



Gym Reopening Plan

Your safety and that of our staff is of paramount importance, therefore please ensure the following protocols are adhered to at all times. These have been compiled in line with government and UK Active guidelines, and tailored to our setting.

- ◆ Do not enter the premises if you have any of the symptoms of Covid-19; continuous dry cough, high temperature and/or a change to your taste or smell
- ◆ Please practice social distancing while in the gym, following any relevant signage and floor markings in place. We have installed screens between some machines and moved some equipment into the Sports Hall, limiting the machines out of use.
- ◆ There will be a designated zone for handwashing, along with hand sanitising stations and cleansing wipes in the reception area and within the gym
- ◆ We have implemented an extensive cleaning regime, which will ensure machines are cleaned on an hourly basis by members of staff wearing PPE
- ◆ We will be operating restricted hours initially, to enable the enhanced cleaning to take place while we work towards increasing our member and staff capacity, in line with government guidelines
- ◆ The water fountain will be out of use. Please bring bottled water with you or alternatively, bottled water can be purchased from reception.
- ◆ We will be using a booking system when we initially re-open to help us monitor and control the volume of members within the facility. If you arrive at the facility without booking, we cannot guarantee there will be a session available
- ◆ Sessions are for 60 minutes maximum and you can arrive at any time within that hour
- ◆ The showers will temporarily be out of use, however the toilets will still be accessible
- ◆ Card payments only
- ◆ Please wipe down equipment after use with the cleaning wipes available
- ◆ Only two members within the reception area at any one time. In the event of bad weather, we will initiate our 'one-way in, one-way out' system to avoid congestion in the reception area

#CovidSecure

#NorthantsTogether