

 GOVERNMENT OF DUBAI	Organization Unit Public Health & Safety Department	الوحدة التنظيمية:	 بلدية دبي DUBAI MUNICIPALITY	
	Form sheet title:	Health Requirements for Health Clubs		اسم النموذج :
	Doc Ref.	DM-PH&SD-P7-WI06		رقم النموذج :

Health Requirements for Health Clubs

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1- Purpose:

- To insure commitment of all Health clubs with the public health requirements.
- To insure the implementation of unified health requirement in all Health clubs in the Emirate of Dubai.

2- Scope:

- The health requirement is applicable in all shops and centers that are performing any type of sport like: body building and body fitness, karate, in the Emirate of Dubai.

3- Responsibility:

- 1-3- Director of Public Health & Safety Department.
- 2-3- Head of Health Control Section.
- 4-3- Public Health Inspection Officer.
- 5-3- Assistant Public Health inspector.

4- Details of implementation:

4-1 Licenses and Documents:

- 4-1-1. A valid professional trade license issued from Department of Economic Development should be available.
- 4-1-2. Staff list should be available.
- 4-1-3. Inspection card should be available.

4-2 Staff:

- 4-2-1. All staff should get valid occupational health cards issued from Dubai Municipality - Clinic & Community Health Section.
- 4-2-2. Wearing sport uniforms for the instructors & trainees.
- 4-2-3. Personal hygiene for the staff should be maintained.
- 4-2-4. Instructors and staff who perform massage have to be a qualified.

4-3 Prohibitions:

- 4-3-1. Not allowed to perform any medical & physiological treatment for diseases such as rheumatism& paralysis.
- 4-3-2. Not allowed to use any electrical therapeutic machines, ultra sounds machines from non qualified staff.

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4-3-3. Patients with infectious diseases are prohibited from entering or performing any activity in the Health Club.

4-3-4. Accommodation is not allowed in the Health Club.

4-3-5. Avoid disturbing neighbors by creating noise from the sports activities.

4-3-6. Ladies are not allowed to work / present in gents' fitness centers & gents are not allowed to work / present in ladies fitness centers. Only allowed in centers that are existing in the four or more stars hotels.

4-3-7. Description of any diet for reducing weight should be done by qualified nutritionist.

4-4 Drinking water source should be provided.

4-5 Sufficient number of WC should be provided & should be kept always clean .

4-6 At least one shower should be provided for every 6 persons.

4-7 Waste water must be drained properly.

4-8 Suitable ventilation & lighting should be available.

4-9 Washing & cleaning the towels after each use.

4-10 Clothes changing area shall be provided with cupboards for keeping the clothes.

4-11 Provide a first aid box equipped with necessary items.

4-12 The Cafeteria or Canteen must fulfill health conditions set by Food Control Department / Dubai Municipality.

4-13 Waste should be disposed properly .

4-14 Proper fire extinguisher system approved by Civil Defense.

4-15 Suitable ventilation shall be available and the building shall be provided with a sufficient amount of fresh air not less than 20 cubic foot per person designed as full occupancy.

4-16 Detergents and disinfectants should be available.

4-17 Furniture and machines should be well maintained and easy to be cleaned.

4-18 Smoking is not allowed inside the center & no smoking sign should be available.

4-19 The size and the number of sport apparatus should be equivalent with the area of the center.

4-20 The floor for the sport apparatus should be made from latex that has shock resistances ability, and the floors in other areas should be smooth and easy to clean.

4-21 Hand wash basin should be available and provided with liquid hand soap and tissue.

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4-22 The swimming pool must fulfill health conditions set by Safety Section – Health and Safety Department.

4-23 Valid employees training certificates on Cardiopulmonary resuscitation (CPR) and first aid skills must be provided for the instructors .

4-23 Provide sign board to describe the permissible and prohibited including appropriate uniform that must be worn by the trainee.

Notes:

- ⊕ Ladies saloon / barber shop that are existing in the fitness center, should fulfill the approved health requirement for concerned activity and the activity should be added to the trade license of the fitness center.
- ⊕ Health clubs in the hotels that have (sauna, massage, steam room),should be committed to the following:
 - Presence of separation between ladies' & gents' health club.
 - Not allowed for gents to be present / work in the ladies club and not allowed for ladies to present / work in the gents club.