

PROCEDURES FOR RETURNING SPORTS ACTIVITY IN DUBAI

RESTRICTIONS & PROTOCOLS

PROCEDURES FOR RETURNING SPORTS ACTIVITY IN DUBAI

RESUMING SPORTS
ACTIVITIES IN DUBAI

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All previously announced protocols to be maintained, plus the following amendments:

Elderly above 60 years old and children below 12 years old

- Lifting all restrictions on elderly above 60 and children below 12 in all settings and activities, while taking the necessary precautionary measures.

Actions	Short Description
Hygiene and Social Distancing	<ul style="list-style-type: none">• Maintain social distancing (2m), hygiene and sanitization at all times.• Wear masks at all time, except for the conditions exempted in previous announcements
Priority Services	<ul style="list-style-type: none">• Dedicate certain/priority queues and counters for senior citizens and residents in all applicable reopened activities.• Seniors are encouraged to work in a single office or a desk with 2m distancing measures.
Guidelines and Regulations	<ul style="list-style-type: none">• Seniors with underlying medical conditions and chronic diseases such as diabetes, hypertension, heart diseases, pulmonary and other illnesses that compromise their immunity are encouraged to stay at home.• Seniors who require assistance from caregivers are advised to stay homes.• Seniors are encouraged not to spend more than 3 hours outside the house (unless going for office work)• Seniors should avoid crowded places.• Parents are responsible to take care of their children when being outside the house and ensure social distancing is maintained and masks are worn for children above 6 years old.• Children to be under the supervision of their parents/guardians/carers/adults at all times when they are outside the house.

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Staff & Trainers	<p>Employers to ensure that:</p> <ol style="list-style-type: none">1. All health & safety guidelines/standards are followed in staff accommodation & transport facilities in line with DM Health & Safety Guidelines ["DMHS"]2. All protocols prescribed by DMHS must be adhered to - prior to staff and trainers entering the premises "for Public Interaction"3. Mandatory temperature checks for all onsite staff and trainers4. compulsory wearing of masks for all staff and trainers at all times on premises, we recommend to use if needed protective goggles, or face shield while dealing with visitors.5. All staff and trainers to practice social distancing of 2m as per the guidelines approved by DMHS.6. Staff/Trainers or anyone having chronic diseases should not enter the facilities.7. Social gathering among trainers and staff should not be allowed.
Regulation	<ol style="list-style-type: none">1. Remove and store extra loose equipment from the training floor to minimize cleaning surfaces that includes [mats, foam rollers, yoga blocks etc. from gym/studio floor], and request visitors to bring their own if needed.2. Common used items e.g. (Medicine Balls, dumb bells, kettlebells, weight belts, bars and plates, etc..) to be used only on strict calendarization basis [i.e. no 2 people to use an equipment at the same time and all must be sanitized prior to use by another individual]3. No renting for wearable items (Sport Gloves, Caps, T-Shirt, Pants, Face protections masks etc..), Shoes not included (but visitors are recommended to bring their own shoes if applicable with the technical standards of the activity or equipment used). Rented shoes must be kept aside for sanitization and cleaning after every use.4. In case some equipment should be rented due to difficulty of owning these equipment then items to be sanitized before & after every use.5. SOPs to be devised & approved in-line with DMHS requirements to cover all hygiene requirements for all activities6. Dedicated Hygiene Champion assigned to ensure compliance to all DMHS guidelines and SOPs7. Equipment to be placed at a minimum of 2m distance and any additional equipment that do not fit the social distancing requirements to be removed from the facility. In case these equipment are difficult to move/remove/transfer to achieve the required distancing then just keep "not in use" sign on them or turn them off.8. Consider spacing equipment at least 2m apart, with greater distancing for treadmills and other high-exertion aerobic fitness equipment, where can be arranged in an "X" pattern to provide greater distancing

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Regulations	<ol style="list-style-type: none">1. Physical barriers can also be helpful to create distancing or segregate exercise areas.2. Utilize self-check-in or place barrier/partition between front desk staff and members
Hygiene Requirements	<ol style="list-style-type: none">1. Disinfection of Facility [Prior to Opening]: Entire facility including equipment needs to be completely sterilized with certification from DM approved third party vendors2. Frequent Sanitization of all equipment, studios and all other areas in the facility [after every use or at minimum once every hour if used frequently], through proper sanitizing schedule by temporary closure of different areas.3. Mandatory provision for touch free hand sanitizer dispensers across the facility4. Mandatory to provide material to wipe/disinfect equipment before and after use of equipment5. Intensive Sterilization of full facility post closure6. Hazardous waste management (provision of special medical waste containers to dispose of mask and gloves according to DM requirements)7. For each outdoor sport - there needs to be a hygiene/sanitization requirement for fields, pitches, tracks, courts etc for pre-opening, post game/training sessions and overnight deep cleaning
Ventilations Requirements	<ol style="list-style-type: none">1. Get fresh air into to the gym and properly utilize ventilation system, (e.g.):<ul style="list-style-type: none">• Encourage outdoor activity and classes if feasible• Open doors and windows if possible• Maximize fresh air through ventilation system• Maintain relative humidity at 40-60%

