

# A SERIOUS (SAFE) FUN RETURN

## MEMBERS/CUSTOMERS EXPECTATION GUIDE ON RETURNING TO THE GYM



### PLANNING YOUR VISIT

#### TO ACCESS THE GYM, FAMILIES MUST:

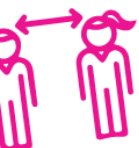
- Not have returned from another country in the last 14 days
- Not be in self-isolation and not required to shield
- Not be displaying COVID-19 symptoms
- Check everyone's temperature before leaving your home, if anyone has a high temperature please stay at home
- Have a confirmed booking into your regular class/camp time



### BOOKING & ARRIVAL

#### MAINTAINING SOCIAL DISTANCING

- Book and pay for your class/camp over the phone or by email to simplify check-in
- Be dressed in gym clothes before leaving home, to ensure no delays on arrival
- Travel to the gym with only family members or people of the same household
- Ample car parking spaces are available to ensure social distancing
- Arrive at the gym no more than 5 minutes prior to your gym class/camp time
- Please follow signage and queue where directed respecting social distancing
- Upon arrival you will be greeted by staff who will provide directions for you and your child
- Sanitise before entry in the lobby and upon exit, using the sanitiser provided
- Once inside the building continue to maintain a social distance from other members or staff at all times.





## THE FACILITY

### KEEPING SAFE

- A one way system will be in place to allow children to enter and exit safely
- Signage will be provided to help social distancing
- Cubbies are provided for personal items and will be cleaned after each class/camp
- Hand dryers will be disabled, with disposable paper towels provided instead
- Other gym facilities such as the kitchen will not be in use and will be reviewed regularly in-line with government guidance



## IN THE GYM

### KEEPING SAFE

- Changes to the gym sessions to allow for social distancing have been put in place
- Children should bring their own labelled water bottle
- Children will have access to hand sanitisers between different pieces of gym equipment
- We will aim to use a circuit training system when every possible so that only one child can use one piece of equipment at a time. They will be told when and where to rotate onto a new piece of equipment
- Children will be split and kept in smaller groups to encourage social distancing
- Gym equipment will be cleaned between classes



## ENSURING SAFETY OF OUR TEAM

Our safety measures ensure our team members safety, along with members, guests, and visitors.

- Staff are provided with PPE and it will be worn as required by government guidelines
- Hand sanitiser and cleaning solutions provided at all workstations
- Administration colleagues are working remotely where possible
- Staff will maintain social distancing with each other and with customers
- All work areas and contact points are cleaned and sanitised regularly
- All equipment within facility is fully cleaned as much as possible

