



GYM RULES WITH COVID-19

1. Maintain social distancing at all times – X's are marked on the floor to ensure distance at water fountains and at reception.
2. **No** partner training / spotting.
3. Only personal gloves to be used on the bag.
4. Showers are back in operation but all members must clean any touch points before / after use
5. Maintain social distancing in the changing rooms at all times. **Masks are mandatory in the communal area of the changing rooms.**
6. Please use the spray and paper towel provided to clean the locker key pad on entry & exit.
7. Use the hand gel on entry to the building into to the gym and when you leave.
8. You will have your own spray bottle while using the gym. Please take it from the chairs and ensure you return the bottle to the table when you finish. Please clean your bottle after use.
10. Please clean any / all machine's / gym equipment that you have used - **before** and **after** use including dumbbells, plates, mats etc.
11. Please follow the one-way system on entry and exit
12. Max gym numbers are **20** at any given time and will be monitored by the fitness team and security.
13. If equipment overlaps in the marked box, only 1 piece of equipment may be used at a time.
14. Please ensure that all paper towel used is put in the bins provided & **all** equipment used placed in put back the correct storage.
15. If you are unsure of any of these points, please speak to a member of the fitness team.
16. The gym will only be open 24/7 – Following the lone training procedure which is in place.

Failure to follow these rules could lead to stricter rules being applied

Health Hub Team