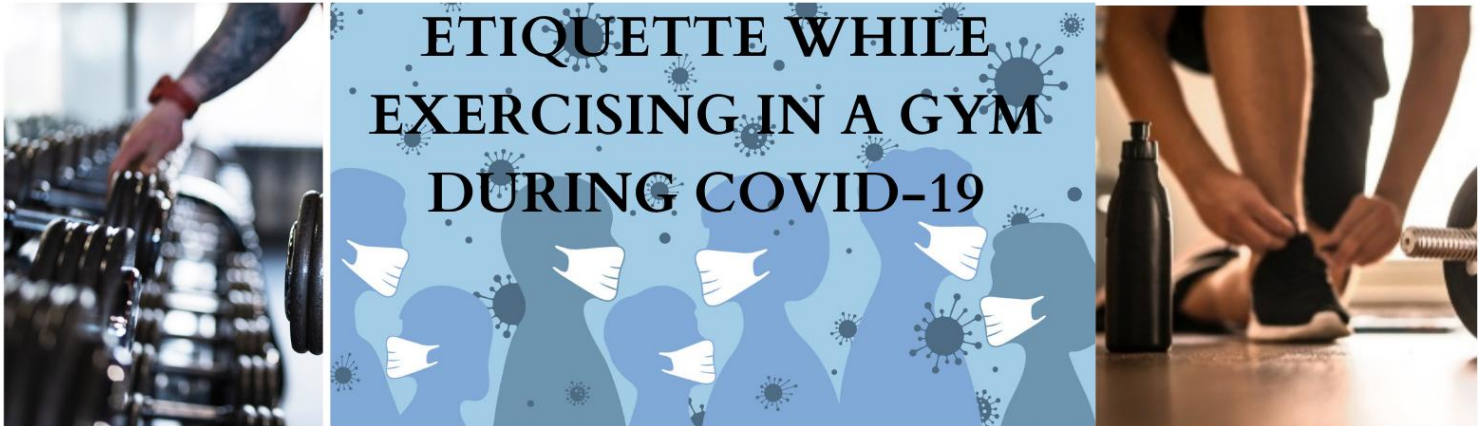


Sri Ramachandra Faculty of Sports & Exercise Sciences



ETIQUETTE WHILE EXERCISING IN A GYM DURING COVID-19

***Practice social distancing (2m) Every second treadmill, space out benches, limit no. Of people per session**



***Use cleaning products and wipes prior to and after using equipment (wipe weights, handles on machines)**



***Compulsory washing of hands with soaps before and after workout**



***Avoid touching your face while working out**

***Encourage use of non-shared equipment (towels, water bottles, yoga mats etc.)**



***Stay informed and up to date**

PSYCHOLOGY?

***Having vaccinated staff and trainers gives people a sense of safety**

***Proper signage of sanitized equipment and other facility items throughout the gym reduces the fear of infection upto an extent**

***Maintaining proper aeration with open windows and reduced air conditioning produces a sense of ease in breathing**

***Enforcing proper and strict follow up on safety protocol right from the entrance increases a feeling of safety and can reduce worry, stress or other negative mentality**

<https://www.usatoday.com/story/life/health-wellness/2020/05/05/coronavirus-guide-proper-gym-etiquette-during-outbreak/4946980002/>

<https://www.wonderwall.sg/health/5-ways-to-practice-gym-etiquette-during-covid-19/>