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Capacity and Facility Restrictions	<ol style="list-style-type: none">Capacity<ul style="list-style-type: none">Maximum of 1 person per 4 sqm in facility.Online registration or reservation/appointment encouraged wherever possible to ensure maintenance of capacity limitations.No Waiting in Reception AreasVenue limited to max of 100% capacityAll elevators must have markings on the floor that indicate social distancing and users must comply by standing on these markings.Ask practitioners to arrive as close as possible to when activity beginsif any of the practitioners have chronic diseases or respiratory illnesses they are not allowed to enter the facility.Facility Restrictions<ul style="list-style-type: none">All players/visitors/members must wear a face mask at all time and while engaged in light or moderate physical activity, but can be lowered/removed while engaged in strenuous physical exercise..Washrooms/Toilets permitted [to be sanitized after every use or minimum of once every hour]Showers or Changing Rooms PermittedNo Steam, Saunas or Jacuzzi are permittedAreas around pool permitted for work-out facilitiesLockers are PermittedNo Sport gear rent [players to bring their own gear]No Spa Facilities Permitted [including Massages]No Linen to be provided [Customers to bring their own linen]F & B outlets are allowed to open as long as they follow the measures set for all F&B outlets in malls and retail. Keeping 2m distance between the tables, serving with disposable plates and utensils, and encouraging takeaways. [Water Dispensers to be closed – only disposable water bottles allowed to be provided by operator]Schedule mid- and post-workout cleaning periods, allowing a 10 – 15 minutes buffer between training sessionsOne Individual Personal Trainer allowed with maximum two trainees only with a minimum 2m distance to be maintainedTeam Training size counts should include both athletes, staff, and account for transition periods between sessions.No tournaments or events will take place at this time

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Capacity and Facility Restrictions (Continued)	<ul style="list-style-type: none">▪ Specific Sports Facility Restrictions in following pages▪ Create visible markers on the floor to indicate appropriate spacing▪ Putting a contingency/emergency plan in case of possible Covid19 patient in the premises
Screening	<ul style="list-style-type: none">▪ Mandatory contactless screening for guests, visitors & contractors based on DMHS guidelines [If a visitor temperature exceeds 37.5 Celsius, he/she will be prohibited to enter the facility]
Communication	<ul style="list-style-type: none">▪ Public Announcements and placement of rules in highly visible areas including entrances and other public areas▪ Provide caution/awareness Signage in different areas of the venue e.g.:<ul style="list-style-type: none">▪ Capacity Allowance Signage▪ Use Hand Sanitizer▪ Wear Masks▪ Social Distancing Floors Markers▪ The facility must maintain adequate records of its members, including names, telephone numbers and visit dates, to assist if contact tracing becomes necessary. And also to maintain accurate work records of its staff for contact tracing purposes.

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GYMs, Sports & Fitness Clubs	<ul style="list-style-type: none">Group classes/sessions in studios are allowed, with the condition of maintaining 2.5m distance between each trainee.One Individual Personal Trainer allowed with maximum two trainees only with a minimum 2.5m distance to be maintained .
Fencing	<ul style="list-style-type: none">Limit or stagger training groups throughout workout blocks and/or alternate training daysCreate exercise pairings to limit weight room traffic; Or one-way traffic flow based on entrances and exits.
Racket Sports, includes (Tennis, Paddle Tennis, Badminton, Table Tennis)	<ul style="list-style-type: none">Equipment should be touched only by the player/coach and should be cleaned frequently, including racquets, target cones, balls, ball machines, shuttles, tables, surrounding glass, etc.Preferable to use new set of balls after every reservation/training sessionWhile training players, each should have their own marked hoppers and teaching charts to avoid sharing with other playersUsing a ball machine option for giving lessons, as it avoids having people touch the ballsUsing ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact. Ensure ball tubes and baskets are sanitized post use)Changing sides are after each set is no permittedFor Trainings, the permitted number of players are:<ul style="list-style-type: none">Tennis: maximum 4 players with a Coach/TrainerPaddle Tennis: maximum 2 players with a Coach/TrainerTable Tennis: maximum 2 players with a Coach/TrainerBadminton: maximum 4 players with a Coach/Trainer
Golf	<ul style="list-style-type: none">Three golfers allowed per tee time only, with tee-times at 10 minute intervalsBag drops will be not be operational, golfers will be asked to place their own bags on cartsIf your bag is in clubhouse storage, the venue staff will collect it for youGolf carts will be for single occupancy use only, single group Family sharing is allowed..Removal pin flags to be only by authorize staffBunker rakes to be removed, use feet or back of a club to 'rake' bunkersPutting greens to be made available, however, golfers must provide their own golf ballsNo sharing of golf clubs allowed between golfers.
Cycling/Running	<ul style="list-style-type: none">Wearing face mask is compulsory at all times and while engaged in a light or moderate intensity activity, but can be lowered/removed while engaged in strenuous and vigorous intensity cycling or runningPractice the sport individually and at different times during the dayGroup training is permitted with a maximum capacity of 5 members per group, however it is not encouragedFor the cycling/running tracks that have more than one parking / starting point, please utilize these and do not overcrowd one locationStrictly no gathering after the activity

