



Ok, here we are. We had our staff meeting, we have looked at government guidelines, which we are able to implement fully and we have taken your comments into consideration. We absolutely hope that the below measures will be for the shortest period of time possible and none of us are happy about any of it. If we don't have these systems in place, we cannot open!

This is what is going to happen:

- 1) There will be no showers or changing rooms until further notice (basically, as soon as we are allowed to offer these facilities, we will). Please come in your gym clothes. You will be able to leave your valuables in the small lockers in reception.
- 2) The toilets can be used but we will ask you to close the lid when flushing because of dispersion.
- 3) You will have to book your slot. Each slot will be for one hour, on the hour. You can only book one slot a day. You can book up to a week in advance. See below on how to do it.
- 4) The maximum people in any one-hour will be ten (that's for the main gym and the cardio room combined). Maximum in the cardio room at any one time will

be four. Maximum in the abs room will be one unless people are from the same household.

- 5) You will have to come in the front and leave out the back.
- 6) You will need to sign a waiver (confirming that you have not had a cough for 24 hours, that you are happy for your temperature to be taken, that you will clean your equipment after use and that you are free from symptoms as far as you know).
- 7) We will take your temperature with a non-contact forehead laser thermometer and anybody found to have a reading of 37.5+ degrees Celsius will not be able to enter.
- 8) You will have to sanitise your hands when you come in.
- 9) We expect people to keep their distance from one another while working out (for example, please do not use a machine if someone is using the machine right next to it).
- 10) Please clean the equipment that you have used/touched.
- 11) There will be no towels allowed in the gym (if you are sweating please use the blue paper provided) and we will not be able to lend you a water bottle if you forget yours.

Further points to note that have come out of discussions with yourselves and the staff:

- 1) Gym opening hours remain unchanged. This should maximise opportunities to book a slot of your choosing.

- 2) There will be two slots for over 50s only, 10am to 12noon on Tuesdays and Fridays. All, including over 50s, are obviously welcome to attend the rest of the time. This will be under constant review.
- 3) We will take contactless payments on cards for any sum now as opposed to £5+ if you prefer not to handle cash.
- 4) We have put up a Perspex screen on reception.
- 5) We will provide efficient sanitising equipment (alcohol gel and spray at 70%+ alcohol).
- 6) We will be cleaning the common surfaces (handles, switches, small bits of equipment etc. every 30 minutes).
- 7) We did say that we wouldn't restart people's DDs unless they returned to train. We have had to review this. We are concerned that the scare created by the pandemic/general reactions coupled with the onerous restrictions placed on our members will mean that numbers are insufficient to keep the gym going. We have therefore decided to restart everybody's DD as from 27 July and it will be up to the individual to cancel their DD if they are too worried to come back to the gym despite our best efforts to make it as safe as can be.
- 8) We have marked 18 four square metre squares in the dance studio to enable you to respect government guidelines (3 square metres per person so we have gone generous!) while doing classes and the windows, fire exit door and entrance and egress doors will be kept open.
- 9) The double doors in the gym will be kept open at all times.

CLASSES

Most of the classes will continue to run as before. They will be for 50 minutes instead of an hour to give time for cleaning and egress.

Zumba and Bodyblast with Faye starts on Saturday 25 July, 8 am. YAY! First classe back after such a long time!

Table tennis as before although the numbers will be limited to 6 per class.

Pilates with Vanda (Mondays and Tuesdays) will restart on 3 August.

Keep Fit with Sue will restart on 9 August and Gentle Exercise with Sue will start on 10 August.

Yoga with Kate on Thursdays will start on 30 July.

Helen Wilman School of Dance classes will be advertised later as these are a bit more complicated.

Circuits and HIIT with Liam will start on 27 July. The little studio will have a maximum of 4 people in it. The big studio, depending on the type of class, can take up to 12 people for a circuit/energetic class or 18 for a floor-based class. Please bring your own mats (if you can) for obvious reasons.

We will let you know later about Pilates with Bryony/Clare and Bodysculpt with Tim as we are still finalising some things with them.

Booking your slots will be done on line at www.watersidegym.co.uk. More details to follow. If you can't use on line facilities, you can ring us during working hours and we can book a slot for you there and then.

Please do not come early as there is nowhere for groups of people to wait safely.

As soon as we are allowed, we will relax any or all of the restrictions above with the greatest pleasure in the world!!!! Please bear with us, be patient, we will do our best to make it as pleasant as possible for you all while keeping it safe.

Looking forward to seeing you all very soon.

The team at Waterside Gym.