



Health & Safety Department (Environmental Health Section)

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Any modification to the document must be reviewed and approved as per the corporate policies and procedures of document control

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1. Introduction

The Guidelines for Fitness Establishments' Commitment reflect the best practices in force in the Emirate of Dubai, in addition to achieving proactive prevention of public health, applying and developing the best practices of occupational health and safety, and promoting compliance with health and safety requirements, including cleanliness, public health, public safety, indoor air quality, water quality, and the safety of consumer products in constructed environments to achieve Dubai Municipality's mission of planning, managing and ensuring Sustainability of the city by providing pioneering municipal services for people's happiness and well-being, in support of achieving the vision of Dubai Municipality (a leading municipality for a global city).



2. Purpose

This guide has been prepared to ensure and enhance the compliance of fitness establishments with the approved controls and requirements in Dubai Municipality and to achieve a high level of health and safety in the built environment.

3. Objectives

- Ensure compliance with the standardized environmental health requirements of fitness establishments in the Emirate of Dubai to achieve proactive public health prevention.
- Educate relevant business owners and workers on environmental health risks .
- Ensuring a healthy and safe environment for employees and visitors to the facility.
- Ensuring business continuity in line with applicable regulations, legislation and laws in the Emirate of Dubai.
- Increasing public awareness of environmental health.

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4. Acts and Legislations



- Public Health Law No. (5) of 2025 on Public Health in the Emirate of Dubai.
- Administrative Resolution No. (30) of 2007 Issuing the Executive Regulations of Local Order No. (11) of 2003 Concerning Public Health and Community Safety in the Emirate of Dubai .

5. Scope

This guide applies to all men's and women's fitness establishments in the Emirate of Dubai.



6. Definitions

Definition	Meaning
Public Health	The art and science of preventing disease, prolonging life, and promoting health through the organized efforts of society.
Environmental Health	Environmental health addresses all the physical, chemical, and biological factors external to a person, and all the related factors affecting behaviors. It encompasses the assessment and control of those environmental factors that can potentially affect health. It targets towards preventing disease and creating health-supportive environments.
Constructed Environment	The environment that is constructed for all purposes except industrial ones, which is related to the life and livelihood of human beings, whether related to their work, worship, treatment, transportation, or entertainment for themselves and other similar purposes, and includes, but is not limited to, buildings, roads, bridges, tunnels, water and electricity systems, including water tanks, waste transmission and discharge systems, networks and Sewer installations, common

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Definition	Meaning
	service facilities such as mosques, shops, markets, parks, public transport stations, and entertainment venues.
Constructed Environmental Health	Ensure that physical, chemical, biological and any other factors within the constructed environment do not cause any damage to human health. Any building dedicated to workers' housing.
Indoor Air Quality (IAQ)	Indoor air quality (IAQ) refers to the air quality in and around buildings and structures, especially in relation to the health and comfort of building occupants.
H.V.A.C	Refers to Heating Ventilation and Air Conditioning systems. (Which provides the process of treating air to meet the requirements of a conditioned space by controlling its temperature, humidity, cleanliness, and distribution).
M.V.A.C.	Refers to the Mechanical Ventilation and Air-Conditioning system of the building.
Consumer Product	A product that can be consumed or used for human use for any purpose, including but not limited to cosmetics and personal care, perfumes, health supplements, cleaning products, antibacterials, toys, textiles, food contacts, health care products, air fresheners, and any other product designated by the municipality as a consumer product
Montaji	Smart platforms designed and presented by Dubai Municipality, aim to ensure the safety of consumer products, include: MONTAJI smart online system: designed for traders to register their products as per the recommended health and safety specifications
Hazardous Waste	Waste materials that can cause significant harm to humans, property and/or the environment due to their inherent hazardous properties. Hazardous wastes are in the form of solid, liquid, sludge, gas, or any combination of the above.
Cosmetics, Personal Care & Perfumes	Any substance or product for use on the various external areas of the human body (e.g., skin, all hair, nails, lips, and externally

