



DUBAI AVIATION CITY CORPORATION OHSE CODE OF PRACTICES



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DACC CODE OF PRACTICE - SAFETY AND HEALTH REQUIREMENTS FOR
HEALTH CLUBS



SAFETY AND HEALTH REQUIREMENTS FOR HEALTH CLUBS

DACC (DUBAI SOUTH) Code of Practice
Document Reference No.: DACC.DS.OPS.OHSE.OPS.17.HC

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1.0 INTRODUCTION

- (i) This Code of Practice (CoP) is mandatory to all is applicable in all Shops and Centers that are performing any type of sports activities like Body building, Gym/Fitness center, Karate, Yoga, Swimming, Aerobic exercise, Aqua aerobics etc. in the area of Dubai South Jurisdiction. This CoP is designed to incorporate requirements set by UAE and other relevant Regulatory authorities. If requirements of this document conflict with requirements set by another regulatory authority, operational facilities are required to follow the more stringent requirement.
- (ii) This Code of Practice (CoP) is to ensure compliance of all Health clubs with the public safety and health requirements set forth by Dubai South OHSSE. To ensure the implementation of unified safety and health requirement in all health clubs in the area of Dubai South jurisdiction, Dubai UAE.
- (iii) Operational facilities means the business units such as Factories, Logistics and Warehouse Facilities, Recreational Facilities, Multi Store Apartments, Retail Facilities, Offices, Educational Institutions, Medical Facilities, etc. and all other facilities which are registered under Dubai South Licensing and Registration Department and operating in Dubai South Jurisdiction.
- (iv) A duty Holder is defined as;
 - a) the person(s) who owns or is in control, through contact or tenancy, of non-domestic premises;
 - b) With regard to multiple tenanted premises, the duty holder shall be the person who owns or is in control of the building, including access and egress
 - c) All other persons shall cooperate with the with the duty holder to allow them to comply with their duties requirements under this CoP.

2.0 TRAINING AND AWARENESS

- (i) Duty Holder shall ensure that OHSSE training complies with the requirements of: Dubai South OHSSERF - Regulations 6 – Competence Management, Training and Awareness;
- (ii) Assigned instructor/tutor must obtain valid competency card issued from relevant authority or accredited third party.

3.0 REQUIREMENTS

3.1 Duty Holder Responsibilities:

- (a) Duty Holder shall undertake their roles and responsibilities in accordance with the general requirements of *Dubai South OHSSERF – Regulation 5 – Leadership, Roles, Responsibility and Self-Regulation*.
- (b) Duty Holder shall establish an Occupational Health, Safety, Security and Environment committee or equivalent as per *Dubai South OHSSERF – Regulation 7 – Communication, Consultation and Participation*.



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3.2 Licenses and Documents:

- a) A valid professional trade license issued from Department of Economic Development should be available.
- b) Staff list should be available.
- c) Inspection card should be available.

3.3 Staff:

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

3.4 Prohibitions:

- a) Not allowed to perform any medical & physiological treatment for diseases such as rheumatism & paralysis.
- b) Not allowed to use any electrical therapeutic machines, ultra sounds machines from non-qualified staff.
- c) Patients with infectious diseases are prohibited from entering or performing any activity in the Health Club.
- d) Accommodation is not allowed in the Health Club.
- e) Avoid disturbing neighbors by creating noise from the sports activities.
- f) 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.
- g) Description of any diet for reducing weight should be done by qualified nutritionist.

3.5 General Requirements:

- a) Drinking water source should be provided.
- b) Sufficient number of WC should be provided & should be kept always clean.
- c) At least one shower should be provided for every 6 persons.
- d) Waste water must be drained properly.
- e) Suitable ventilation & lighting should be available. 4-9 Washing & cleaning the towels after each use.
- f) Clothes changing area shall be provided with cupboards for keeping the clothes. 4-11 Provide a first aid box equipped with necessary items.
- g) The Cafeteria or Canteen must fulfill health conditions set by Food Control Department / Dubai Municipality.
- h) Waste should be disposed properly.



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- i) Proper fire extinguisher system approved by Civil Defense.
- j) 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.
- k) Detergents and disinfectants should be available.
- l) Furniture and machines should be well maintained and easy to be cleaned.
- m) Smoking is not allowed inside the center & no smoking sign should be available.
- n) The size and the number of sport apparatus should be equivalent with the area of the center.
- o) 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.
- p) Hand wash basin should be available and provided with liquid hand soap and tissue.
- q) The swimming pool must fulfill health conditions set by Safety Section – Health and Safety Department.
- r) Valid employees training certificates on Cardiopulmonary resuscitation (CPR) and first aid skills must be provided for the instructors.
- s) Provide sign board to describe the permissible and prohibited including appropriate uniform that must be worn by the trainee.

3.6 Notes:

- a) 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.
- b) Health clubs in the hotels that have (sauna, massage, steam room),should be committed to the following:
 - i. Presence of separation between ladies' & gents' health club.
 - ii. Not allowed for gents to be present / work in the ladies club and not allowed for ladies to present / work in the gents club.

4.0 RECORD KEEPING

- (i) A valid professional trade license issued from Dubai South should be available and the company name/trade name/operating name/licensee should reflect the service provided by the Center.
- (ii) Operational Fitness Certificate (OFC) should be obtained from Dubai South and be available in the facility.
- (iii) Only those activities mentioned in the license and OFC are allowed to be performed within the facility
- (iv) All maintenance, inspection and testing records shall be maintained in accordance with CoP – Inspection, Testing and Tagging.
- (v) Employee training records shall be maintained in accordance with Dubai South Regulation 14 – Performance Management and Dubai South Regulation 19 – Management Review.
- (vi) Updated staff list.



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- (vii) Cleaning Schedule log.
- (viii) Waste disposal records.

5.0 REFERENCES

NO.	DOCUMENT NAME	DOCUMENT NO.
1	Risk Management	DACC.DS.OHSE.RF – Regulation 2
2	Leadership, Roles, Responsibility and Self-Regulation	DACC.DS.OHSE.RF – Regulation 5
3	Competence Management, Training and Awareness	DACC.DS.OHSE.RF – Regulation 6
4	Communication, Consultation and Participation	DACC.DS.OHSE.RF – Regulation 7
5	Document Control and Record Management	DACC.DS.OHSE.RF – Regulation 8
7	Emergency Management	DACC.DS.OHSE.RF – Regulation 13
8	Incident Management	DACC.DS.OHSE.RF – Regulation 15
9	Management Review	DACC.DS.OHSE.RF – Regulation 19
10	Waste Management	DACC.DS.OPS.OHSE.ENV.03.WM
11	Labour Law and its Amendments	Federal Law No. (8) of 1980