



New Protocols in the Fitness Suite due to Covid-19

All members must book a re-introduction slot before using the Fitness Suite (see email)

- **Booking in** advance via email / phone call to monitor number of customers.
- **One-way system** - please enter through the main door, sanitise hands and spray footwear, check in at Reception and have your temperature checked.
Exit through fire door in Fitness Suite.
- **Changing Rooms / Showers** - will be closed. Please come ready to exercise. Please use the disabled toilet (right hand side to entrance to Fitness Suite).
- **Water dispenser** - will be out of action. Please bring your own water bottle.
- **Social distancing** - please follow the government guidelines (no face to face contact / no hugging / no high fives etc.). A face covering is optional.
- **Ventilation** - doors, windows and skylights will be open and fans will be switched on to enable fresh air flow.
- **Cleaning** - you will be required to sanitise the equipment after use, using the sprays and paper towels provided. We also recommend that you spray and wipe the equipment before use.
- The instructor will also clean the equipment at the start and end of each day.
- **Zones** - there are 8 clearly marked zones for training. These are marked clearly, encouraging you to face forward to avoid any face to face contact. Only one person per zone. Machines out of use will be clearly marked with tape.

Zones:

1	TREADMILL (cardio)	Face forwards towards the window
2	PLATFORM (weighted)	Face forwards towards the mirror
3	BIKE/GRAPPLER (cardio)	Face forwards towards the fire exit
4	FREE WEIGHT BENCH (weighted)	Face forwards towards the mirror
5	SQUAT RACK (weighted)	Face forwards towards the mirror
6	CABLE MACHINES (weighted)	Face forwards/away from machine
7	ROWER (cardio)	Face forwards towards the mirror
8	MATTED AREA (toning and stretching)	Face forwards towards the mirror

- **Music** - music will be played at a low volume. Use of headphones are permitted.
- **Track and Trace** - your details will be on our database with date / time of booking. You will be contacted if there are any concerns of a suspected Covid-19 outbreak.