

Reduce the risk of COVID-19

COVID-19 TRACK GUIDELINES

General

- Stay home if you feel unwell.
- Please use the hand sanitising stations available to sanitise your hands before and after your track session.
- Follow physical distancing guidelines.
- Follow the directional arrows and be mindful of both one way and two way systems.
- Face covering must be worn in communal areas of the centre. Customers do not have to wear a face covering when taking part in physical activity.

Be aware that guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

Movement around the Centre will be controlled with one and two way systems in place where appropriate and we will operate a one hour booking.

Before your session

- You can book online or via reception for your one hour track slot (please be aware this time includes entering and exiting the building - approximately 50 minutes activity time).
- Upon your arrival, you will be checked in at reception and then asked to make your way to the track. Follow the directional arrows & be mindful of both one way and two way systems.
- You are only permitted to remove your mask when entering on to the track surface. You must wear your mask if you wish to leave the track (i.e. to use toilet facilities).
- Arrive 'track ready' as no changing or shower facilities will be available.
- The use of lockers will be heavily restricted within the Centre so it is advised that you leave your belongings either on the track side or if in the case of bad weather within the crush area of the Centre.
- We advise you bring a prefilled water bottle that will last the full duration of your booking (although there will be drinks available for purchase at reception).
- Arrive no more than 5 minutes before your booking is due to start, or 5 minutes after your booked time slot. This is to avoid congregation and check all customers in safely.
- If you are unable to attend your track booking please ensure you cancel this with our reception team on 01856 879900.
- Cancellations made within six hours of the booking will be charged in full.



Reduce the risk of COVID-19

COVID-19 TRACK GUIDELINES cont'd

Equipment

- Take all your own equipment (do not share equipment).
- Only take the minimum amount of equipment with you that you need to train.
- Clean and wipe down your equipment, including water bottles before and after use with the disinfectant and blue roll supplied within the crush area.
- Ensure you take all your belongings with you at the end of the session and do not leave anything behind.

During your session

- Although all of our touchpoints around the Centre will be disinfected regularly before and after every hourly slot by our staff. We advise you to disinfect door touch points per and post activity. There will be disinfectant spray and blue roll provided in the crush area for use.
- Stay within the track area and please respect other users by sticking to your own lane where possible. No spectating should take place other than a parent or carer who is supervising a child or vulnerable adult. Please ensure physical distancing is maintained.

After your session

- After completing your track session, please vacate the Centre via the exit route as highlighted by floor vinyl's and signage as quickly as possible to allow for our staff to then clean the touchpoints ready for the next booking.