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Billiard & Snooker	<ul style="list-style-type: none">▪ Venues providing these activities must adhere to all the set rules and guidelines by DSC.▪ Maintain 4m Distance between each Playing tables▪ Sanitizing Playing table and related equipment e.g. (Cues, Balls, Chalks, Mechanical Bridges & Rack, etc..) [after every use or at minimum once every hour if used frequently]▪ Add signage/markers on benches/seats to maintain social distancing (keeping gaps between the seats)
Darts	<ul style="list-style-type: none">▪ Venues providing these activities must adhere to all the set rules and guidelines by DSC.▪ Sanitizing Dartboard & Darts after every use.▪ Allowing maximum of 5 members from a single group.▪ Ensure placing dart boards at distances to maintain social distancing rules, and avoid congregation.
Bowling	<ul style="list-style-type: none">• Venues providing these activities must adhere to all the set rules and guidelines by DSC.• Open alternating bowling lanes.• Sanitizing Balls, shared furniture in a lane after every use.• Maximum 5 players of a single group per lane.• Keeping side benches/seating offered in the lane only for the single group members.
Cricket	<ul style="list-style-type: none">▪ Group Coaching with no more than 8 participants in a coaching session▪ Practice nets with not more than 6 per players per net▪ No spitting on the cricket ground▪ No use of sweat or saliva on the cricket ball▪ Players must bring their own equipment (gloves, pads, and all other protective equipment)
Chess	<ul style="list-style-type: none">▪ Training Competitions to occur within maximum of 100% of the competition area▪ Official Trainings to have a maximum capacity of 100% of the training area▪ Promote trainings and official championships to be held on online platforms
Rugby	<ul style="list-style-type: none">▪ Group Coaching with a maximum of 10 participants in a coaching session including the Trainers/Coaches.<ul style="list-style-type: none">▪ Maximum 4 players with 1 Coach/Trainer per section▪ No spitting on the ground▪ Players must bring their own equipment

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<p>Ball Sports, includes (Basketball, Football, Handball, Volleyball)</p> <p><i>The number of players can be controlled based on the size of the play area, the smaller it gets the less number of players,</i></p>	<ul style="list-style-type: none">▪ Equipment should be touched only by the player/coach and should be sanitized (at least once / hour, including balls, target boards, cones, tables, etc.▪ Preferable to use new set of balls after every reservation/training session▪ Ball collection and pickups to be performed strictly by staff▪ Changing sides are after each set is no permitted▪ For Trainings, our recommendations are:<ul style="list-style-type: none">➢ Football: Maximum of 20 players and 5 Coaches/Trainers to be distributed accordingly:<ul style="list-style-type: none">○ Full sized football pitch to be split into 4 sections○ Use separation cones between the training sections○ Maximum 4 players with 1 Coach/Trainer per section➢ Basketball: maximum 6 players with 1 Coach/Trainer to be distributed accordingly:<ul style="list-style-type: none">○ Full sized basketball court to be split into 2 sections○ Use separation cones between the training sections○ Maximum 3 players per section➢ Volleyball: maximum 8 players with 2 Coaches/Trainers to be distributed accordingly:<ul style="list-style-type: none">○ Full sized Volleyball court to be split into 2 sections○ Maximum 4 players with 1 Coach/Trainer per section➢ Handball: maximum 6 players with 1 Coach/Trainer to be distributed accordingly:<ul style="list-style-type: none">○ Full sized Handball court to be split into 2 sections○ Use separation cones between the training sections○ Maximum 3 players with 1 Coach/Trainer per section

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Academies	<ul style="list-style-type: none">▪ Sport Academies needs to adhere to the above sport restrictions based on your nature of activity▪ Prepare full training plan that includes information required in terms of selected Coaches/Trainers, registered Players/Members, and Training Schedules on weekly basis and follows the following measurements:<ul style="list-style-type: none">▪ Placing training priorities▪ Weekly Training Schedule▪ Approving players/members who will take part of the training that week▪ Prepare Contingency and Emergency operational and training plans