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Definition	Meaning
	on the genitals) or on the teeth and mucous membranes of the oral cavity exclusively or primarily for the purpose of cleaning, perfume, changing the appearance, correcting body odors emitted, protecting and/or maintaining these areas and keeping them in good condition.
Detergent	Any substance or preparation containing soaps and/or other surfactants intended for washing and cleaning processes. Detergents may be in any form liquid, powder, or paste or bar or molded piece and marketed for or used in household, or institutional or industrial purposes.
Antibacterial	Any substance or mixture prepared in a form supplied to the consumer that consists of or contains one or more active substances with the intention of destroying, preventing, minimizing harm, or otherwise controlling any harmful organism by any means other than physical or mechanical means. It can also be any substance or mixture, created from substances or mixtures, to be used with the intention of destroying, deterring, minimizing damage, preventing the action or control of any harmful object by any means other than simple physical or mechanical means.
Food Contact Material	Materials and articles that designed to come in contact with food when used in usual manner and manufactured from different.
Low Voltage Electrical Devices	Any equipment or machine operated by electrical power with alternate electrical voltage from (50-1000) volt, designated for domestic or professional uses.
Sample Draw	An original piece that was confiscated from the product to represent the condition of the product in the applicable inspections and investigations.
Pollution	Impurities or components present in the sample by exposure or the addition of a toxic or contaminant to the product.

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Definition	Meaning
Non-drinking water	Water is not drinkable, but it can be used for other purposes depending on its quality.
Noise	Unwanted noise either because of its effect on humans and its effect on the stress and malfunction of equipment, or because it interferes with the process of recognizing or recognizing other sounds
Chemical Pollution	Presence or increase in our environment of chemical content that are not naturally present there or found in amounts higher than their natural background values.
Microbiological Pollution	Presence or increase in our environment of tiny, small organism that call microorganisms.
Legionella	Legionnaires' disease is a lesser form of Pontiac fever and Legionella generally affects the lungs by inhaling contaminated droplets. These bacteria grow in water with temperatures ranging from 20° C to 45° C and are spread by water droplets.

7. General Requirements

1. It is permitted to practice activities and provide services in the facility only after obtaining the necessary permits and licenses from the competent authorities in the Emirate.
2. Comply with the laws, legislation and guidelines issued by the Dubai Sports Council regarding fitness centers.
3. The services provided at the institution must be identical to the activities listed in the commercial/professional license.
4. The presence of a representative of the department or the concerned manager such as the person in charge, a safety engineer or a specialized technician.

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7-1 Required Documents and Records

All owners of fitness facilities are required to provide and present the following documents upon request:



- A trade license issued by the competent authorities in the Emirate of Dubai.
- An updated list of the names of all employees of the organization.
- A valid occupational health certificate as per Dubai Health requirements.
- Elevator Safety Certificate from a company approved by the Emirates International Accreditation Center
- Swimming Pool Lifeguard Certificate from an approved company from the Emirates International Accreditation Center.
- Record cleaning and disinfecting shower heads.
- Ventilation and air conditioning system inspection reports.
- In the case of recreational water systems (swimming pool/jacuzzi), the results of the tests for water quality shall be provided as described in paragraph (12-2).

7-2 Documents and Records Required for Standalone Buildings

All owners of establishments within independent buildings are required to provide the documents and records mentioned in clauses (1-7) in addition to the following records and present them if requested:

- A valid contract with a company approved by Dubai Municipality to clean and disinfect water tanks and systems.
- Biological and chemical water systems inspection reports.
- Water tank cleaning reports.
- Valid water systems disinfection certificate and reports.
- A valid contract with a company approved by Dubai Municipality for Pest, Rodent and Pest Control.
- Record reports of pest control procedures such as rodents and insects with effective impact.
- A valid contract with an approved company for the disposal of public waste and a specialized company for the disposal of hazardous waste, if any.

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8. General Cleanliness

8-1 General Requirements

- Comply with all public health requirements set out in the applicable laws, regulations and legislation in the Emirate.
- Adhering to the manuals, circulars and directives issued by the municipality and the concerned authorities in all matters related to public health affairs.

