



COVID 19 -THE RULES

- ◆ Please do not visit us if you are suffering, or have suffered in the past 14 days, from the symptoms of COVID-19. Staff will take your temperature before you enter the gym floor/class environment.
- ◆ Please follow the safe distancing signage on arrival and through-out your visit.
- ◆ Please use our easily accessible hand sanitiser stations through-out your visit respect the personal space of other gym users.
- ◆ Please wash your hands regularly with soap and hot water for 20 seconds.
- ◆ We have moved our equipment to ensure we can manage our capacity so please do not move anything around the gym.
- ◆ On arrival the gym you will be requested to log in with their membership card and provide your contact details in order to comply with government guidance. These details will be held securely for 21 days and only accessed should the NHS or government request so.
- ◆ Bring your own water bottle as our water fountain will not be in use. Drinks will be available to purchase.
- ◆ Gym equipment will be cleaned between and during sessions by staff, but gym users MUST wipe down each station after use with the sanitising wipes provided.
- ◆ Do not take any personal items on the gym floor other than your water bottle and phone. We now have additional lockers available (padlock required) as well as those in the changing rooms.
- ◆ If you need extra assistance, we will aim to offer this where we can. If you have special requirements, please speak to a member of our team and they will aim to assist you.