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Academies (Inclusive of academies operating on Educational Institution premises)	<ul style="list-style-type: none">▪ Sport Academies needs to adhere to the above sport restrictions based on your nature of activity▪ Prepare full training plan that includes information required in terms of selected Coaches/Trainers, registered Players/Members, and Training Schedules on weekly basis and follows the following measurements:<ul style="list-style-type: none">▪ Placing training priorities▪ Weekly Training Schedule▪ Approving players/members who will take part of the training that week▪ Prepare Contingency and Emergency operational and training plans▪ As part of the registration process, it is encouraged to add a declaration section relevant to COVID-19 in order to be able to trace and monitor any participants arriving from abroad or who have been a close contact of individuals coming from abroad or with a confirmed COVID-19 case.▪ Guidelines should be clearly communicated to the academies, and the academies shall communicate any guidelines/measures/instructions that the participants should follow through any available platform (i.e. website, email, etc.)▪ Clear guidelines should be set for security staff and those who are cleaning the facility to ensure they follow the right measures (as per the hygiene requirements)▪ Any academy permitted/licensed to sell equipment or gears must follow the wholesale retail guidelines, and the return/exchange policy communicated by Dubai Economic Development Department.▪ Participants are encouraged to bring their own supply of food & beverage. Food catering must follow DM guidelines and academies are responsible to ensure following the hygiene measures. .▪ Vending machines and pantries and pre-packed F&B is allowed, conditional they follow necessary guidelines for the sector [only disposable containers, frequent sanitization of machines, and pantries items, maintain 2m between the tables].▪ Contactless payments to be encouraged, yet cash payments are allowed.▪ The companies running sport academies within schools/universities/colleges are responsible for the daily cleaning and sanitization of the used areas and surfaces throughout the utilized premises including any equipment or gear- effective sanitization of post completion of each day to be conducted and cleaning process to be in-line with Dubai Municipality guidelines. Accredited sanitization companies are listed on https://www.dm.gov.ae/health-safety-approved-list/, or by contacting Dubai Municipality's command room by dialing 058 5758871.▪ The companies running sport activities within Schools/Universities/Colleges are responsible for obtaining an approval from the schools or Educational Institution Management before resuming operation.▪ The academies are also responsible for all preparations for handling any detected or probable COVID-19 cases including securing a separate isolation room within the premises and contact the emergency COVID 19 helpline once a case is found. The interaction with the case should be restricted to a designated staff who should be wearing full PPE until the ambulance arrives. Crowding should be managed in such a case.▪ In addition to these measures and protocols, the academies must adhere to the general contractual rules in order to resume operating for sport academies/regular training/commercial use and follow Specific Sports Restrictions for the facilities they are operating on.

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1. Hygiene, Cleaning and Sanitization:	<ul style="list-style-type: none">▪ Prior to reopening, all swimming pools should go under deep cleaning after a prolonged facility shutdown to minimize the risk of Legionnaires' disease and other diseases associated with water. Water Quality test should be done before reopening (TBC & legionnaires)▪ Swimming pools to maintain the hygiene and sanitization requirements as per DM guidelines inclusive of maintaining regular cleaning regime, water testing, the chlorine concentration (between 1.0 and 2.0 PPM), suggested list of cleaning and disinfection companies can be found at DM website: https://www.dm.gov.ae/health-safety-approved-list/▪ Cleaning and disinfecting frequently touched surfaces and common areas at least once every hour and shared objects each time they are used (handrails, lounge chairs, tabletops, pool noodles, kickboards, pool side showers, etc.)▪ Visitors and pool users should maintain safe and desirable etiquette before and during swimming (i.e. no spitting in the pool, washing their hands more often, cover their sneeze and coughs, and showering (the side pool showers only) before and after using the swimming pool)▪ Shower facilities, lockers and changing rooms are permitted conditional that cleaning and sanitization is performed after every use, or at a minimum of once every hour, and social distancing must be maintained at all times. If operators unable to maintain the strict cleaning, sanitization regimes, and social distancing rules then these facilities must be closed.▪ Washrooms/Toilets must be cleaned after every use or at minimum once every hour.▪ Providing towels not permitted, visitors and guests must bring their own towels.▪ Sunbeds must be covered an extra layer of linen, which should be removed and replaced by a new linen after every use and to be provided by the operator. [Including full sanitization of sunbeds after every use].▪ Install touchless hand sanitizers at the common areas.▪ Ensuring that ventilation/cooling and air conditioning system for indoor spaces operate properly with an adequate intake of fresh air.▪ Refrain people from sharing items that are difficult to clean, sanitize, or disinfect or that are meant to come in contact with the face (for example, goggles, nose clips, and snorkels).▪ Discouraging the sharing of items such as food, equipment, toys, and supplies with guests from other households.▪ Ensuring adequate equipment for patrons and swimmers, such as kick boards and pool noodles, to minimize sharing to the extent possible, or limiting use of equipment by one group of users at a time and cleaning and disinfecting between use. Operators unable to maintain the strict cleaning regimes, must not provide these equipment.▪ Provide all staff with training on safety, hygiene and social distancing protocols.