8-2 Public Hygiene

- Maintaining periodic cleaning and disinfection of all facilities and areas of the facility.
- Frequently touched surfaces such as door handles and elevator buttons as well as appliances, equipment, etc., should be cleaned and sanitized periodically while keeping cleaning records and reports.
- Provide liquid soap and paper towels or hand dryers near wash basins.



8-3 Personal hygiene

- Maintaining the personal hygiene of employees.
- Wear a proper and clean uniform for all workers.

8-4 Public and operational health

- Providing a suitable and uniformed uniform for all workers.
- Service delivery by workers suffering from infectious diseases that affect the health of others is prohibited.
- Follow the protocols and mechanisms approved by the health authorities in the Emirate and the UAE in dealing with communicable diseases wherever required.
- Reporting accidents or situations affecting public health and safety to the competent authority in the Emirate
- Not to provide any medical advice or attempt to treat illnesses to customers.
- Not providing therapeutic medical services without a permit from the competent authorities.
- Not providing therapeutic massage service without a permit from the competent authorities.

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- Providing a consultation service for fitness center visitors and documenting it in records or an electronic system.
- Provide enough towels.
- Use cosmetics and personal care through pumping bottles (automatic or pressure) to avoid dipping your fingers into the product.
- If hairdressers (combs) are available, they should be of the single-use type.
- Providing lockers for personal items for employees and fitness center visitors.
- Permanent or temporary residency is not allowed.
- Animals are not allowed to be or raised in the facility.
- Smoking of any form is not permitted in the facility.

8-5 Insect Control and Pest Control

- The number of control visits should be in accordance with the requirements of the competent department in Dubai Municipality.
- Control should be immediate if insects, rodents, and pests are present in the facility.



8-6 Waste Management

- Providing suitable containers in sufficient numbers.
- Collect and dispose of public waste properly and periodically.
- Disposal of hazardous waste in a proper and regular manner.

8-7 Sanitation

- Commitment to periodic maintenance of sewage facilities.
- Do not leave drainage holes exposed.

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9. General Safety



9-1 General Requirements

- Providing all public safety requirements stipulated in the laws and resolutions issued thereunder and the legislation in force in the Emirate.
- Adhering to the manuals, circulars and directives issued by the municipality and the concerned authorities in all matters related to public safety affairs.

9-2 Public safety in the facility's public facilities.

- Compliance with the standards and procedures of the General Command of Dubai Civil Defense.
- Fire extinguishing devices must be available and appropriate for the type and activity of the facility, and must be valid.
- Easy access to fire extinguishers.
- Signs for emergency exits must be clear and storage in emergency corridors is prohibited.
- Not storing in facility walkways and service areas.
- The building's interior and exterior stairs should be safe and easy to use.
- Storage of hazardous materials, chemicals, and antibacterials in designated areas within the facility;
- Regular maintenance of the facility should not be carried out while customers are present.
- Electrical appliances, equipment, and connections within the facility's facilities must be safe and approved by the competent authorities.
- Periodic maintenance of electrical equipment and appliances, including manual equipment.
- The electrical connections and systems in the facility must be safe and approved by the competent authorities.
- Plugs and electrical sockets should be in good condition and in the right place and ensure that they are covered securely.
- Provision of a first aid box as per the requirements of Dubai Corporation for Ambulance Services.
- If the facility is in a separate building and has parking spaces belonging to it, no dividers or additions should be added inside the parking lots or storage in them.
- Not to add or modify any part of the approved plan of the establishment without permission from the concerned authorities or to refer to them.
- Do not use the roofs of buildings and areas around the stairs as a place for storage.
- Do not use fire extinguishing equipment storage cabinets, electricity, and pumps as storage space.

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- Commit to the required spaces for each device based on its instruction manual.
- A minimum of (1) meters of safety distance must be left between sports equipment.
- Considering the distribution of devices and equipment in a way that allows for easy and smooth movement and movement between them.

9-3 Steam Room and Sauna Safety

- Provide a sign showing safe use guidelines at the entrance of the room.
- An emergency alarm system connected to a manned reception area must be provided to call for assistance.
- The lighting of the sauna/steam room should be sufficient so that any user can clearly see the exit door and any signs/instructions.
- Provide a suitable floor that does not cause slipping, burns, and injuries.
- Provide proper ventilation to prevent fungal growth.
- The manufacturer's sauna and steam room instructions must be adhered to.
- Guidelines and circulars for saunas and steam rooms issued by Dubai Municipality in this regard must be adhered to.



