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SUWASIRIPAYA

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My No: }

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நிகதி } 20 .08.2020  
Date }

### Update for Instructions for "Gymnasium" for the prevention and control of COVID-19

The maximum time allowed at the Gymnasium mentioned as one hour per session can be extended as per the fitness requirements of the individual.

All other conditions in the Instruction number 25 issued on July 6<sup>th</sup> on Instructions for Gymnasium for the Prevention and Control of COVID 19 would be applicable. Adequate measures should be taken for physical distancing with proper placement of fitness equipment ensuring that there is no overcrowding due to extension of the time allowed inside the Gymnasium.

  
Dr. S. Sridharan  
Director General of Health Services (Covering up)

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