

**RAJIV BHAWAN**  
**INDIAN INSTITUTE OF TECHNOLOGY ROORKEE**

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**Guidelines of Gymnasium**

To maintain proper precautionary measures against Omicron, the following instructions are to be implemented in all Bhawan gymnasiums.

- All persons to be allowed entry only if using face cover/masks.
- Use of a face mask is always mandatory within premises while exercising, wearing a mask is recommended.
- All have to sanitize (alcohol-based hand sanitizers) their hands in regular intervals.
- Only small gatherings will be allowed in the gym.
- Proper cleaning and sanitation should be maintained near and inside the gyms (Cleaning and disinfecting all areas and equipment).
- If exercising in gym is deemed necessary, Proper social distancing norms of Ensure minimum distance of 6 feet at all times in queues shall always be adhered to (as far as feasible).
- Same Bhawan inmates can only use the hostel gym facility.
- It shall be ensured that no utility like towel, water bottle etc. is shared.
- Hand sanitizer stations must be provided near each gymnasium equipment.
- Ensure that members sanitize their hands before using gymnasium equipment.
- Remove the mask **and wear a visor** as far as feasible while exercising.
- The use of gym shall be allowed in specific time slots of 2 hours, allowing sufficient time for disinfection between two slots (morning and evening), and the maximum number of people allowed to use the gym.
- Use of the fitness equipment shall be permitted only while wearing gloves and face mask and under consequent use of disinfectants afterwards. Use of the fitness room shall be permitted only in small groups of people under observance distancing norms.
- Each gym equipment shall be disinfected after every single use. Additional staff shall be appointed for proper disinfection of the gym equipment prior to continuous usage.
- **Bhawan and Mess Monitoring Committee will visit frequently for make sure that OMICRON guidelines are being followed. If the committee finds any irregularity in Gym then a strict action will be taken.**

(Prof. Manish Kr. Asthana)  
**Chief Warden**  
**Rajiv Bhawan, IIT,Roorkee**