



Guidelines:

Health requirements for

Health Clubs

PCFC- Entity (Business Unit) Name	:	Trakhees – Department of Planning & Development
Department Name	:	Environment, Health & Safety (EHS)
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1. Purpose

- To ensure commitment of all Health Clubs to the public health requirement set forth by PCFC-EHS.
- To ensure the implementation of an 'Unified Health Requirements Program', in all Health Clubs in the jurisdiction of PCFC – Ports, Customs & Free zone Corporation, Dubai.

2. Scope

The Health requirements are applicable in all shops and centres that are performing any type of sports activities like Body building, Gym/Fitness centre, Karate, Yoga, Swimming, Aerobic exercise, Aqua Aerobics etc. operating in the area of Jurisdiction of PCFC (Ports, Customs & Free zone Corporation), Dubai

3. Details of Implementation

3.1 Documents:

- 3.1.1 A valid professional trade license issued from Trakhees Licensing Division/JAFZA should be available and the company name/trade name/operating name/licensee should reflect the service provided by the center.
- 3.1.2 Updated Official staff list.
- 3.1.3 EHS file (hard/soft copy) with all the required documents should be available for verification during inspection.
- 3.1.4 Only those activities mentioned in the license are allowed to be performed within the facility.
- 3.1.5 The facility should be approved by Trakhees Dept. (CED). Modification Completion Certificate (MCC) / Activity Verification Certificate (NOC AV) should be obtained from Trakhees CED and EHS respectively and shall be available in the facility.



3.2 Staff:

- 3.2.1 Assigned instructor/tutor must obtain valid Occupational Health Certificate issued from DHA.
- 3.2.2 Gym instructors must wear sports uniform.
- 3.2.3 Personal hygiene of the staff should be maintained.

3.3 Specific requirements:

- 3.3.1 Sufficient area must be provided considering the extent of operation in terms of equipment / furniture setup and occupancy.
- 3.3.2 Not allowed to perform any medical, physical or rehabilitation treatments for medical conditions.
- 3.3.3 Accommodation and Cooking or preparation of food is not allowed.
- 3.3.4 Avoid disturbing neighbor by creating noise during the sports activities.
- 3.3.5 Description of any diet for reducing weight should be done by qualified Nutritionist only.
- 3.3.6 Trading of Nutritional Supplements from the center not allowed without approval/permission from relevant authority. Product registration copy of the same from Dubai Municipality - Health & Safety Department - Registration & Permit Section must be available during inspection.

3.4 The Centre/Facility should provide the following:

- 3.4.1 Foot operated, covered waste bin with liner for waste collection.
- 3.4.2 Commitment towards general cleaning throughout the premises. The facility should implement effective cleaning and disinfection in all areas to ensure hygiene within the



facility. Daily cleaning checklist for the entire premises should be provided. Detergents and disinfectants must be stored separately.

- 3.4.3 No smoking sign should be displayed in the entrance.
- 3.4.4 Emergency contact number must be displayed conspicuously in case of emergency.
- 3.4.5 Plastic laundry basket for collection of used towels, if towels are provided by the center.
- 3.4.6. Contract with a laundry for washing the linen/towels/uniform etc. used in the facility. Laundry bills for the same should be preserved/ filed in the facility.
- 3.4.7 First Aid Box must be provided and should be replenished regularly with appropriate supplies.
- 3.4.8 Sufficient number of lockers/ cabinets shall be provided for the customers belongings.
- 3.5.9 Facility shall have steady supply of potable water. Clean and pure drinking water coolers must be provided. Coolers must be kept clean and filters must be changed when necessary.