9-4 Safety of Elevators

- Provide an elevator safety certificate and a maintenance report from a company accredited by the Emirates International Accreditation Center.
- Commitment to the proper use of elevators according to the type of elevator (service elevators – customer elevators) and following the instructions.
- Secure the moving parts of the transmission in the elevators.
- Do not use elevator rooms and mobile transportation systems as storage spaces.

9-5 Safety in the storage area

- Provide adequate and adequate lighting and ventilation in the storage room.
- Storage of materials appropriately to allow for ventilation, cleanliness and efficiency of firefighting systems at least 20 centimeters from the floor and at least 50 centimeters below the ceiling.
- Provide adequate and appropriate cabinets, drawers or shelves.

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9-6 Safety in the pool area

- Providing a plan approved by Dubai Municipality for swimming pools and not making any amendments without prior approval from the Municipality.
- The pool area must be sealed off and ensure that it is not used by guests if there is no lifeguard or the pool is temporarily closed.
- Provide a lifeguard who is certified by an approved company by the Emirates International Accreditation Center.
- The number of lifeguards around the swimming area is based on the size of the pool as shown in Table (1) below.

Table No.(1): Number of lifeguards around the swimming area according to the size of the pool:

Pool size In Square Meters	Minimum Number For the Rescuers	Minimum number of lifeguards During the ignition intensity period	Minimum number of lifeguards In the adult pool (If children are present)
170 or less	1	2	3
212 – 250	1	2	3
250 – 312	1	2	3
312 – 416	2	2	3
416 – 1000	2	3	4
1,000 or more	4	6	9

- The lifeguard must be in a position where he can 100% monitor every part of the pool during use and can apply a 10:20 rule where 10 seconds to inspect the entire pool and 20 seconds to intervene.
- Children's swimming pools should be safe and separate from adult pools.
- Floors should be non-slippery around the pool to avoid accidents.
- Public swimming pools should be provided with restrooms and changing rooms in proportion to the pool space.
- The water temperatures in the pools should be between 26 °C and 30 ° C.

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Safety and rescue equipment to be provided in the pool area:

- Provide a general bilingual instruction board (Arabic and English) that explains the rules to be followed while using the pool.
- Providing no diving or jumping boards in the pool and signs indicating the depth of the pool, provided that they are in accordance with the guidelines.
- Provision of rescue equipment (rescue hooks, life collars... etc.) so that it is easy for the lifeguard to reach them within 5 seconds when they need them and they are distributed on all sides of the pool.
- Provision of an AED and a well-located first aid kit close to the pool.
- Providing appropriate personal protective equipment for lifeguards and pool cleaners and safety workers.

Safety in pool pump rooms:

- Provide adequate storage for the chemicals used in the pool and ensure that the guidelines in the Material Safety Data Sheet (MSDS) are followed.
- Adequate lighting and ventilation for pump rooms.
- Make sure pump chambers are closed when they are not needed.
- Provision of appropriate personal protective equipment in the pump rooms.
- Technical Guidelines (81) on the safety of public swimming pools must be adhered to.



10. Safety Of Consumer Products

Consumer products include but are not limited to: Health supplements, cosmetics and personal care (shampoo, body wash, cream or lotion etc.), perfumes, detergents, biocide textiles, food contact materials, and others.

10-1 Requirements for the Handling of Consumer Products

- Trading cosmetics and personal care products, perfumes, detergents, antibacterials and food contact materials approved by the competent authorities.
- The label for cosmetics and personal care products, perfumes, detergents and antimicrobials must conform to the UAE standard.
- Not to trade products with misleading or inappropriate data.

