

## **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 12<sup>th</sup> April**. 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 8am. For example, if you wish to book a gym slot at 7pm on Wednesday you will be able to book this from 8am the day before.
- Where possible all bookings should be made via telephone: **0118 9216969** or by using the new app (please contact us if would like to be involved in trialing our new app!).
- Gym slots are available to book on the hour between the hours of 8am and 9pm.
- Gym slots will last 50 minutes to prevent a crossover between each booked group.
- 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.
- QR codes that link to the NHS track and trace app are on display throughout the Centre.
- The distance between equipment in the gym has been increased where possible and some equipment has been taken out of action to help promote social distancing during workouts.
- We have installed multiple cleaning stations within the gym for member use. Members will be required to clean / disinfect equipment both before and after use.
- Members will be given a gym cloth to clean with before entering the gym and asked to place used cloths in an assigned bin before leaving ready for washing at the end of the day.
- Centre staff will deep clean all gym equipment at the end of each 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 (50 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.

**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 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.
- The number of members that can attend each exercise class is limited.
- 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.
- Members are strongly encouraged to bring their own equipment with them where possible (especially floor mats). Personal equipment should be sanitised before and after use.
- 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.

**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).**

### **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.