

Rules and scope of operations of the CM Centre for Physical Education and Sport

1. General rules:

- 1) The CM Centre for Physical Education and Sport is reopening in its full scope of operations as of 1 October 2020 for students and other users.
- 2) The users of the Centre shall be required to follow temporary instructions issued by the staff of the Centre, particularly about issues related to the state of epidemic.
- 3) Individual limits for the number of persons staying at a given time in the area of the Centre or on its premises are established pursuant to the guidelines of the Ministry of Development and the Chief Sanitary Inspectorate.
- 4) There shall be a 15-minute break between each use of the sports hall or the gym in order to prepare these for the reception of the next group.
- 5) Students shall be required to leave the Centre immediately after finishing their sporting activities in order to avoid gathering.

2. Sanitary and epidemiological policy:

- 1) Only persons who are in full health and without any medical conditions defined as symptoms of illness during the state of epidemic may stay in the Centre.
- 2) Where a person is found to have symptoms of illness, the Director of the Centre or a person designated by him/her shall place that person in an isolated room or premises (equipped with personal protective equipment and disinfectant) and shall inform the relevant services thereof.
- 3) Persons using the facilities of the Centre are required to disinfect their hands.
- 4) Students are required to maintain the necessary physical distance, including in locker areas, changing rooms, toilets, showers.
- 5) The student is required to have their own personal protective equipment necessary to meet the requirement arising out of the state of the epidemic (e.g. a face shield or a mask covering the mouth and nose).

3. Rules for the use of the gym:

- 1) The gym instructor is required to comply with an established number of users.
- 2) The gym instructor is required to cover their mouth and nose and wear protective gloves while performing their duties; should this be impossible (strength workout), the gym instructor is required to increase the distance between persons - min. 2 m.
- 3) Persons using exercise equipment are required to keep an appropriate distance of 1.5 m from other attendees and to put the used equipment in place; the Gym Instructor shall supervise maintaining the distance.
- 4) Machines and exercise equipment located in the gym should be disinfected after the attendee has finished their workout. This shall be done by the attendee with the use of the disinfectant provided; the Gym Instructor shall supervise maintaining the distance.