



CSS Fitness Centre / High Performance Centre

Instructions for Members

(The following set of instructions have been drafted in lieu of the COVID19 pandemic)

BEFORE ARRIVAL:

- **Health Insurance:** All members shall ensure that they are covered with adequate Health Insurance Policy before coming for training.
- **Training Slots:** The training times at the fitness centre will function on slot-basis, where members are requested to book their slots weekly at the Front Office. The slots will strictly be on a first come first serve basis.
- **Awareness:** Members are requested to go through the SOP provided by CSS and the Tamilnadu state government, and ensure they are eligible to train at CSS.
- **Outstation Members** travelling from other districts/states are required to self-isolate themselves for a period of at least two weeks before resuming training.
- **Hygiene:** Members must follow good personal as well as respiratory hygiene at home / room
- **Feeling Sick:** Members should stay home and inform corresponding medical personnel if they are feeling sick.
- **Equipment Usage:** Members are requested to strictly adhere to protocols communicated by CSS. They shall only use the equipment made available for training by CSS.
- **Arogya Setu app** installation is mandatory for all members.

ON ARRIVAL & DURING TRAINING:

- **Thermal Screening:** A mandatory thermal screening test shall be conducted everytime for all members coming to train at the Fitness Centre/HPC (Members who do not clear the screening test will be denied entry and sent back).
- **Forms:** All members coming to train at CSS shall mandatorily fill up the Self Declaration and Consent forms prior to training.
- **Sanitisation:** All members are shall carry their own hand sanitisers, and other such disinfectants as required. Members shall practice hand hygiene at regular intervals.
- **Training Shoes:** Members shall carry a separate set of indoor shoes which shall be sanitised. Members are requested to use only these shoes for their training purposes
- **Face Mask:** Members shall constantly use recommended face masks at all times except while training. The masks should be handled and disposed properly in yellow band dustbin placed in the Fitness Centre/HPC.
- **No Change Rooms:** Members shall change before and after the training at their respective homes or rooms. Usage of change rooms, showers in the Centre is strictly prohibited. Members can only use the common Rest Room at CSS Cafeteria area.
- **Personal equipment:** Members shall mandatorily carry personal equipment, water bottles, towels, hand sanitisers, yoga mats etc., and should maintain strict cleanliness protocols.
- **Gadgets:** Members are requested to switch off their cell phones, cameras, and other electronic gadgets during the time of training at the Fitness Centre/HPC.
- **Hygiene:** Members shall follow good personal as well as respiratory hygiene.
- **Physical Contact:** Members shall not engage in any form of physical contact like handshake, high-five, hugs etc.,
- **Socialisation:** Members shall not socialise before or after training with other members / staff.
- **Illness:** Members shall immediately inform the trainers or corresponding authorities if experiencing any illness.
- **Minimise Time:** Members are requested to restrict their training period to a maximum of 60 minutes and to exit the training facility as soon as training ends.



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Deemed to be University)



- **Cooperation:** Members are expected to render their full cooperation with authorized personnel at CSS, failure of which will result in immediate removal of the candidate and revocation of their membership from the Centre.

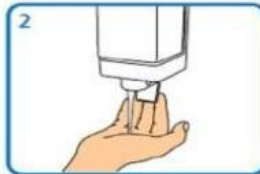


Hand Washing Technique with Soap and Water

Hand-washing technique with soap and water



1
Wet hands with water



2
Apply enough soap to cover all hand surfaces



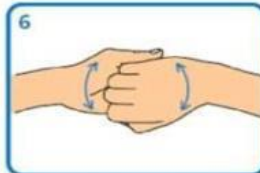
3
Rub hands palm to palm



4
Rub back of each hand with palm of other hand with fingers interlaced



5
Rub palm to palm with fingers interlaced



6
Rub with back of fingers to opposing palms with fingers interlocked



7
Rub each thumb clasped in opposite hand using a rotational movement



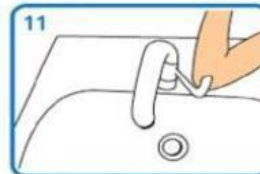
8
Rub tips of fingers in opposite palm in a circular motion



9
Rub each wrist with opposite hand



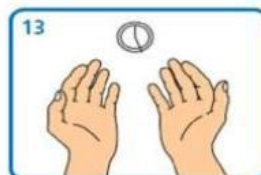
10
Rinse hands with water



11
Use elbow to turn off tap



12
Dry thoroughly with a single-use towel



13
Hand washing should take 15-30 seconds



How to wear a Face Mask Safely?

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



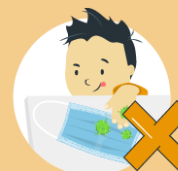
Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.