



We are back in business from 12<sup>th</sup> April. For those of you who used the gym in the brief periods of opening between lock downs, you'll know the drill. It remains unchanged for the time being. 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.
- 4) The maximum people in any one-hour will be ten (that's for the main gym and the cardio room). 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 have to sanitise your hands when you come in.
- 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 be required to leave.
- 8) 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). This waiver is deemed to be signed when you book your slot.
- 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. You will be provided with an individual sanitising bottle.
- 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) There will be two slots for over 50s only/vulnerable people, 2pm to 3pm on Tuesdays and Thursdays. All, including over 50s, are welcome to attend the rest of the time. This will be under constant review.
- 2) We will take contactless payments on cards for any sum now as opposed to £5+ if you prefer not to handle cash.
- 3) We have put up a Perspex screen on reception.

- 4) We will provide efficient sanitising equipment (alcohol gel and spray at 70%+ alcohol).
- 5) We will be cleaning the common surfaces (handles, switches, small bits of equipment etc. every 30 minutes).
- 6) Those of you with direct debits will be entitled to train for free for the months they have paid without being able to use the gym. Those of you with yearly memberships will be entitled to those months lost.
- 7) 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 exercising and the windows, fire exit door and entrance and egress doors will be kept open. This is for classes which we hope will be able to resume on 17<sup>th</sup> May.
- 8) The double doors in the gym will be kept open at all times.

Booking your slots will be done on line at [www.watersidegym.co.uk](http://www.watersidegym.co.uk). Click on Bookings and follow the instructions. 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.