

# Gym and Fitness Members Guidance at WLTSC

**Updated on 30<sup>th</sup> Nov 2020** - Members must make themselves familiar with the guidance documents and comply with the club's guidance below at all times. Failure to comply will trigger the disciplinary process.

## Reference Documents

**[UPDATED Tier 3]** <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae#very-high-alert>

**[UPDATED]** <https://www.gov.uk/coronavirus>

Any amendments will be indicated with **[NEW]** and **[UPDATED]**

## BEFORE USING THE GYM/PIT

- Do not leave your home to use the gym if Government advice means that you should stay at home
- All users should ensure that they wash their hands before leaving home
- All users should bring their own drinks bottle.
- **[UPDATED]** All gym users must book their visit on MyCourts. There is no limit to the number of bookings.
- Wash hands in the new sink provided or use hand sanitiser before workout.
- There are 10 zones in the gym and zones in the Pit. Only one member is allowed in each zone at any one time. A maximum of 5 users in the gym and 5 in the Pit at any one time (Excluding Personal Trainers/Clients).
- Personal Trainers are responsible for monitoring the numbers and ensuring that PT clients comply with the social distancing guidelines.
- After finishing on the equipment, it must be cleaned thoroughly with product provided.
- If a member wishes to use a machine in a different zone and the zone is free, they may move into a different zone while maintaining a two-meter distance from others.
- Showers and changing room are going to be available at individuals' own risk. It is advised to avoid these areas unless essential.
- Members should arrive ready changed to train where possible.
- All users should use the hand sanitizer gel or hand washing facilities provided both before and after training.
- Air conditioning is not to be used and where appropriate, doors and windows will be open whilst a trainer is present to increase the flow of fresh air.
- A defibrillator is located outside the gym and the first aid kit is in the gym.

## FITNESS CLASSES

- The class timetable will remain the same.
- **[UPDATED Tier 3]** All Energize classes will be performed outdoors at the club. Yoga and Pilates classes will be online only.
- Members can come to the club and take part in the fitness classes but must book in advance on MyCourts.
- Fitness classes will still be streamed on our social media channels live. Please make the trainer aware if you do not wish your image to be recorded as there is an option to exercise off camera.

## ON ARRIVAL AT THE CLUB

- Aim to arrive at the Club 5 minutes before your start time

- Avoid congregating in groups of more than 6, observe social distancing at all times.
- Where possible, you will be met by a Team Member who will guide you through the Rules and brief you on aspects of health and safety whilst training.
- Entry to the Pit is to be strictly by using the new fob entry via the door near the stairs. The other door in the Pit is to be used to exit.

## **AFTER TRAINING**

- After training leave the gym and take your belongings.
- Clean any touch points such as weights, handles and machines with the cleaning products available.
- Showers, toilets and changing rooms are open and will have a cleaning protocol to maximise safety however, it is recommended that you shower at home.
- Wash your hands on your return home and sanitize your equipment, particularly grips.

## **PERSONAL TRAINING**

- Contact your preferred Trainer directly for available times.
- BACS and electronic transfers are the preferred form of payment.
- Trainers will be observing the same hygiene and distancing procedures as members

## **DISCIPLINARY PROCEDURE**

- Whilst we recognise that the majority of members will observe these rules there will be some that do not.
- Failure to comply with the Government and Club guidance above will result in an initial verbal warning.
- A second non-compliance will result in suspension of booking facility for one week.
- A further non-compliance will result in suspension for one month.
- The Fitness Chairman, Head of Fitness and Sports Manager will review any further action.

## **EMERGENCY PROCEDURES**

- **On those occasions when there is no Staff representative on site please ring the following in an Emergency**

- |                           |                    |                     |
|---------------------------|--------------------|---------------------|
| ○ <b>Facility Manager</b> | <b>Neil Patel</b>  | <b>07810 057381</b> |
| ○ <b>Sports Manager</b>   | <b>Marc Hughes</b> | <b>07766220275</b>  |