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- Lack of claims, images, illustrations and language that contradict the prevailing social values and customs of cosmetics and personal care products, perfumes, detergents and antibacterials.
- Do not reuse consumer product packaging for any purpose and dispose of them safely.
- Provide a label showing the opening date on products whose shelf life depends on the opening date.
- Provide a label showing product data on the repackaged packaging.
- Do not leave the product uncovered after use.
- Follow the correct method of mixing products according to the identification card for each product and dispose of them immediately after the completion of providing the service.
- Not to circulate unauthorized, prohibited or laboratory-failed cosmetics, personal care and perfumes
- Not to trade expired, spoiled or damaged consumer products.
- Not to circulate medicines by any means.
- Follow the instructions for using and storing consumer products according to the data on the product label.



10-2 Safety of Low Voltage Electrical Appliances

- Trading of low-voltage electrical appliances conforming to UAE specifications.
- Not to circulate electrical appliances with misleading or inappropriate data.
- Not to circulate unauthorized, prohibited or laboratory-failed electrical devices.
- of claims, images, illustrations, and language that contradict the prevailing social customs and values of the electrical appliance
- Safe use of electrical appliances.
- Regular maintenance of electrical equipment and devices.

10-3 Requirements for Storage of Consumables

- Products must be classified and stored according to the manufacturer's instructions.
- A separate area must be designated for storing consumable products. Shelves and cabinets must be made of durable, fire-resistant materials or stainless steel and be at a suitable height above the floor.
- Standard storage practices must be followed (appropriate arrangement, separation, free space from floor to ceiling, adequate movement distance, etc.).
- Must be adhered to Technical Guidelines for Consumer Product Storage Requirements No. (107)

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11. Requirements for controlling the operational noise level of the facility

Compliance with the permissible limits as determined by the relevant authorities in the emirate

12. Water quality

12-1 General requirements

- Contracting with a water tank cleaning and disinfection company approved by Dubai Municipality.
- Contracting with an EIAC accredited laboratory to collect and test water samples.
- Keep the water faucet filters clean and free of plaque and scales.
- Follow the Technical Guidelines Manual (44) on the Control of Legionella Bacteria in Water Systems issued by Dubai Municipality.
- Water tanks should be protected from contaminants, ensure that all tank covers are intact and firmly in place, and inspect internally at least monthly.
- Technical Guidelines Manual (17) Technical Manual for Unbottled Drinking Water Quality should be followed.
- Technical Guidelines Manual (80) on the Safety of Private Swimming Pools.

12-2 Water Quality in Swimming Pools

- Pool water should be clean.
- Providing devices for filtration and purification of pool water.
- Providing an automatic disinfectant injection system to reduce the growth and reproduction of bacteria in the swimming pool.
- The level of disinfectants must be maintained within the permissible limits in the pool water at all times and records shall be kept in accordance with the table below:

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Table No. (2): Swimming Pool Water Quality Standards

Pool Type	Disinfectant	Water Temperature	pH	Free chlorine
Swimming pool	Chlorine	≤ 26°C	7.2 - 7.6	1 - 2 mg/l ³
		26°C - 30°C	7.2 - 7.6	2 – 3 mg/l ³
	Disinfectant	Water Temperature	PH	Bromine
	Bromine	≤ 26°C	7.2 - 7.8	2 mg/l
		> 26°C	7.2 - 7.8	4 mg/l

Table No.(3): All required tests for swimming pools must be carried out as shown in the table below:

Reciprocity	Testing	Acceptable Range
Daily	PH	7.4-7.6
	Residual free chlorine	1-2 ppm
	Residual Free Bromine	2-4ppm
Every two weeks	PH	7.4-7.6
	Residual free chlorine	1-2 ppm
	Residual Free Bromine	2-4ppm
	Total alkalinity	60-200 mg/L
	Cyanuric acid	30-50 mg/L
Every two months	Total coliform	0 mpn/100 ml.
	Fecal colonia	0 mpn/100 ml.
	Number of bacterial colonies	1000 cfu/ml.
	Pseudomonas aeruginosa	0 cfu/100 ml.
	Fecal streptococcus	0 cfu/100 ml.



