



Dear Health Club users,

Firstly, I want to thank you for your patience whilst we are working through this very busy and exceptionally new time.

Due to new Government regulations which I am sure you have all seen by this point, we have had to reduce the capacities into the fitness areas of the Health Club.

The 'New Normal' Health Club Capacities

- Gym – 2 people at any one time.
- Swimming Pool – 6 people at any one time (Sauna is not allowed to be used at this time).
- Changing rooms – 2 people at any one time unless from the same family. To reduce the changing room usage as asked by the Government, we are requesting that all Leisure users do not use the changing facilities unless absolutely necessary (i.e you are going direct to work or are also using the pool after the gym). I know that this is a big ask but do hope you understand the reasons for why we ask this of you at this time.

Hygiene and Cleanliness

There's No Surprise When You Sanitise

- We are working exceptionally hard to set up and deep clean all areas, introduce the new sanitising stations in public areas and implement the new equipment sanitising stations in the gym area.
- You will find hand sanitiser station on each entry/exit point. Please use them each and every time.
- While you work out with us, please wash your hands regularly with soap and water – it is recommended every 30 mins.
- The Leisure Centre will be closed for 1 hour daily to be deep cleaned

Be Keen & Keep It Clean

- We have additional cleaning measures in place throughout the Health club and the team will be on hand to assist you at any point.
- The team will be working hard to ensure all facilities are clean and tidy at all times – if you see anything untoward please let them know immediately.



Social Distancing

Don't stand so, don't stand so close to me...

- Maintain a safe gap between yourself and other members and always following social distancing guidelines that are in place.
- Some equipment has been taken out of action to ensure that there is adequate spacing between you and others.
- Sadly, we cannot give you a big hug or high five like we want to do when back, so a big hello will always be welcomed by the team. They are working hard and will continue to do so to ensure your visit is safe and enjoyable. The rules we have in place are for your safety so please remember this if the team ever asks anything of you – they are just doing their job and keeping you safe.

Swimming pool rules

- The swimming pool will be open from 8am – 6pm with an hour closed between 1pm-2pm for cleaning.
- All users will be asked to book a 30-minute slot which will include changing before and after use.
- Pool slots will be on the hour and half-hour from 8am-1pm and 2pm-6pm.
- Only one booking can be made per day, per person or family. If spare times become available, we will of course let bookings be made.
- All pool times will be booked on a first come, first served basis. This can be booked pre-arrival. Any leisure members can book up to 2 weeks in advance.
- Only 2 people can be in the changing rooms at a time unless from the same family. Please turn up ready to use the pool in swimwear as to get the most pool time in your 30 minutes.
- Please make sure that social distancing of 2 meters is always adhered to in the pool areas.
- If using please shower for 30 seconds before and after using the pool with soap. Sanitizing stations will be available in the changing room.
- Although the showers will be in use, we will not be providing any towels. Hotel guests can use towels from bedrooms, but we suggest that you bring your own leisure towels for the duration of your stay.



Gym Rules

- The gym will be open from 8.15am until 6.15pm with an hour break for cleaning between 12.15pm and 1.15pm daily
 - All users will be asked to book a 60-minute slot in the gym facilities which will include changing both before and after use
 - Hour gym slots can be booked at quarter past the hour.
 - Only 2 users will be able to use the gym per hour unless from the same household
 - Only one booking can be made per day per person or household.
 - All gym times will be booked on a first come, first served basis and can be made pre-check in. Leisure members can book in up to two weeks in advance.
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- Please wipe down and sanitise all equipment before and after using including the water dispenser
 - Equipment has been spaced out two meters apart. Please keep the social distance of 2 meters all times in the gym
 - Floor markings have been put in place. Please make sure that you keep to one area of the gym if with another user not from the same household. This may mean communicating what equipment you plan to use next
 - The television and remote control will not be in use.

Squash and Tennis court Rules

- The courts can be booked to use daily
- Only two players can enter at any time on each court
- Spectators will not be permitted
- No changing facilities will be available. Players will need to change in bedrooms, villas, lodges or at home
- No rackets or balls will be available to hire
- Please bring towels or wear head or sweatbands to limit the risk of contamination in our squash courts
- Please bring your own water bottles, no water will be available in the court areas.



Snooker Rules

- Snooker can be booked through reception
- Balls and cue's will be available to use from reception. Please sanitise with wipes provided both before and after use. This also will be done by the reception team
- We suggest using plastic gloves provided when playing
- Only two players can use the snooker room at one time unless from the same household
- Two spectators socially distanced are permitted in the snooker room

Additional Information

- You will be able to contact the Health Club from 10am on Tues 21st July to pre book your slots.
- The Health Club will be opening its doors on Sat 25th under the new opening hours. Under 'the new normal' I would ask that you respect and follow the guidance and procedures that we will have put in place for yours, your fellow members and your Health Club teams safety.

Kind Regards

**John Woodward
General Manager**