



## INSTRUCTIONS FOR SELECTED PUBLIC ACTIVITIES/WORK SETTINGS FOR THE PREVENTION AND CONTROL OF COVID- 19

The instruction notes are given for a range of public activities and work settings. Some sectors such as tourism, large shopping malls, event management, etc. would require reference to several instruction notes.

The Instructions are subject to overall permission given by the Ministry of Health to resume functions (totally/selected).

Each instruction note is issued by the Director General of Health Services, Ministry of Health and Indigenous Medical Services and are for the establishment/owner/ responsible authority to follow in prevention of transmission of COVID-19.



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TOWARDS A NEW NORMAL



MINISTRY OF HEALTH  
AND INDIGENOUS  
MEDICAL SERVICES



World Health  
Organization



GOVERNMENT MEDICAL  
OFFICERS ASSOCIATION



SRI JAYAWARDENEPURA  
KOTTE MUNICIPAL  
COUNCIL



## 22. Swimming pools and beaches

Swimming pools and beaches can be used as per the instruction given by Health authorities in the permitted time schedule.

### Specific message/ Instruction/s

#### For the owner/operator

- The pools should be disinfected regularly according to the prevailing guidelines on maintaining swimming pools
- pH value of the water in the swimming pool to be maintained between 7.4 and 7.8
- Pool drains should be properly disposed to a drainage line but not to dispose freely to soil
- Decide the maximum number of people who could be permitted to the pool area to maintain 1 m physical distancing.
- Develop an appointment-based system to use the pool and allow the users to reserve the pool through appointments made over the phone
- Keep adequate pool towels available for each user and a method of proper discard of towels to prevent cross contamination through towels
- Keep a list of the users of the swimming pool, including their name, address and mobile phone number
- Check the temperature of all the users of the pool before they take a wash prior to dipping into water and if the temperature is above 37 0 C or 98.4 F refrain them from using the pool
- The owner/ operator of the swimming pool is expected to fill the provided Assurance form, indicating compliance with the instructions given. The original of the Assurance form should be submitted to the area Medical Officer of Health. A copy of the same should be sent to the local government authority (municipal council/ urban council/ pradeshiya sabha) and another copy should be kept with you.

#### For the User/ client / self

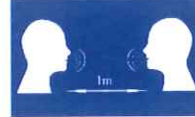
- Going crowded places such as popular beaches are strongly discouraged as this may expose you to an unnecessary risk of contracting the disease
- Use beach or the swimming pool in situations only where it is an absolute need to maintain your physical and psychological well being
- Avoid using beaches that are likely to be contaminated with wastewater or untreated sewage water
- Wear a face mask while being at the pool side or the beach and always maintain physical distancing
- Wash yourself with soap and water under a shower before using the pool
- Do not use the pool or be in the beach if you feel unwell
- Always use your personal towels/ single use towels and swim wear



Instructions for selected public activities/work settings for the prevention and control of COVID - 19

**Method/s of instruction**

- Signposts
- Notice/poster at
- Social media



  
Director General of Health Services

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