## East London RFC - Use of Shower Facilities

With immediate effect the showers at the Club will be available for use. However, in line with COVID-19 guidelines/restrictions, there are some changes and you are asked to please ensure you follow the process below. Please only book if you absolutely need to as we cannot provide for all. If you live close then wait until you are home.

Book

- •Book your shower in advance by advising Simon Crick as soon as possible.
- •There are 11 slots every 10 mnutes after the end of training.
- •A list of bookings will be published and displayed at the Clubhouse

Train

- •Turn up ready for training.
- •The changing rooms will not be open until after training so have your dry clothes in your bag.

Time

- •Be on time if you miss your slot there will be no others
- Stay socially distant whilst waiting to enter the shower rooms.

1 way

- Follow the one way system In through the back door and out through the front
- Keep socially distant at all times
- •Wear a mask at all times while inside the building (except in the shower)

- •Enter changing rooms 6,4 or 3
- There is a maximum of 4 people permitted per room (3 in room 6) socially distanced
- •You MUST wear a mask at all times
- •Remove dirty clothing and place in bag
- •Do not enter room until previous 4 have left

Shower

In

- •Place bag at rear of shower room
- Do not enter showers until previous group has left
- •Shower quickly you have 10 minutes for the whole process
- •Do not move curtains

Tidy

- Leave the shower and area you have used tidy.
- •Use sanitiser provided
- •Leave shower area

Out

- Move to changing room 5, 2 or 1 to dry and dress
- •You MUST wear a mask when in changing room
- •There is a maximum of 4 people per room(3 in room 6) socially distanced
- •Leave as soon as dry and dressed
- •Do not enter room until previous 4 have left

Leave

- Leave Clubhouse through front door
- •Do not use toilets Upstairs toilets are only ones available
- •Leave grounds in groups of no more than 6