




PULAI SPRINGS  
RESORT

# New SOP for GYMNASIUM

Only fully vaccinated individuals allowed to use the Gym.  
- Pfizer / AstraZeneca / Sinovac > 14 days after second dose  
- Johnson & Johnson / CanSino > 28 days after single dose

1. Please ensure that you have scanned your details using **MySejahtera**  App or scan the QR code using your QR Code Reader.
2. Use hand sanitizer provided.
3. Number of **gym users are limited to eight (8) persons** at one time & **aerobic room users are limited to six (6) persons**
4. Number of swimming pool users are limited too, according to the pool size with social distancing (please refer to full pool SOPs)
5. Maximum gym usage is **one (1) hour only per person**. If you wish to continue after one (1) hour, please refer to the Sports & Recreation counter. To avoid disappointment, pre booking is encouraged.
6. Users below the age of 12 and above 60 are not allowed to use the gym.
7. Practice social distancing while you are at the Sports & Recreation Centre. While you are exercising, please maintain a distance of 2 to 5 meters from each other.
8. Stay Safe!

