

Gym Opening 1st August 2020

The board hold the safety and welfare of the club members as the most important factor in opening the club up to further activity. Some of the new procedures will be different but we are obliged to adhere to Government guidelines. Please follow the new procedures so that we are compliant with Government guidelines.

If you are ill, do not come to the club;
If you have a temperature, do not attend;
And overall be responsible.

Entry to the club will be via the main entrance and using your fob. This will be open from 6.30am to 9.00pm and therefore allow access to the Gym within those times. The general club entry rules will apply before entering the gym. Hand sanitising stations are placed in the clubroom for use, entry via the fob will enable contact tracing, and social distancing is in place for the seating areas and whilst queueing at the bar.

The toilets are available, there are paper towels, the hand dryers are off to reduce spread of droplet infection, changing rooms are not open, the sauna is closed and the water fountains are off i.e. you need to bring your own water. The air conditioning systems are all switched off. They do not have HEPA filters so are not safe to operate. Doors and windows will be open in the gym for ventilation.

There will be hand sanitising station outside the entry door, and within the gym for members to use as they see fit.

There will be cleaning equipment available to clean the equipment you have just used. Closed bins will be provided to dispose of the used materials. Members will be expected to clean the equipment they have used at the end of their session using the materials provided.

Increased cleaning of the gym, courts and toilets will be taking place.

We will have to limit the Gym numbers by using the 'Mycourts' booking system that operates at the club. We are extending the use to all courts and Gym. This is an online system to allow members to access the gym at a time to suit them. There will be a maximum of 8 people plus PT if necessary, at any given time. Each session will be 1hour 15minutes.

The lockers will be closed. The bag room is open for bag storage.

Some equipment will be closed off to allow for Social Distancing e.g. every other treadmill available only.

Classes will have to take a different format to what we have been used to. For the month of August 2020, we are going to operate outdoors. This will be reviewed on a regular basis.

Gym use as follows;

- Book a session via Mycourts.
- Arrive 5 minutes before the session.
- Use the hand sanitising stations.
- Arrive changed ready to train.
 - Bring your own water.
 - Bring your own towel.
- Bring a change of shirt if required.
 - Leave bags in the bag room.
- Clean the equipment you have used before leaving.