

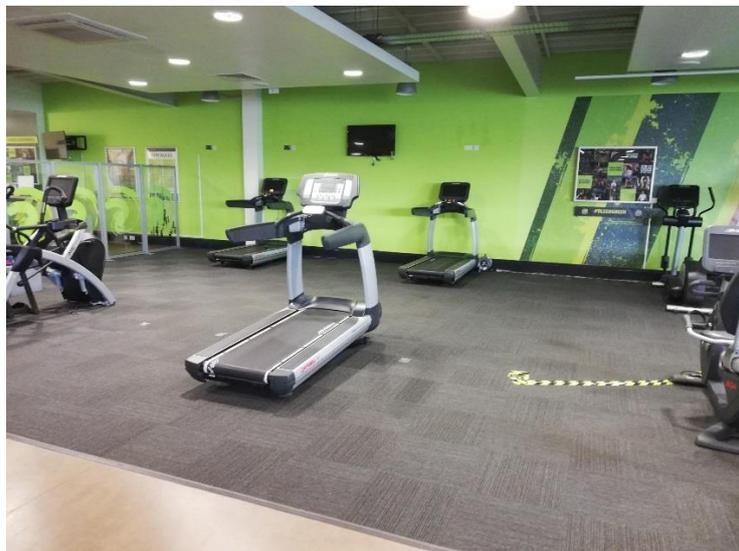
# Let's Work Together

We politely ask you to have these following items in your minds when visiting our facility.

1. If you feel unwell, we would appreciate it if you would avoid visiting our facility
2. We would be thankful if you wash your hands frequently or use the hand sanitiser provided. Hand sanitiser will be available before entering the building
3. If you have been in our facility and yourself or anyone in your household develops symptoms of Covid-19, please let us know
4. We would be grateful if you could wipe down the equipment after use with the cleaning products provided
5. Follow social distancing guidance, one-way systems and any notices within the building
6. Please be courteous, polite and thoughtful of others whilst working out and moving around the facility
7. We welcome feedback so please contact us directly if you have anything that we need to be aware of.
8. Enjoy your workout

The health & safety and well-being of our staff and customers is our priority and we have introduced the below guidance.

## Social Distancing



We are following Government and UK Active advice on this area and have moved equipment around the gym and into the tennis centre to ensure enough space between equipment.

- Created a 3 by 3 metre space between stations and equipment to enjoy your workout with markers on the floor in some areas to provide the correct space
- Queue dividers within the reception areas to ensure customers and staff are protected and 2 metres apart
- Screens for our reception and gym desks to protect customers and staff
- One-way systems will be in operation throughout the gym and we politely ask you to take personal responsibility and respect fellow users
- Numbers in our facilities will be closely managed for the gym and classes, with members being required to pre book their gym sessions. This will allow for cleaning between sessions and allow all members to know how busy the gym will be at any one time. We will not be allowing bookings to full capacity and will build this up over time.
- Screens between pieces of equipment to ensure customers are not facing each other

## Team member Safety

- Covid-19 workshops have been completed by all staff
- A walk around of the building has been provided pre-opening so staff know what to expect and see it from a customer's perspective
- PPE has been provided to all staff
- Team members have been informed that if they have any symptoms of Covid-19 they are not to come to work and contact their manager immediately
- Staff are being asked to wash their hands before their shift, after cleaning tasks when they finish their shift and throughout the day. Hand sanitiser is also readily available as well.
- Staff where possible are being asked to work from home and where they are returning, office space is limited to ensure social distancing
- Work team bubbles will be created



## Cleaning

- We have increased the amount of hand sanitiser that will be around the centre.
- We will be providing cleaning spray and blue roll to further encourage our customers to wipe down the equipment before and after use
- Cleaning schedules have been enhanced to maintain a high level of hygiene standards across the facility
- There will be allocated time between gym sessions and classes to carry out a clean of the facility and equipment before the next one begins
- All staff will carry out a Covid-19 awareness training session

