



**GOVERNMENT OF THE PUNJAB
EMERGENCY SERVICES
DEPARTMENT**

Lahore, 15th August, 2025

NOTIFICATION

No.1721/2025 (ESD).- In exercise of the powers conferred under section 7 of the Punjab Community Safety Act 2021 (XXXVIII of 2021), the Punjab Emergency Service is pleased to make the following regulations:

1. Short title and commencement.- (1) These regulations may be cited as the Punjab Health Clubs Regulations 2025.

(2) They shall come into force at once.

2. Definitions.- (1) In the regulations, unless the subject or context requires otherwise:

- (a) "Act" means the Punjab Community Safety Act 2021 (XXXVIII of 2021);
- (b) "Automated External Defibrillator" means a portable electronic device that automatically diagnoses life-threatening cardiac arrhythmias and delivers a shock;
- (c) "Health club" means Health Club as defined under section 2(d) of the Act;
- (d) "Certificate" means a Safety Measure certificate issued to the owner under section 3(3) of the Act;
- (e) "Regulations" means the Punjab Health Clubs Regulations 2025; and
- (f) "Service" means the Punjab Emergency Service established under the Punjab Emergency Service Act 2006 (IV of 2006).

(2) A word or expression used but not defined in the regulations shall have the same meaning as assigned to it under the Act.

3. Safety Measures for Health clubs:

(I) General requirements for Space: (i) The minimum general requirement for space shall be fifteen square feet per User, for group exercise minimum thirty square feet and forty square feet per piece of fitness machine.

(ii) Machines having an adjustable weight stack need minimum two feet of clearance from each side.

(iii) Each barbell needs to be positioned with minimum space of three feet between their ends.

(iv) Each weight rack shall have minimum two feet clearance from all side.

(II) Safe working area and environment: The Owner of Health club shall ensure:

- (a) that floor of the Health club is free from all slip, trip and fall hazards with the availability of nonslip mats or floor tiles;

- (b) enough space between equipment;
- (c) minimal use of power extended cords;
- (d) ventilation, enough windows, air conditioning, fans, lighting and cleanliness in exercise area;
- (e) secure installation of mirrors made of safety glass in Health club minimum 12 inches above the floor;
- (f) provision of toilets, shower rooms, lockers and changing rooms as per the number of Users at a time;
- (g) that all equipment including weight, dumbbells, barbells, exercise mats, locker rooms, change room, toilets and all frequently touched surfaces are properly cleaned and disinfected regularly;
- (h) provision of pre activity readiness questionnaire prepared by the Service to all prospective Users who shall fill it;
- (i) secure storage of pre activity readiness questionnaire duly filled by Users;
- (j) maintenance of record of professional body builders; and
- (k) marking of wet or high-slip zones, such as pools, saunas or showers.

(III) Emergency Response Plan: (i) A Health club shall formulate and maintain a comprehensive written emergency response plan including but not limited to fire safety and evacuation procedures, natural disaster response measures, medical emergencies such as cardiac arrest, injury and sudden illness.

(ii) The emergency plan shall be displayed prominently and communicated to all staff and Users.

(iii) The Owner shall conduct periodic emergency drills and training sessions for effective implementation.

(iv) A Health Club shall have visible emergency exits and keep them free of obstruction at all times.

(IV) First aid facilities: (i) A Health club shall maintain a first aid kit containing splints, sterile dressings, antiseptic wipes, pain relievers, bandages, sterile gauze pads, adhesive tapes, antiseptic solutions, antibacterial ointment, triangular bandages, cold packs, burn cream or burn dressings, eye wash solution, scissors, disposable gloves, first aid manual or guide and glucose tablets or sachets for hypoglycemia.

(ii) The first aid kit shall be accessible and visible at all times during operational hours.

(V) Installation of fire extinguishers: (i) A Health club shall have one multipurpose (A, B, C) dry chemical powder minimum twelve pounds or appropriate fire extinguisher for each two thousand square feet of floor area in functional condition. The maximum travel distance to a fire extinguisher shall not exceed seventy five feet but for combustible cooking area or other hazardous areas the travel distance shall not exceed thirty feet from hazard to the extinguishers.

(ii) Fire Extinguisher with gross weight up to forty pounds shall be mounted so that top of extinguisher is not more than five feet above the floor.

(iii) Fire Extinguisher with gross weight more than forty pounds shall be mounted so that top of extinguisher is not more than three and a half feet above the floor.

(iv) Bottom of the fire extinguisher shall be four inches above the floor.

(VI) Staff competency and training: (i) All trainers shall receive certified training in First Aid including wound management and bleeding control, cardiopulmonary resuscitation for adults and Automated External Defibrillator usage.

(ii) The Owner of Health club shall maintain training record and made available such record for inspection upon request by the Officer.

(VII) Automated External Defibrillators: (i) A Health club having capacity fifty or more Users shall be equipped with minimum one functional Automated External Defibrillator.

(ii) The staff of Health club shall be trained and certified in the appropriate usage of Automated External Defibrillators.

(VIII) Equipment Maintenance and Safety: (i) All exercise and training equipment shall be subject to preventative maintenance by the Owner of the Health club.

(ii) A Health club shall maintain a log of repairs and inspections which shall be made available for inspection by the Officer.

(iii) Faulty or hazardous equipment shall be immediately removed from Health club until fully repaired.

(IX) Health and Hygiene Standards: (i) Daily cleaning logs shall be maintained by Health clubs for workout areas, locker rooms and washrooms.

(ii) A Health club shall ensure availability of clean drinking water, mandatory waste disposal and pest control checks.

(iii) A Health club having swimming pools shall maintain chlorine level at value of 1.5 to 2.0 parts per million (ppm) and pH level 7.2 to 7.5 at all times.

4. Registration.- (1) A Health club shall be registered with the Service.

(2) The owner of the Health club shall submit duly filled application form available from the official website of the Service for issuance of the Certificate.

(3) The application shall be reviewed by the Officer and an intimation notice for inspection of the Health club shall be issued within thirty days of receipt of application.

(4) The Officer has the right to reject any application; however, the basis for rejection shall be documented and communicated to the owner, if so required.

(5) The Officer shall inspect the Health club after giving seven days' notice prior to the start of inspection.

5. Issuance of Certificate.- (1) After inspection of a Health club, the Officer upon its satisfaction shall issue a Certificate for a period of one year which shall be renewed annually on compliance with safety inspection.

(2) In case of any violation of safety measures and standards, the Certificate shall become invalid.

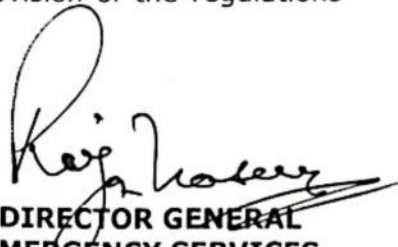


(3) The owner of the Health club shall ensure that the Certificate shall be displayed at a conspicuous place and position in the Health club.

(4) The Owner of the Health club shall apply in writing to the Officer for the renewal of Certificate within one month before the expiry of the Certificate, along with the updated information and documents (if any) in the renewal application form.

(5) The Certificate shall be non-transferable. In case of change of ownership of the Health club, the new owner shall apply for the Certificate afresh.

6. Penalties.- A Health club who violates a provision of the regulations shall be subject to penalties as provided in the Act.



**DIRECTOR GENERAL
EMERGENCY SERVICES
DEPARTMENT**