

Guidance for Gym Members & Exercise Class Attendees (Covid-19)

We are very pleased to finally be able to welcome our gym members and exercise class attendees back to the Leisure Centre from **Monday 27th July**. We are committed to the safe reopening of our facilities and until further notice have implemented the below actions and preventative measures to help mitigate the spread of Covid-19.

We also understand that some of our members will be reluctant to immediately return to the facility for varying reasons and so all gym members will receive an email prior to the reopening offering them the choice to remain suspended.

Gym Booking Procedures

To allow us to control the number of customers within the facility all gym members must follow a booking process as detailed below:

- Members must book a slot in order to attend the gym.
- Bookings open from the day before at 12pm. For example, if you wish to book a gym slot at 7pm on Wednesday you will be able to book this from 12pm the day before.
- Where possible all bookings should be made via telephone: **0118 9216969**
- Gym slots are available to book on the hour between the hours of 8am and 9pm.
- Gym slots will last 45 minutes to prevent a crossover between each booked group.
- ~~All members are restricted to attending one gym slot or exercise class per day.~~
- The number of members that can attend each gym slot is limited.
- When arriving to a booked gym session all members must wait outside the front doors of the Leisure Centre on the patio area. A member of staff will greet you and guide you through a pre visit briefing to explain how your gym visit will work.
- Please ensure that you arrive promptly for your booked gym slot. Members who arrive late and miss their pre visit briefing may be refused entry to the facility.

Please do not attend the gym or any of our exercise classes if you are showing any symptoms of Coronavirus or have been in close contact with anyone that has (please visit the NHS website for more information on the symptoms of Coronavirus if you are unsure).

What's changed?

The Gym will operate a little differently from before. Here are just a handful of the actions we have taken to help prevent the transmission of Covid-19:

- All members will receive a pre visit briefing before being allowed to enter the gym. The briefing will guide you through how your gym visit will work and the procedures in place.
- The distance between equipment in the gym has been increased where possible and a temporary additional gym has been installed in another room to help prevent crowding.
- We have installed multiple cleaning stations within the gym for member use. Members will be required to clean equipment both before and after use.
- Centre staff will regularly clean and disinfect all gym equipment throughout the day.
- Social distancing and Covid-19 awareness material is on display throughout the Leisure Centre and within the gym. Social distancing must be adhered to at all times.
- Hand sanitiser stations have been installed inside the Leisure Centre and within the gym. All members will be required to sanitise their hands before entering the gym.
- The water machine within the gym has been temporarily removed. Members are advised to bring enough water to last for the duration of their workout (45 minutes).
- No changing or shower facilities will be available within the Leisure Centre until further notice. Members are advised to arrive to the Leisure Centre ready to use the gym.
- No lockers are available within the gym. Members are advised to leave valuables at home and bring as few personal belongings with them as possible when visiting the gym.
- The use of towels / 'sweat towels' is forbidden within the gym until further notice.

We are taking the above steps in an attempt to help us keep both our members and our staff as safe as possible, but we understand that this is all a little different. Please contact us if you have any questions or concerns about booking in for a gym session and we will be happy to help.

We will unfortunately have to re-suspend or potentially terminate memberships where the above rules are not followed. This is for the safety of our staff and other members.

Exercise Class Booking Procedures

To allow us to control the number of attendees to each exercise class all customers must follow a booking process as detailed below:

- Bookings for exercise classes open from the day before at 10am. For example, if you wish to book a class at 7pm on Wednesday you will be able to book this from 10am the day before.
- Where possible all bookings should be made via telephone: **0118 9216969**
- Non gym members can book onto exercise classes. We will require all non-members to complete a registration form with a phone number and / or email address before booking.
- The exercise classes available to book are displayed on the exercise class timetable.
- ~~All members are restricted to attending one exercise class or gym slot per day.~~
- The number of members that can attend each exercise class is limited.
- Where possible exercise classes will run outside in The Gym in the Car Park. The facility planned for use for each class is displayed on the exercise class timetable.
- When arriving to a booked exercise class please wait outside of the facility planned for use. A member of staff will greet you and guide you through to the exercise area.
- Sanitiser stations have been installed inside the Leisure Centre. When attending an indoor exercise class, attendees will be required to sanitise their hands when entering the facility.
- Please ensure that you arrive promptly for your booked exercise class. Attendees who arrive late may be refused entry to the facility.

We understand that a number of our members attend specific exercise classes that may not yet be included on the exercise class timetable. Our aim is to bring back all pre-closure classes as soon as possible but please feel free to contact us if you have any questions relating to the return of a specific exercise class.

Other Considerations

We understand that each of our members have different needs and preferences. Please contact us if you have any concerns or queries relating to any of the above information. This is new for all of us and we are determined to work closely with all of our gym members and exercise class attendees to make attending the Leisure Centre as safe and efficient as possible.