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Table No. (4): Periodic Withdrawal of Water Samples for Tests:

Type of Inspection Required	Time Period	
	Cooling Tower	All Water Systems (Except cooling tower system)
Legionella	Quarterly	Quarterly
Total Bacteria Count	monthly	Quarterly



12-3 Water Quality in Drinking Water Coolers and Fountains

- Place coolers in safe and clean areas so that they don't impede movement in the building.
- Cleaning the radiator periodically depending on the manufacturer or according to the result of the radiator inspection.
- Use materials approved by the competent authorities to clean and disinfect the refrigerants.
- Seal the cooler tanks to protect them from pollutants, insects and animals.
- Water filters must be from a company approved by the competent authorities and are changed periodically or according to the manufacturer's requirements.
- Dry floors around the cooler to prevent insect breeding and algae gathering around the cooler.
- The coolant should be made of stainless materials and materials approved to prevent chemical contamination of the water.
- Taking a water sample for microbiological and chemical testing according to the UAE Standard for Unbottled Drinking Water GSO149-2021.
- In case of any non-conforming samples of the water cooler, its use should be discontinued and cleaning and disinfection procedures should be taken by a company approved by the municipality

12-4 Ice Making Machines

- All containers and lids used in manufacturing must be clean and washed and disinfected with solutions and detergents approved by the competent authorities.
- Ice machines are checked, cleaned, and refilled monthly according to the manufacturer's instructions.
- The disinfection of the machine should be carried out every six months or according to the manufacturer's instructions.
- All detachable components should be disassembled and cleaned quarterly.

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- Ice should be handled and handled with tools that prevent pollution and transmission of infections and pollutants of various kinds, whether physical, chemical or microbiological.
- Ice machines should be dried, cleaned, and kept dry when not in use.

13. Indoor Air quality

13-1 General Requirements

- The fitness center management shall conduct a comprehensive Indoor Air Quality (IAQ) assessment through a competent and accredited entity within six (6) months from the commencement of operations, or immediately following any major renovation works.
- The IAQ-related environmental risk assessment shall be updated at least annually. Where results indicate non-compliance with the regulatory limits specified in Tables (5), (6), (7), and (8) of the Technical Guideline for Indoor Air Quality for a Healthy Life, a time-bound corrective action plan shall be developed and implemented.
- All IAQ measurements shall be conducted by officially accredited laboratories or service providers using calibrated instruments in accordance with approved standards.
- During partial or full renovation works, work zones shall be completely isolated from occupied areas and equipped with appropriate local exhaust systems to prevent the spread of contaminants.
- IAQ shall be reassessed upon completion of renovation works and prior to re-occupancy, to ensure full compliance with applicable standards.
- The use of construction materials or products with high chemical or organic emissions shall be prohibited. Low-emission or environmentally approved materials shall be used.
- All areas within the fitness center shall be provided with effective mechanical ventilation systems to ensure continuous fresh air supply and removal of contaminated air, in accordance with the Technical Guideline for Indoor Air Quality for a Healthy Life and applicable local design standards.
- The ventilation system shall serve all occupied spaces, including exercise areas, lounges, staff rooms, and shower facilities.
- Ventilation and air-conditioning systems shall achieve the required air change rates and thermal comfort conditions based on the operational occupancy density and activity levels.
- Outdoor air intake locations shall comply with the following:
 - Shall not be in low-level areas relative to adjacent roads, enclosed spaces, or near pollution sources such as exhaust outlets, cooling towers, or drainage systems.

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- Shall not directly face vehicle parking areas.
- Fresh Air Handling Units (FAHUs) shall not be shut down during operating hours and shall always operate in automatic mode.
- Air filtration systems shall be installed to prevent bypassing unfiltered air, maintained regularly, and replaced in accordance with manufacturer instructions.
- The filtration system within ventilation systems shall be multi-stage and effective, and shall ensure, across both ventilation and air-conditioning systems, the removal of particulate and biological contaminants and compliance with approved IAQ levels.
- Multi-stage filtration systems shall, as a minimum, include:
 - Primary filtration (MERV 6–8 or equivalent);
 - Secondary filtration (MERV 13 or higher), particularly in high-occupancy areas.
- Appropriate preventive measures shall be implemented where nearby construction activities may impact on indoor air quality.
- All gaps, openings, and penetrations between occupied and unoccupied spaces shall be properly sealed to prevent contaminant ingress.
- Where local exhaust fans are installed, they shall be equipped with self-closing dampers or equivalent devices to prevent reverse airflow and contaminant entry.

