

SOP: HEALTH PARLOUR
(FOR COVID -19 PANDEMIC PHASE)

With effect from 15 January 2021, all Sections of the Health Parlour shall be open for Members with the modus operandi being as follows:-

1. Timings. On all days except as and when intimated.

(a) Health Parlour Timings. 6:30 AM to 9:00 PM.

(b) Members Timings. From 6:30 AM to 7:30 PM, sub divided as follows:-

(i) Gents.

(aa) 6:30 to 7:30 AM

(ab) 7:45 to 8:45 AM

(ac) 9:00 to 10:00 AM

(ii) Ladies.

(aa) 10:30 to 11:30 AM

(ab) 11:45 to 12:45 PM

(ac) 12:45 to 1:30 PM – Lunch Break

(ad) 1:30 to 2:30 PM

(ae) 2:45 to 3:45 PM

(iii) Unisex.

(aa) 4:00 to 5:00 PM

(ab) 5:15 to 6:15 PM

(ac) 6:30 to 7:30 PM

(ad) 7:45 to 8:45 PM

(iv) Sundays and Holidays.

(aa) 7:30 to 8:30 AM

(ab) 8:45 to 9:45 AM

(ac) 10:00 to 11:00 AM

(ad) 11:15 to 12:15 AM

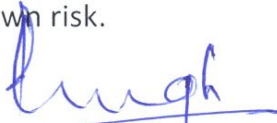
(ae) 12:30 PM to 1:30 PM

(c) Intervals of 15 minutes and 45 minutes will be used for sanitisation and Lunch respectively.

2. Facilities Open To. Only Members. Guests not permitted.
3. Charges. Rs 85/= including GST, per visit.
4. Mode of Payment. Club's Smart Card, Bank Debit / Credit Card.
5. Procedure for Availing of the Facility.
 - (a) On booking of time slot, at least 24 hours in advance and booking being confirmed. For bookings contact Shri Francis on 9007005921 for Pre Lunch Sessions and Shri Sanjay Singh on 8240703679 for Post Lunch Sessions.
 - (b) One time booking for consecutive days/ time slot not permitted.
 - (c) Not more than three bookings in the Afternoon / Evening, per week permitted.
6. Services Which Will Not Be Available. Towels, exercise mats, cosmetic items and refreshment drinks.
7. Protocols
 - (a) Body Temperature will be taken and recorded before entering the Gym.
 - (b) Not more than 07 (seven) Members permitted in each time slot and only one Members may take the massage at one time.
 - (c) Air-conditioning may be switched on but the temperature should not be below 24⁰ C.
 - (d) Minimum inter personal 6 feet distance to be maintained.
 - (e) No physical contact except for the massage, to be made.
 - (f) Only designated machines, equipment, apparatus or stores to be used.
 - (g) For massage, disposable bed sheets are to be used which will be charged for. Disposable inner wear will also be made available, if required, on chargeable basis.
 - (h) Do sanitise your hands each time you use any training aid.
 - (i) Members to carry their own towels, exercise mats and items of cosmetics water bottles.
 - (j) Use of visor / face shield mandatory while inside the Gym.
 - (k) Members with medically unsafe conditions are not permitted.
 - (l) Members living in 'Containment Zones' are not permitted.
 - (m) Members to vacate the Gym immediately on completion of their time slot.

Visit to the Club, or any of its facilities is at your own risk.

17 January 2021


Col A K Singh (Retd)
Secretary