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2. Screening and Admission	<ul style="list-style-type: none">All staff and guests/visitors/trainers must go through temperature screening before entering the pool and must follow the approved DMHS Guidelines. Anyone with temperature equal or more than 37.5°C won't be allowed to enter the pool.All Staff Rules for accommodation, transportation etc. should follow previously approved DMHS Guidelines.Guest/visitors with underlying medical conditions, respiratory illness, or chronic diseases must not enter swimming pool area.All swimming pools and public aquatic venues administration must dedicate an isolation room, and set procedures to handle COVID-19 suspect/confirmed cases as per DHA guidelines. If the swimming pool is within a facility that has isolation room, then the current isolation room is sufficient.
3. Social Distancing	<ul style="list-style-type: none">Visitors and pool users should maintain 2m social distancing at all times inside and outside the pool. Members of a single group (up to 5 members) can be seated together while maintain 4m social distancing between two groups.Sun-Beds should be placed at a minimum distance of 2m between single people and 4m between groups of people.Maintain capacity in the pool to 1 person per 4 square meters (density requirement), and the capacity signage should be placed at the entrance. For lane swimming pools used for sports purposes, they must follow Dubai Sports Council Guidelines.The pool staff to observe at all times the 2m distancing between the pool users/guests/visitors.Parents/Minders/Carers/Coaches are responsible and accountable for their children behavior in the pool area and children must be supervised by an adult at all times to ensure social distancing in their designated pool.
4. General Rules and Restrictions	<ul style="list-style-type: none">Pool visitors/guests are encouraged not to spend more than 2 hours in the pool area.All sports and aquatic related activities (including coaching and training) taking place in indoor/outdoor pools or at facility must follow the guidelines set by Dubai Sports CouncilF&B to follow the DM set guidelines (i.e. 2m distancing between the tables, disposable cutleries, no Buffet allowed, and food can be served in a very specific area and not in any place around the pool)Pool Bars are not allowedPool staff, trainers and visitors must wear face shield or mask at all times, but shall remove it during the activity which require body and face submersion (i.e. during swimming sessions inside the pool, when coach is demonstrating techniques)Public announcements and placement of rules in highly visible areas including entrances and other common areas, to promote protective measures.All massage services, spa, sauna, and Jacuzzi are not allowed.Social gatherings of any sort, group events, and parties are not allowed.Cashless admission payment is encouraged, cash is still accepted.Renting items that are difficult to clean, sanitize, or disinfect or that are meant to come in contact with the face (for example, goggles, nose clips, and snorkels) are prohibited.Parents/Minders/Carers/Coaches must ensure their children are staying within their designated kids pool areas.Swimming pool management (including lifeguards) should be empowered to enforce the guidelines without fear of abuse or harassment by users who do not want to comply with the guidelines. Users who endanger others' safety and wellbeing by refusing to comply with guidelines should not be allowed in the premises after repeated warning.

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Aqua Based Facilities	<ul style="list-style-type: none">Sport Academies needs to adhere to the above sport restrictions based on your nature of activity, operational and training plansSwimming pools must maintain water quality standard as per the guidelines of Dubai Municipality.Safe and efficient regular water disinfectant measures to be considered as per the guidelines of Dubai Municipality.Increase water sanitation level - keep chlorine concentration levels between 1.0 PPM to 2.0 PPM.Shower facilities, lockers and changing rooms are permitted conditional that cleaning and sanitization is performed after every use, or at a minimum of once every hour, and social distancing must be maintained at all times. If operators unable to maintain the strict cleaning, sanitization regimes, and social distancing rules then these facilities must be closed.If poolside showers are available, all swimmers must shower before and after each sessionThe use of training equipment should be limited to only necessary items. Equipment items to be used in the pool must be cleaned/disinfected after every use.Jacuzzi, steam and sauna shall be closed.Members are encouraged to bring their own equipment, however, if shared equipment such as floats, pull buoys, fins and kickboards are offered, then they should be sanitized and disinfected after every use.Staggered entry and exit times must be introduced to avoid queues and overcrowding.Each group training shall not exceed one hour.All common areas and equipment must be disinfected after each use.Coaches and trainee must wear face shield or mask at all times, but shall remove it if the activity require body and face submersion (i.e. during swimming sessions inside the pool, when coach is demonstrating techniques)Equipment used for aqua activities to be placed at a minimum of 2m distance and any additional equipment that do not fit the social distancing requirements to be removed from the facility. In case these equipment are difficult to move/remove/transfer to achieve the required distancing then just keep "not in use" sign on them.
Swimming	<ul style="list-style-type: none">Maximum of 3 swimmers are allowed in each 25m pool lane at one time.Maximum of 6 swimmers are allowed in each 50m pool lane at one time.A minimum distance of 2 meters shall be maintained between swimmers.Swimmers are to start at opposite ends of each alternate lane.Swimmers are to start, rest and end swimming at the assigned starting point.Swimmers are to shower before and after swimming.Swimmers are to complete warm up exercises at home before arriving at the pool.Overtaking or any form of physical contact is not permitted.Relay training is permitted.Only one swimming equipment is allowed per swimmer for each training session and must be disinfected after each use.Coaches must avoid the use of white boards or any other methods which require athletes to congregate.Coaches and trainee must wear face shield or mask at all times, but shall remove it if the activity require body and face submersion (i.e. during swimming sessions inside the pool, when coach is demonstrating techniques)Coaches must keep an attendance record of each training.A coach can supervise a maximum of 5 lanes.

