
Exercise Safe, Stay Safe Staying Safe Together

We kindly ask members to follow the following steps to ensure that we are all able to exercise safely together:

- Book a time slot in advance by calling the club or using our online booking system. Please remember to cancel your slot if you are no longer able to attend to allow other members to book.
- Please wait outside the club entrance until it is safe to enter adhering to the social distancing markers positioned throughout the club.
- Please arrive ready to use the gym as the changing rooms and lockers will be restricted to members using the swimming pool. Please note that the showers in the changing rooms will be unavailable. However, the poolside showers will be available to rinse the chlorine off.
- We have added new restrictions and had to limit the number of members using the club at any one time. We kindly ask all members to adhere to these. We are following the guidance from the Government to keep us all safe.
- Please be considerate to other members. There will be a time limit of 20 minutes on each piece of equipment.
- Please wipe and clean the equipment before and after use.
- To book an exercise class please call the club or use our online booking system. You'll be asked to meet in a designated meeting point in the car park and wait to be collected by a member of the fitness team.

Please note: Some of our facilities will be unavailable upon re-opening, just to be on the safe side of things. Please contact the club directly for the latest information.

The team will:

- Increase our cleaning rotations especially on 'high touch' areas.
- Deep clean the club every hour.
- Continue to maintain chemical levels in the pool to ensure safe swimming.
- Ensure we follow government guidelines to keep you safe.

As much as we'd love to see you, please remember to stay alert and follow government advice. We thank you in advance for helping us to comply with social distancing, thereby letting us all enjoy the leisure facilities.

If, at any stage, you think we can do better, please let us know. We want to learn, get it right and **Stay Safe Together**.