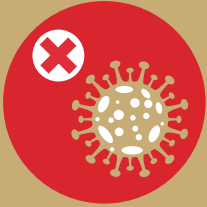




GYM FACILITIES

Guidance

BEFORE ENTERING THE FACILITIES YOU MUST ENSURE



You are, to the best of your knowledge, currently free from Covid-19.



You have not had any symptoms (high temperature or fever, a new continuous cough, new unexplained shortness of breath or loss of smell or taste (anosmia)) related to Covid-19 in the 7 days immediately prior.



You have not been in contact with a Covid-19 confirmed or suspect case in the 14 days immediately prior.



GENERAL PRINCIPLES

Observe social distancing guidelines

Wash/sanitise hands regularly

Cover sneezes and cough with a tissue or a bent elbow

Avoid touching eyes, nose and mouth

No changing or showering facilities to be used



- Position **equipment 2m apart**.
- Operate a **one-way system** around the machines.
- Touch points of **equipment must be cleaned after use**. Use posters to advise users to clean equipment with spray and roll.
- The gym sessions will only be bookable for **one hour**.
- Keep a **register of all users**
- **Extra signage** in place around the free-weights area to reinforce physical distancing and one way system.
- Maximum gym capacity will be based on **2m per person**.
- Users should **clean equipment pre and post session**.
- Please follow **public health and/or government guidelines**

GET IN > GET DONE > GET OUT