13-2 Maintenance and Cleaning of Ventilation and Air Conditioning Systems

- An approved periodic maintenance plan must be prepared in accordance with the manufacturer's instructions and in accordance with the requirements of the Indoor Air Quality Technical Manual for Healthy Living and updated annually.
- The ventilation and air conditioning system is inspected at least quarterly in normal mode, and all inspections must be documented in a technical record.
- The periodic maintenance program shall include all components affecting indoor air quality, and shall cover, at a minimum, cleaning or replacement of filters, inspection and cleaning of cooling coils, cleaning of fresh air handling units, and periodic verification of the safety and cleanliness of drainage sinks, free of blockages and fungal growth, in accordance with the approved technical requirements.
- Ducts should be cleaned at least once every three years, or immediately after any microbiological contamination is detected, by certified companies.
- Smoking is prohibited in all facilities of the Public Corporation or any other places designated by Dubai Municipality except for places where smoking is permitted and have a valid permit, subject to compliance with all requirements and conditions for granting a permit.

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13-3 Intelligent Monitoring and Continuous Improvement (Optional)

- It is recommended to install smart sensors to monitor air quality parameters. Sensor data is used to improve the performance of the ventilation system and identify critical points. In the case of installation, the requirements of the Environmental Indoor Air Quality Index manual must be met.

13-4 Mold Removal and Control

- The management of the fitness center must take all necessary preventive measures to prevent the formation or spread of mold within the facility, especially in areas with high humidity such as shower rooms, changing rooms, pool areas (if any), and areas of ventilation and air conditioning systems.
- If any indications of mold presence (moldy odors, visible stains, frequent health complaints, or abnormal measurement results) are detected, a specialized technical evaluation should be carried out by an approved body, in accordance with the requirements of the Mold Removal and Control Technical Manual.
- Mold removal and control work must be carried out exclusively through specialized companies approved by the competent authority, and using approved methodologies that prevent the re-spread of biological contaminants within the facility according to the technical manual for mold removal and control.
- Mold removal areas should be completely isolated from populated areas during implementation, with appropriate containment systems in place in accordance with the requirements of the Mold Removal and Control Technical Manual.
- The use of paints, chemicals, disinfectants, or surface treatments as a substitute for removing mold from the source and addressing the causes of moisture or water leakage is prohibited.
- Root causes of mold growth, including water leakage, condensation, poor ventilation, or malfunctions of air conditioning systems, should be addressed before or in conjunction with removal work.
- After the completion of the mold removal work, a final verification assessment of the indoor air quality and the condition of the affected surfaces should be carried out, to ensure that the biological contamination has been eliminated and the approved standards are met, before the area is reoccupied in accordance with the requirements of the Mold Removal and Control Technical Manual.
- All mold assessment, removal and subsequent verification work must be documented in an approved technical record, which is available to the regulatory authority upon request.
- Maintenance and operation personnel should be trained in early identification of mold indicators, reporting and initial handling mechanisms, in accordance with the approved technical manual.

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Table No. (5): For New Institutions

Contaminants and Contaminants Parameter (Sample Type)		Exposure limit	
		Maximum Allowed	Exposure time
Gaseous pollutants	Volatile Organic Compounds (TVOC)	3000 µg/m ³	one hour
	Carbon monoxide (CO)	25 ppm	one hour
	Carbon dioxide (CO ₂)	5000 ppm	one hour
	Nitrogen dioxide (NO ₂)	0.1 ppm	one hour
Particulate matter (PM)		200 µg/m ³	
	PM _{2.5}	100 µg/m ³	one hour
	PM ₁₀ •	400 µg/m ³	one hour





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Table No. (6): Common Air Pollutants in Existing Buildings and Institutions:

