



OCC GYM'S SAFE DISTANCING MEASURES

1 
MAXIMUM CAPACITY
OF 20 PATRONS AT
ANY ONE TIME


2 
ENTRY IS LIMITED TO
OCC, NTUC MEMBERS
AND HOTEL GUESTS
ONLY. GUESTS WILL
NOT BE ALLOWED

3 
1 metre
QUEUE MARKINGS TO
ENSURE A MINIMUM
DISTANCE OF 1
METRE BETWEEN
PATRONS

4 
USERS MUST SIGN IN
AND SIGN OUT AT THE
COUNTER FOR
ACCESS CONTROL

5 
PATRONS ARE
ENCOURAGED TO
BRING THEIR OWN
TOWELS FOR
HYGIENE PURPOSES

6 
PATRONS MUST WEAR
MASKS AT ALL TIMES,
EXCEPT WHEN DOING
STRENUOUS
EXERCISES

7 
2 metres
RESTRICTED USE OF EQUIPMENT. PHYSICAL
DISTANCING OF 2 METRES BETWEEN
INDIVIDUALS SHOULD BE OBSERVED IN
GENERAL WHILE EXERCISING

8 
PATRONS ARE TO WIPE
DOWN EQUIPMENT
AFTER USAGE. NO SHARING
OF PERSONAL EQUIPMENT

9 
NO SOCIALISATION OR
GATHERING BEYOND
ACTIVITIES

OCC LIFESTYLE STUDIO'S SAFE DISTANCING MEASURES

1



EACH ACTIVITY SHALL BE LIMITED TO 8 PARTICIPANTS PER STUDIO

2



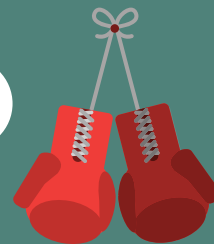
A PHYSICAL DISTANCING OF AT LEAST 2 METRES BETWEEN INDIVIDUALS SHOULD BE OBSERVED IN GENERAL FOR LOW INTENSITY EXERCISE CLASSES

3



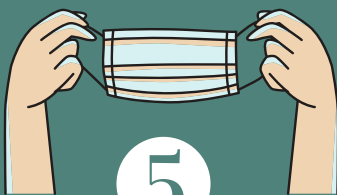
A PHYSICAL DISTANCING OF 3 METRES BETWEEN INDIVIDUALS SHOULD BE OBSERVED IN GENERAL FOR HIGH INTENSITY EXERCISE CLASSES

4



PARTICIPANTS MUST BRING ALONG THEIR PERSONAL EQUIPMENT SUCH AS YOGA MAT, BOXING GLOVES, ETC. FOR CLASSES. NO SHARING OF EQUIPMENT IS ALLOWED.

5



INSTRUCTORS AND PARTICIPANTS MUST WEAR MASKS WHEN ENTERING OR EXITING THE STUDIOS, OR CLASS, EXCEPT WHEN DOING STRENUOUS EXERCISES.

6



NO SOCIALISATION OR GATHERING BEYOND ACTIVITIES

7



DISINFECTION OF HANDS BEFORE AND AFTER ANY ACTIVITY