



# MATUNGA GYMKHANA

263/A, Lakhamsey Napoo Road, Matunga, Mumbai- 400 019. Tel: 2414 3828 / 2417 3662  
email: info@matungagym.com/matungagym@gmail.com • website: www.matungagymkhana.in

7<sup>th</sup> November 2020

## NOTICE

### RESUMPTION OF GYMNASIUM DEPARTMENT SOPS

Dear Members,

We wish to inform you that the Gymkhana will be re-opening Gymnasium Department from Wednesday, 11<sup>th</sup> November 2020 under the new Management of M/s M9 Fitness.

The following Rules shall be strictly observed.

#### GENERAL RULES:

1. Entry and Exit to Gymkhana Premises will be permitted through the reception area. Members must be in possession of their valid Membership Card. Masks / face Shield will be compulsory for entry into the Gymkhana.
  - a. On entry, Members will undergo Temperature and oxygen saturation level in blood checks using non-invasive thermometer and oximeter respectively as per Govt. regulations.
  - b. Members feeling unwell must not come to the Gymkhana.
  - c. Members entering the Club premises and using Gymnasium Department do so entirely at their own risk.
  - d. Persons above 65 years of age, children below 15 years of age & persons with co-morbidity & suffering from chronic disease will not be allowed to enter the premises nor be allowed to use facilities.
  - e. No personal training is allowed during this period. Guests not allowed.
  - f. Timing will be :  
Morning: 7 am to 2 pm  
Evening: 2 pm to 9 pm
  - g. Gymnasium fees of Rs. 750/- per month to be paid before using the facility.
  - h. No Catering service will be available. Members are to carry their own drinking water and napkins.
  - i. Toilet facilities will be available only in the ground floor lobby area.
  - j. Chauffeur driven cars will be parked outside Gymkhana premises.
  - k. The Chairman, Department Secretary and Gymnasium Sub-Committee shall coordinate the functioning of the Department on the Gymkhana premises.



## **2. DEPARTMENTAL RULES:**

1. Thermal Screening- Body Temperature and Oxygen to be recorded during entry at the Gymnasium Reception counter and register to be maintained.
2. Hand sanitisation before use of each equipment.
3. To maintain distance between Members working out, only 10 Members with prior booking of Slots will be allowed at a time on the Gymnasium floor plus 2 Trainers.
4. To accommodate more Members, three times a week slots will be allotted to each Member.
5. Slots will be allotted on first come first served basis. 240 slots will be available for Members in a week. Slot booking is starting from Monday, 9<sup>th</sup> November 2020.
6. One hour time slot will be allotted to each Member and thereafter 15 minutes for sanitation by Housekeeping.
7. To encourage outdoor workout, 3 members will be allowed in the Functional Area under supervision of 1 Trainer.
8. 36 slots will be available for Members to work out from 7 am to 10 am and between 6 pm to 9 pm.
9. Steam, Shower and Changing Room Facilities will be closed as for now.
10. Eligible Members who are not Gymnasium Department Members shall be allowed to use Gymnasium by paying applicable Guest Fees subject to availability of slot.

## **3. COVID 19 PROTOCOL:**

**Members are requested to ensure the following:**

- a. Maintain social distancing of a minimum of 6 feet at all times.
- b. Sanitize hands before commencing workout and at the end of workout. Sanitizers will be placed at convenient locations.
- c. Members must not enter any other Gymkhana areas
- d. No shower areas will be used by Members.
- e. Members should leave the Gymkhana premises soon after workout is over and avoid any social interaction.
- f. Members are requested to maintain self-discipline. Members shall not get into any unnecessary arguments / disputes with the staff. The staffs have been instructed to follow and implement the SOP strictly. The staffs have been further instructed to stop any Member from playing in case the SOP is being breached by that Member.

WE WISH YOU A PLEASANT BEGINNING IN THE NEW NORMAL. PLEASE COOPERATE IN THESE TRYING TIMES. ENJOY YOUR GAME.

**Mahiyar G. Dastoor**  
Hon. Gen. Secretary

**Dr. Raj Kailat**  
Chairman, Gymnasium Department