



## **Covid-19 Secure Health Club Policy**

In order to meet the Government guidance we kindly ask you comply with the following measures:

- Please enter and exit via the health club reception entrance.
- Please use the hand sanitiser provided by the railings before you enter the health club. There are more hand sanitisers available in the reception area and in the gym.
- Please ensure you spray and wipe down equipment including machines, dumbbells, mats and screens along with any other touch points.
- Processes will be in place to ensure social distancing is adhered to. Markers will be placed outside the health club reception 2 meters apart if we are nearing full capacity, and in the studio upstairs. We have a screen in place for reception staff at the front desk.
- Maximum gym and class capacity must always be adhered to. The gym machines will be spaced at least 1 metre apart and those that cannot be spaced out, will be 'out of use'. We will also alternate the use of spin bikes on a daily basis.
- There will be a minimum of a 15-minute window in between exercise classes and swimming bookings to prevent group gatherings and maintain cleanliness.
- A booking system and daily register of attendees on ESP will be kept, in line with Government requirements, to assist test and trace.
- Swimming pool bookings will be limited to 45 minutes per person including changing time.

- We ask that everyone sticks to the 45 minute time slot to allow us a 15 minute period to clean and sanitise the pool area and changing rooms before the arrival of the next booking.
- Please arrive no earlier than 5 minutes before your allocated time slot to allow those finished to leave safely and prevent overcrowding.
- Bookings for the swimming pool can be made through the Elite Live app in the same way as booking a class.
- A maximum of 6 people poolside in any given 45-minute time slot.
- Single occupancy of the hot tub and maximum of one cycle.
- Please bring your own towel as these will not be provided by the health club.
- Changing room facilities may be used when reasonably impractical to do so at home.