Pollutant & Contaminant parameter (Sample Type)		Long Term Exposure		Short Term Exposure		Threshold Limit Value – Ceiling (TLV-C)
		Max-acceptable	Average Time	Max-acceptable	Average Time	
Gaseous pollutants	Total Volatile Organic Compounds (TVOC)	0.6 mg/m ³	8-hour	3 ppm	N/A	5.5 ppm
	Formaldehyde (HCHO)	0.01 ppm	8-hour	0.08 ppm 0.1 mg/m ³	30 min	1 ppm
	Carbon dioxide (CO ₂)	800 ppm	8-hour	700 ppm above outdoor air levels	N/A	5000 ppm
	carbon monoxide (CO)	9 ppm (10 mg/m ³)	8-hour	25 ppm (35 mg/m ³)	1-hour	200 ppm
		(7 mg/m ³)	24-hour	90 ppm (100 mg/m ³)	15 MIN	
	ozone (O ₃)	0.06 ppm (100 µg/m ³)	8-hour	0.1 2 ppm	1-hour	800 µg/m ³
	nitrogen dioxide (NO ₂)	40 µg/m ³	annual average	0.1 ppm (200 µg/m ³)	1-hour	10 ppm (in 5 min)
150 µg/m ³		8-hour	1 ppm	15 min		
Particulate & Biological	Particle Pollution (PM) (PM _{2.5})	35 µg/m ³	24	100 µg/m ³	1-hour	
	Particle Pollution (PM) (PM ₁₀)	150 µg/m ³	24	100 µg/m ³	8-hour	
	Total bacterial counts	1000 CFU/m ³				
	Total fungal counts	500U/m ³				

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No. (7)- Thermal & Physical Comfort:



Parameter	Recommended Range for acceptable IAQ	Unit	Remarks
Dry bulb Air temperature	22.5 - 25.5 Db	°C	Based on 80% of occupants comfort
Relative humidity	20 - 60	%	Never exceed 56%RH at 80F (27C) and 86%RH at 67F (19C).
Air movement	0.2 - 0.3	M/s	

Table No. 8: Individual VOC:

It was taken if the TVOC measurement was higher than the permissible limits to ascertain the type of individual organic compound.

Compound	8-hour average
Benzene	17µg/m ³ (0.0053 ppm)
Naphthalene	10µg/m ³ (0.0019 ppm)
Polycyclic aromatic hydrocarbons	0.012ng/m ³ (1.2 × 10 ⁻⁴ ppm)
Trichloroethylene	230µg/m ³ (0.0043 ppm)
Tetrachloroethylene	250µg/m ³ (0.037 ppm)
1,2-Dichlorobenzene	500µg/m ³ (0.083 ppm)
Toluene	1,092µg/m ³ (0.29 ppm)
1,4-Dichlorobenzene	200µg/m ³ (0.033 ppm)
Styrene	100 ppm
Xylene	1,447µg/m ³ (0.333 ppm)

For more requirements, please refer to Technical Manual (119) for Indoor Air Quality for a Healthy Life

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14. References

- Public Health Law No. (5) of 2025 on Public Health in the Emirate of Dubai.
- Local Order No. 61 of 1991 on Environmental Protection Regulations in the Emirate of Dubai.
- Administrative Decree Issuing the Executive Regulations of Local Order No. 11 of 2003 on Public Health and Community Safety in the Emirate of Dubai
- Technical Guidance Manual (44) on the Control of Legionella Bacteria in Water Systems.
- Technical Guidelines Manual (17) Technical Guide for Unbottled Drinking Water Quality.
- Technical Guidelines Manual (107) for Consumer Product Storage Requirements.
- Technical Guidelines Guide (119) for Indoor Air Quality for a Healthy Life.
- Technical Guidelines Manual (70) for Issuing Smoking Permits.
- Technical Guidelines Manual (81) on the Safety of Public Swimming Pools.
- Technical NOC requirements for the practice of health and safety activities.
- Dubai Building Code issued by Dubai Municipality.
- Laws and guidelines issued by the Dubai Sports Council regarding fitness centers.

For (suggestions, comments, and complaints)	For further information
<ul style="list-style-type: none"> ▪ Unified interactive platform that connects Dubai Government and its customers: The 04 Platform https://04.gov.ae/ ▪ ☎ Dubai Municipality - Call Center (24/7): 800900 	<ul style="list-style-type: none"> ▪ ✉ ehcinspection@dm.gov.ae ▪ ☎ Dubai Municipality - Call Center (24/7): 800900