

COVID-19 GYM INFORMATION

ENSURING PERSONAL SAFETY.



GYM RULES WITH COVID-19

1. **ALWAYS SWIPE IN ON ENTRY** – This is essential and monitored.
2. Wear appropriate gym clothing – no work shoes or safety trainers.
3. Try to maintain social distancing.
4. Only personal gloves to be used on the bag.
5. Showers - members must clean any touch points before / after use
6. Always maintain social distancing in the changing rooms. **MASKS ARE MANDATORY IN THE COMMUNAL AREA OF THE CHANGING ROOMS.**
7. Please use the spray and paper towel provided to clean the locker key pad on entry & exit.
8. Use the hand gel on entry to the building into to the gym and when you leave.
9. Please take a spray bottle from the table and ensure you **RETURN THE BOTTLE TO THE TABLE WHEN YOU FINISH.** Please clean your bottle after use.
10. Re-rack the dumbbells, barbells, kettlebells & medicine balls which you have used & place them in the correct order.
11. Please clean any / all machine's / gym equipment that you have used - **BEFORE** and **AFTER** use including dumbbells, plates, mats etc.
12. Max gym numbers are **25** at any given time and will be monitored by the fitness team and security.
13. Please ensure that all paper towel used is **PUT IN THE BINS PROVIDED & ALL EQUIPMENT USED PLACED IN PUT BACK THE CORRECT STORAGE.**
14. If you are unsure of any of these points, please speak to a member of the fitness team.
15. 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