

Guidelines – Health requirements for Health Clubs

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1. Purpose:

- To ensure compliance of all Health clubs with the public health requirements set forth by Trakhees Retail & Commercial Section. To ensure the implementation of unified health requirement in all health clubs in the area of Trakhees jurisdiction, Dubai UAE.

2. Scope:

The health requirement is 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. in the area of Trakhees Jurisdiction.

3. Responsibility:

- Director, Inspection Department
- Manager, Retail & Commercial
- Senior Officer, Retail & Commercial
- Officers, Retail & Commercial

4. Details of implementation:

4.1 Documents:

- 4.1.1 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 centre.
- 4.1.2 Updated staff list.
- 4.1.3 EPHS file as per (Health Circular No.4) to compile and include all the required documents for verification during inspection.
- 4.1.4 Only those activities mentioned in the license are allowed to be performed within the facility.
- 4.1.5 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 Retail & Commercial section respectively) and shall be available in the facility.



4.2 Staff:

4.2.1 Assigned instructor/tutor must obtain valid Occupational Health Card issued from Trakhees (044364652/044364639). In case of renewal, the card must be renewed within one month prior to the expiry date.

4.2.2 Gym instructors must wear sports uniform.

4.2.3 Personal hygiene of the staff should be maintained.

4.3 Specific requirements :

4.3.1. Not allowed to perform any medical, physical or rehabilitation treatments for medical conditions.

4.3.2. Accommodation and Cooking or preparation of food is not allowed in Health Club.

4.3.3. Avoid disturbing neighbour by creating noise during the sports activities.

4.3.4. Description of any diet for reducing weight should be done by qualified nutritionist only.

4.3.5. Trading of Nutritional Supplements from the centre not allowed without approval/permission from relevant authority. Product registration copy of the same from Consumer Products Safety Section of DM must be available during inspection.

4.4 The centre should provide the following:

4.4.1 Foot operated, covered waste bin with liner for waste collection.

4.4.2 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.

4.4.3 No smoking sign should be displayed in the entrance.

4.4.4 Emergency contact number displayed conspicuously in case of emergency.

4.4.5 Plastic laundry basket for collection of used towels, if towels are provided by the centre.