

## **Operating Statement**

As we move into tier 3, here's how we plan to move forward with our normal operating procedures.

### **Our mission**

Our mission at Peak Performance is unchanged:

“We at Peak Performance are dedicated to providing a motivational environment for everyone from fitness beginners to elite performers.

Combining the experience of top strength and conditioning coaches and personal trainers, we pride ourselves on knowledge and education to help best achieve your goals.”

Whatever your health and fitness goals may be, we have every tool needed to achieve them. The delivery has and will continue to change, but we will still provide the best service possible to aid all our members as safely and effectively as possible.

### **Support**

We are not out of the woods, and it's extremely important we get our priorities right in these hard times. We will be doing everything possible to support all our members and clients to the best of our abilities. We aim not to compromise anyone's safety, and will take extra measures when necessary to maintain a safe and healthy environment. With health being paramount, our service is more important than ever and we are dedicated to make sure no one misses a second.

### **Alternative training**

We have not stopped over the course of this pandemic to provide what we can to not only stay fit and healthy but still strive to achieve those goals you've struggled to reach before. This includes:

Online training – Our virtual training via zoom started when our doors shut at peak performance to continue with our range of classes. We will be continuing with our live virtual training, and recorded workouts for all our members to ensure no matter where you are, or whether you're still isolating, you have access to a range of workouts to help achieve your goals.

Support community – Alongside our online training, we have utilised our support body coaching Facebook group to keep the community together and spirits high. We pride ourselves on our community at peak performance, and all of our members and coaches have continued to stay connected as well as educated through our coffee mornings, workshops, challenges and much more.

Outside training – As lockdown relaxes, we were able to take steps back to training at peak performance. Training outside (starting with one to one) was our first step. Following Government guidelines, we were able to train up to 5 clients outside, with social distancing in place (keeping 2 meters apart at all times). Equipment was all cleaned thoroughly after every use. Mats and flooring were sprayed with disinfectant after every session. This does allow us to train with a range of equipment that we've all missed over the past months.

### Future steps

As we come closer to using the facility again, we need certain measures in place to maintain safe practice of exercise. Government guidelines are yet to be released on the future use of a training facility, so we are ready to adapt to whatever recommendations are made. At present we are aiming to adapt our normal operating procedures as follows:

- Showers are not permitted. Toilets are to be used as a 1 in 1 out basis as they are accessed via a “pinch point” changing room which its self is only usable as a means to access the toilets.
- Use of tape to mark out spacing around pinch points such as doors and stairs of 2m
- Use of tape to mark out 100sqft of space per working station within the facility
- Use of tape to mark out a one-way system for entry and exit of the building. Both doors will be open when possible to avoid contact with door handles.
- Staggering classes to avoid arrival and departure times to clash.
- Open additional points of access and egress to the building to enable directional flow and movement of people.
- Booking must be adhered to, to limit numbers to 10 clients within the facility at a time.
- Before booking can take place, signing and reading of the terms and conditions waiver must be completed
- Minimal equipment must be brought to the gym.
- Lockers will remain open for use if needs be
- Signs will be present as reminders for normal operating procedures throughout the gym.
- No paper for forms will be used in the facility.
- Hand washing facilities with soap and water in place.
- Staff and visitors to be reminded to wash their hands for 20 seconds on a regular basis (including destination hand washing on arrival) with water and soap.
- Open gym use will be limited and booked for around sessions.
- Everyone’s temperature will be taken outside before entering the facility using an infrared thermometer. If a temperature is present (<37.5°C), the personnel will be refused entry.
- Hand dryers have been installed to replace handtowels to limit contamination.
- The communal changing facility will be use ONLY as a means to get to the toilets. To enforce social distancing there may only be use of the toilets (1 at a time). All changing must be done in the toilets.
- Regular cleaning of the equipment after every use is undertaken. The mats are also disinfected promptly after use.
- As of July, the 25<sup>th</sup>: Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.

### Symptoms of Covid-19

If anyone becomes unwell with a new continuous cough or a high temperature in the gym, they will be sent home and advised to follow the stay at home guidance.

If advised that a member of staff or public has developed Covid-19 and were recently on our premises (including where a member of staff has visited other work place premises such as domestic premises), the management team of the workplace will contact the Public Health Authority to discuss the case, identify people who have been in contact with them and will take advice on any actions or precautions that should be taken.

- Any clients that may have been in contact with the employee in question will be notified of the occurrence

### Gym rules for Covid-19:

- A booking via the Teamup app must be made for all sessions.
- Everyone's temperature will be taken outside before entering the facility using an infrared thermometer. If a temperature is present ( $>37.5^{\circ}\text{C}$ ), the personnel will be refused entry.
- Use the track and trace app upon entering.
- A controlled number of members will be allowed entry and one time (14, most sessions are 10).
- Upon arrival, do not enter the gym before the previous session has concluded and participants have left
- You must wash your hands upon entering the gym before touching anything else.
- Lifting/working stations will be marked out and taped off. Only 1 person is allowed in each station at any 1 time during exercise. You may not enter that station until all kit is cleaned within that station.
- All equipment including plates and bars will be given to you at your station, or you will be nominated at separate times to collect your equipment.
- Once at your station stay at your station unless using the changing facilities: no physical interaction.
- After equipment has been used clean with the cloth and disinfectant spray before returning.
- If you need to change stations use the provided space to wait for equipment to be cleaned before adopting the station.
- After finishing in a station spray the floor with disinfectant.
- Anything else touched in the gym (tablet for music, speaker, J hooks, chin up bars, rings etc.) must be sprayed and wiped with disinfectant immediately.
- The use of the gyms white boards and pens are strictly prohibited to members
- Personal chalk may be used but not shared. Any chalk on equipment must be cleaned with brush and cloth thoroughly
- Members may not go behind the desk

Repetitive infringement of these rules will result in termination of membership and restricted access to the gym.

**Coaching, Classes and Open Gym**

Open gym at Peak Performance may continue as normal, but as of the 31<sup>st</sup> of December 2020, classes at Peak Performance must terminate for the foreseeable future.

As a replacement, you can still book into sessions via the Teamup app. Upon arrival you will be greeted by a coach who will take your temperature and notify you of a workout written up on one of the white boards. You can then individually proceed to complete the workout throughout the course of the hour (uncoached).

If you are a relatively new member to Peak Performance and require additional guidance on the workout, the coach is available for private 1-2-1 coaching during the course of your session.

Please follow the gym rules for all of your sessions.

We hope with these changes we will be able to use the facility safely. Please be considerate, be patient and be supportive. We are a community and we're in this together.

We'll see you very soon!

Angus Hodges

*Founder and Head Coach of Peak Performance*