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Diving	<ul style="list-style-type: none">Maximum of 7 divers are allowed to train at one time.Minimum distance of 2 meters per diver on land must be observed, and 2 meters in the pool.Parallel jumps are not allowed.Any form of physical contact is not permitted.Athletes shall avoid touching of objects, ladders and handrails unnecessarily.Athletes can use spring boards but maintain social distancing at all times.Coaches and trainee must wear face shield or mask at all times, but shall remove it if the activity require body and face submersion (i.e. during swimming sessions inside the pool, when coach is demonstrating techniques)
Synchronized Swimming	<ul style="list-style-type: none">Maximum of 10 athletes are allowed in each training session.Up to 2 lanes from the side of pool shall be assigned for training in a 25m pool. Up to 2 coaches are allowed.Up to 1 lane from the side of pool shall be assigned for training in a 50m pool. Up to 2 coaches are allowed.Minimum distance of 2 meters between athletes must be observed at all times.Coaches and trainee must wear face shield or mask at all times, but shall remove it if the activity require body and face submersion (i.e. during swimming sessions inside the pool, when coach is demonstrating techniques)Coaches must maintain social distance of 2 meters from other coaches and athletes at all times.No physical contact is permitted.
Water Polo Training	<ul style="list-style-type: none">Maximum of 6 players including the goalkeeper are allowed in the pool at one time.A minimum distance of 2 meters shall be maintained between players, and 4 meters to the goalkeeper.Any form of physical contact or close tackling exercises are not permitted.Water Polo equipment such as balls, trolleys, and goalpost shall only be used by the players and coaches and disinfected after each group's use.Ball collection and pick up must be performed by venue staff.Players must wear their own caps.Coaches and trainee must wear face shield or mask at all times, but shall remove it if the activity require body and face submersion (i.e. during swimming sessions inside the pool, when coach is demonstrating techniques)Coaches will be responsible to observe and guide the players to maintain the agreed distance for this sport.

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<ul style="list-style-type: none">• Sports Academies/ Sports Clubs/Rent Sports facilities• Collectives games: Football/ basketball/Handball/Volleyball• Sports Venues: Indoor/Outdoor	<ul style="list-style-type: none">• Allowing matches for public for people from the same group taking into consideration that there are no big difference in Age Groups .• Groups playing/practicing sports are capped to (10) people from the same group.• Matches/Practicing sports maximum allowed time is (60) minutes.• Promote smart channels for registration and payment.• Playing/practicing sports protocols include each participant to sign electronically “waiver and release of liability form” that the participants have no chronic diseases, respiratory illnesses and covid19, releasing the responsibility for the venue toward any of the mentioned diseases in case it shows during practice.• No spectators or accompanying persons allowed.• To perform temperature screening for all participants before engaging with the activity, and not allowing any participants who is showing symptoms of the mentioned diseases.• Sanitization of the courts, related equipment minimum every hour after each use.• The pinnies jersey are not allowed to be used• Refrain from spitting on the courts• Promote the use of face masks while going into/out from the venue at all times, and face masks can be lowered once engaged with the activity.• Refrain from celebrating or hugging or any form of proximity between players e.g (scoring a goal, etc..)• Changing rooms, Lockers and showers are allowed, ensuring that these facilities are cleaned and sanitized regularly after use minimum every hour after each use.• No towel to be provided [Customers to bring their own towel]• Preparing a full detailed list on a daily basis of the participants and their basic details, time visits, and sport played.• Adhering to the preventive and precautious measure issued by the government/official authorities in the emirate of Dubai.

PROCEDURES FOR RETURNING SPORTS ACTIVITY IN DUBAI

RESUMING SPORTS
ACTIVITIES IN DUBAI

RESTRICTIONS AND PROTOCOLS

Actions	Short Description
1. Set-up, PPE and Hygiene	<ul style="list-style-type: none">▪ Daily clean up and sterilization of all areas and surfaces of the facility and effective sanitization post completion of each day to be conducted and cleaning process to be in-line with Dubai Municipality guidelines (the centers can refer to the Dubai Municipality website to select an accredited cleaning and disinfection company through the link https://www.dm.gov.ae/health-safety-approved-list/, or by contacting Dubai Municipality's command room by dialing 8004006).▪ Camps managements are encouraged to designate on Hygiene officer from their team to supervise the daily and continuous cleaning and be trained on the best practices and DM requirements.▪ Do not use cleaning/disinfecting products that carry a DANGER or a CORROSIVE label warning that may compromise the health of the children and individuals with respiratory illnesses or medical conditions.▪ All employees/visitors are mandated to wear masks at all times inside the facility. Non compliance will lead to denial of entry to facility. Note for camps involving learning activities, teachers and staff are encouraged to use transparent masks as available and maintain physical distancing of 2 meters. If transparent masks are not available then standard masks are to be used.▪ Touchless sanitizers shall be in place (cover the entire route from entry to exit).▪ 2 meters social distancing measures will be displayed on all clearly visible areas within the facility.▪ Anyone entering the premises must immediately wash / sanitize hands.▪ Encourage strict hand washing regime and breaks for all customers/visitors/staff of the facility.▪ [If possible] Staff and customers' bags and shoes are encouraged to be cleaned and sanitized once arriving at camp venue.▪ In facilities where taking off shoes is required, designate a shoe rack outside the entrances which must be sanitized after every use.

