

Gym Guidance

Booking and timetable

- Check the facility website/social media channels or contact the facility directly for timetable, user guidance and booking instructions.

Before leaving home and on your return

- Do not come to the facility if you are showing any symptoms of Covid-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell).
- Check the operator's instructions on arrival time, parking, travel arrangements and plan your journey accordingly.
- Shower at home, pre and post Gym session, showers will not be available.
- Take hand sanitiser with you.
- Ensure you have any booking confirmation required as part of the facility guidance.

At the facility

- Please follow the operator's guidance on pre Gym arrival, duration of Gym session and post Gym arrangements.
- Whilst in the building and the Gym, follow the operator's guidance on social distancing, direction of travel and other risk control measures that are put in place.
- Use hand sanitiser/wash stations wherever made available.
- Changing rooms will not be available, please arrive in Gym clothing.

In the Gym

- Follow the operator's directions for entry and exit to the Gym.
- People of different standards and abilities will use the Gym. Please respect their right to enjoy their session.
- Do not make physical contact with other participants.

Equipment

- Gym equipment has been moved to be an appropriate distance apart to comply with social distancing guidelines, please do not move any of the equipment or use a piece of equipment that has been placed out of action.
- If using free weights, mats, balls etc in the Gym, please ensure that you place them back in the place that you found them.
- After using each piece of equipment, please ensure that you use the cleaning solution and blue roll available to wipe it down and dispose of the blue roll in the bins provided.

Direction

- Please follow the directional signs and move across to the appropriate side of the Gym avoiding other users as you pass.

Space

- Always attempt to maintain appropriate social distance between yourself and another Gym user.
- Stay hydrated by bringing your own 'pre-filled' water bottle into the Gym during your session, no cups will be available.