

Reduce the risk of COVID-19

COVID-19 GYM GUIDELINES

In addition to our current Gym Terms & Conditions, and in line with government regulations, please read and follow our COVID-19 Gym Guidelines in order to keep you and others around you safe during your visit.

General

- Stay home if you feel unwell.
- Please use the hand sanitising stations available to sanitise your hands before, during and after your gym visit.
- Follow physical distancing guidelines.
- Follow the one-way system.
- Face covering must be worn in communal areas of the centre. Customers do not have to wear a face covering when exercising.

Before your workout

- All gym bookings must be made in advance.
- You can book online or via reception for your one hour gym slot (please be aware this time includes entering and exiting the building - approximately 50 minutes activity time).
- You will be checked into the gym by a member of staff.
- Arrive 'gym ready' as no changing or shower facilities will be available.
- Only a water bottle and training accessories (e.g music device/phone, lifting belt, resistance band) are permitted on the gym floor. Sweat towels are not allowed at this time.
- You are only permitted to remove your mask when you enter the gym. Please keep your mask with you at all times as you must wear it if you wish to leave the gym (i.e to use toilet facilities).
- Lockers/storage boxes will be available to store any items (locker token required for lockers for The Gym).
- We advise you bring a prefilled water bottle that will last the full duration of your gym visit.
- Arrive no more than five minutes before your booked gym slot to avoid congregation.
- If you are unable to attend your gym slot please ensure you cancel online or get in touch with our reception team on 01856 879900.
- Cancellations made within six hours of the booking will be charged in full.

During your workout

- Disinfect all equipment before and after use using the disinfectant spray and blue roll provided.
- Ensure you leave enough time to disinfect equipment, cool down, stretch and gather your belongings before the end of your one hour gym slot.

After your workout

- Ensure you exit the building promptly using the one-way system.