PROCEDURES FOR RETURNING SPORTS ACTIVITY IN DUBAI

RESUMING SPORTS
ACTIVITIES IN DUBAI

RESTRICTIONS AND PROTOCOLS

Actions	Short Description
1. Set-up, PPE and Hygiene (Continue)	<ul style="list-style-type: none">▪ Clear guidelines should be set for security staff and those who are cleaning the facility to ensure they follow the right measures such as wearing gloves while cleaning.• Pantries can be opened for usage by individuals strictly for food and drink consumption while maintaining a 2m social distancing and sanitizing after every use.• Events, celebrations, occasions, and any sort of social gathering is not permitted.• Any visits that happen to the camp such as for the purpose of registration, maintenance workers, deliveries, should happen after working hours.
2. Admission into the camps and entrance procedures	<ul style="list-style-type: none">• Maintain social distancing in the camp facility to avoid crowding.• Camps are encouraged to modify their approach to deliver the activity in smaller groups that stay together (cohosting), and adopt staggered scheduling (drop-off and pick up).• In addition to online registration forms provided by the summer camps, it is encouraged to add declaration section relevant to COVID-19 in order to be able to trace and monitor any participants arriving from abroad or being in contact with individuals coming from abroad or with a confirmed COVID-19 case.• Ensure no high risk individuals (staff or customers) are admitted. Individuals with medical conditions that makes them medically unstable or immunocompromised, chronic diseases and respiratory illnesses shall be refrained from participating in the camp. Persons with disabilities can be admitted to the camp if they satisfy above health conditions.

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Actions	Short Description
2. Admission into the camps and entrance procedures (Continue)	<ul style="list-style-type: none">▪ Staff will be discouraged from exiting the camp during the day, but if they do for emergency purposes, they will need to sanitize and change gloves and masks upon return.▪ Online services should be provided as much as possible to minimize direct interaction (i.e. registration and payment could happen online).
3. Toys, Equipment and materials	<ul style="list-style-type: none">▪ All equipment in camps such as toys, books, scissors, pens, pencils, crayons, arts and crafts materials and messy play resources as well as roleplay and other materials should be sanitized after each and every single use where possible.▪ Toys to be sanitized after use, and immediately removed from play if sneezed on, coughed on or put in mouth.▪ It is recommended that children get their own exclusive stationery items whenever possible.
4. Washrooms	<ul style="list-style-type: none">▪ Ensure toilets are cleaned and sanitized after every use.▪ Safety signs for washing hands and maintaining hygiene to be in place.▪ Strict hygiene measures including frequent handwashing and cleaning.

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ACTIVITIES IN DUBAI

RESTRICTIONS AND PROTOCOLS

Actions	Short Description
5. Screening & Contingency/Emergency Plan	<ul style="list-style-type: none">▪ Mandatory contactless screening for staff, guests, visitors & contractors based on DMHS guidelines [If temperature equals or exceeds 37.5 Celsius, he/she will be prohibited to enter the facility].▪ The official authorities should be immediately notified in case of detected cases with COVID-19 symptoms such as fever ($\geq 37.5^{\circ}\text{C}$), cough, myalgia or fatigue, shortness of breath, sore throat, runny nose, diarrhea and nausea, headache, or loss of sense of smell or taste amongst staff or if an emergency case is detected amongst users of the facility.▪ If staff were confirmed positive according to a COVID-19 PCR test by an accredited facility, they are not to return unless they are granted a medical certificate (clearance certificate) endorsed by DHA stating that they are discharged from isolation.▪ The facility administration must dedicate an isolation room, and set procedures to handle COVID-19 suspect/confirmed cases as well as the disinfection procedures as per DHA/DM guidelines.▪ The facility must maintain adequate records of its staff/guests/members, including names, telephone numbers and visit dates, to assist if contact tracing becomes necessary. And to maintain accurate work records of its staff for contact tracing purposes.▪ Parents are encouraged to check their children temperature and notice any symptoms before leaving the house. If child is unwell, the parents are requested not to drop-off the child to the camp as they won't be permitted to enter the facility.

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6. facility restrictions	<ul style="list-style-type: none">• Only registered customers are allowed to attend the camps and be admitted to the facilities.• Ensure the 2m distancing measure is maintained in all facility common areas, elevators, escalators, service desks, customer service, etc.• All elevators must have markings on the floor that indicate social distancing and users must comply by standing on these markings. Priority will be given to persons with special needs and pregnant women.• Seating and tables should be setup to ensure attendees are maintaining 2m distance at all times.• In case of usage of auditoriums, then each alternating row should be left empty, and every occupied seat should have 2 seats empty to the right and left.• No buffet offered during breaks and lunches, camps attendees are encouraged to bring their own food.• Pre-packed F&B is allowed, conditional they follow necessary guidelines for the sector [only disposable containers with frequent sanitization and maintain 2m between the tables].• Contactless payments to be encouraged, yet cash payments are allowed.
7. Communication	<ul style="list-style-type: none">▪ Ensure that sufficient training and communication channels are utilized to keep all staff, parents and children informed of new settings, practices and hygiene approaches.▪ Develop a Readiness Plan that ensures that there are appropriate procedures in place that safeguard the continuity of operations and the safety of everyone in the camp.

