buttons, doorknobs, letterboxes, notice boards, digital displays, touch screen panels and tables and chairs in the common areas with disinfectant regularly
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- Soak cleaning cloths in household bleach at the proper concentration and wash the cloth before reuse.
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(C) Toilets and Shower Facilities

- Disinfect frequently touched areas such as water taps, door/towel/cistern handles, seats and cover flaps, washbasins, doorknobs, buttons and switches with disinfectant regularly.
- 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 that all sanitary pipes and fittings are in good working condition.

(D) Pest Control

- Check the site daily and remove all potential vector breeding sites.
- Look out for signs of pest infestation such as rat droppings or burrows and cockroach droppings.

- Engage a registered vector control operator to implement a pest control programme for the site.

(E) Ventilation System

- Inspect, clean and maintain all ventilating and air-conditioning systems regularly, in particular, for small and confined areas such as lifts and toilets.
- Disinfect exercise equipment and frequently touched areas with disinfectants daily.
- Increase rate of ventilation to allow as much fresh air into the room.

(F) Indoor / Sports Facilities

- Disinfect indoor exercise equipment and frequently touched areas with disinfectants after it is used.
- Ensure the premises is free of litter and pests.
- Increase rate of ventilation to allow as much fresh air into the room.
- Remind users to clean the equipment after use.

(G) Swimming / Spa pools

- Ensure residual chlorine level in the water is maintained between 1 and 3 ppm at all times.

- Ensure entire pool areas, spas, steaming rooms and cooling berths are free of litter and pests. Remind pool users to shower before entering the pool. Inform lifeguards and pool attendants to look out for any swimmer or visitor who is not feeling well

We seek your cooperation in implementing the above practices.

FIJIAN COMPETITION & CONSUMER COMMISSION