

## **Gym - New Procedures/Rules.**

No-one should attend the gym if they, or someone they live with, has symptoms of COVID-19, currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation.

- The usual gym changing room are not going to be open for use, so where possible please turn up changed and ready to go with only your water bottle as there will be no lockers or other facility to store items.
- For those requiring showers there are two self-contained, single cubicles in B83 Columba and 1 in Gemini available. These facilities come with the strict that individuals must take responsibility for cleaning before and after use, using the sanitising stations provided.
- Arrive at the gym for the time your booking begins, no one will enter before this time as the gym team will be cleaning down the equipment from the previous users.
- Queue in the foyer area of the gym and on the loading bay if necessary, using the social distancing tape.
- There is a hand sanitiser station on the wall before you enter the gym, please use it!
- The water fountain is only for filling personal bottles, so please bring your own bottle as there will be no cups or face to tap drinking facility.
- Due to the risk of spreading Covid-19 the use of sweat towels or members personal exercise equipment is not permitted in the gym. Cleaning equipment has been provided to clean down sweat from the equipment & yourself if necessary.
- Once you get into the gym please wait at the gym desk to be signed in, receive your new system instructions sheet and to have your contact details checked for the track and trace system
- You can then enter the gym and begin your workout. Social distancing when in the gym is essential, please keep to the social distancing rules even if you are in a bubble we are still going to be expecting members to adhere to the social distancing rules to keep everyone safe.
- Cleaning of the equipment before and after you use it is an essential part of the risk assessment requirement. We know it is not fun, but it is essential to keep everyone safe and to keep the gym open, so please don't be lazy we need you all to do your bit.

There are cleaning stations around the gym to make this an easier job.

- Use the one-way system every time you need to leave the gym, maybe to fill up your bottle, to take a phone call or to leave after at the end of your session.
- Please be respectful and patient with the gym team, they are there to advise members on how to keep safe and follow the new rules which are crucial to keep the gym open, you may not like what they are asking you to do but it is necessary as the very real alternative is the gym closes down again!

**If we all play our part, we can make BodyTalk Gym a safe place to workout.**