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RESTRICTIONS AND PROTOCOLS

Actions	Restrictions
<ul style="list-style-type: none">• Sports Academies/ Sports Clubs/Rent Sports facilities• Team Sports: all sports• Sports Venues: Indoor/Outdoor	<ul style="list-style-type: none">• The venue must adhere to all Dubai Sports Council and Government of Dubai guidelines regarding hygiene, regulations, facility restrictions, temperature screening and contingency plans.• Allowing sport activities for groups of a similar age group.• Group sports should be capped at (10) per group for all sports.• Groups playing ball sports are limited to 5 aside 5.• Matches maximum allowed time is (60) minutes.• Promote smart channels for registration and payments.• No spectators or accompanying persons are allowed at the venue.• Equipment must be sanitized after every use or at a minimum once every hour.• Any heavy structure that are difficult to sanitize frequently or after every use, must be sanitized at least once every 6 hours, or after closing hours.• The pinnies jersey are not permitted, unless they can be washed and sanitized after every use.• Promote the use of face masks while going into/out from the venue at all times, and face masks can be lowered once engaged with the activity.• Maintain hygiene etiquette and refrain from spitting on the floors of the courts.• Players shall be refrained from celebrating or hugging or engaging in any close physical proximity during the game.• Changing rooms, lockers and showers are allowed, ensuring that these facilities are cleaned and sanitized regularly after use or at a minimum once every hour.• No towels to be provided [customers to bring their own towel], unless they can be washed and sanitized after every use.

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Ticketing and Admission	<ul style="list-style-type: none">Visitors are encouraged to pre-book online prior to visiting the venue (through the app)A dedicated ticket sales area to be set-up ensuring compliance to social distancing requirements for queuing of 2m with floor markers.Contactless payments are encouraged, yet cash payments are acceptedFor Venues with multiple events – screening and registration should only be done at main entrances [similar to Mall]
Facility Restrictions	<ul style="list-style-type: none">The venue must adhere to all Dubai Sports Council and Government of Dubai guidelines and protocols announced earlier regarding staff/trainers, regulations, hygiene, screening & contingency/emergency plan, and capacity and restrictions.The sports specific protocols must be followed, however, the maximum number of players allowed in each field/court:<ul style="list-style-type: none">Football: 10 players (5 each side)Cricket: 8 members per groupBadminton: Max 4 players per courtTennis: Max 4 player per courtVolleyball: 10 players (5 each side)Paddle: Max 4 player per courtBasketball: 10 players (5 each side)Academies operating in these venues should follow the academies guidelines set by Dubai Sports CouncilSocial gathering and crowding is prohibitedNo tournaments or events will take place at this timeNo spectators will be allowedCreate visible markers on the floor to indicate appropriate social distancing measures in all common areasAll players/visitors/members must wear a face mask at all time, but can be lowered/removed while engaged in strenuous physical exerciseSchedule bookings with a 15 minute break between bookings to prevent crowding between different usersOnly parents/guardians/minders accompanying kids who are enrolled in the academies are allowed to enter the facility
Screening, Contingency Plans & Hygiene	<ul style="list-style-type: none">Mandatory contactless screening for guests, visitors & contractors based on DMHS guidelines [If a visitor temperature equals or exceeds 37.5 Celsius, he/she will be prohibited from entering the facility]Operators must develop a contingency/emergency plan and SOPs in case of possible/detected COVID19 cases in the premisesMandatory Isolation Zones provisioned to host suspected cases until transition to Dubai Health Authority [“DHA”] for further checks wherever applicableDedicated Hygiene Champion assigned to ensure compliance to all DMHS guidelines and SOPsMandatory provision for touch free hand sanitizer dispensers across the facilityHazardous waste management (provision of special medical waste containers to dispose of mask and gloves according to DM requirements)Washrooms/toilets to be sanitized after every use and/or minimum once every hourSanitization to be done at the end of every day

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RESTRICTIONS AND PROTOCOLS

Actions	Restrictions
Physical Distancing and Etiquette	<ul style="list-style-type: none">▪ Maintain 2m physical distancing at all times• Maintain hygiene etiquette and refrain from spitting on the floors of the courts• Players shall be refrained from celebrating or hugging or engaging in any close physical proximity during the game• Changing rooms and lockers are allowed, ensuring that these facilities are cleaned and sanitized regularly after use or at a minimum once every hour• Intermingling of members of different groups is prohibited
Equipment	<ul style="list-style-type: none">• Players/trainers/academies to bring their own equipment due to limited availability• In case some equipment should be lent out due to difficulty of owning these equipment, then the items should be sanitized before and after every use by the venue operators• The borrower needs to read & sign the Sports Equipment Agreement Form so that venue staff could provide the sport equipment
F&B Outlets	<ul style="list-style-type: none">▪ All F&B Outlets should adhere to DM Guidelines▪ F&B Area and tables should adhere to 2m distancing measures▪ Food to be served with disposable plates and utensils only▪ Beverage dispenser will not be available, instead only disposable bottled water, bottled juices and canned soft drinks to be served in the catering area
Communication	<ul style="list-style-type: none">▪ Public announcements and placement of rules in highly visible areas including entrances and other public areas▪ Provide caution/awareness signage in different areas of the venue e.g.:<ul style="list-style-type: none">▪ Capacity allowance signage▪ Using hand sanitizer and washing hands▪ Wearing masks▪ Social distancing floors markers▪ The facility must maintain adequate records of its members, including names, telephone numbers and visit dates, to assist if contact tracing becomes necessary. And to maintain accurate work records of its staff for contact tracing purposes.▪ Sport Venues are obliged to submit a "Resumption of Activity" request In order to resume operating through the following link: www.dubaisc.ae/SportsPermitUnderCovid19▪ Fully cooperate with the government officials and concerned sports associations who will do site visits to ensure these restrictions and protocols are adhered to.