

COVID-19 UPDATE IN PREPARATION FOR THE RE-OPENING OF ALL POWERS GYM ON MONDAY 27TH JULY 2020

DUE TO COVID RESTRICTIONS AND REDUCED CLASS NUMBERS WE HAVE NOW HAD TO IMPLEMENT A NEW BOOKING SYSTEM VIA THE CLASSFIT APP. FURTHER INSTRUCTIONS ARE PROVIDED ON THE CLASS BOOKING PAGE ON THE WEBSITE.

WE ARE REALLY LOOKING FORWARD TO WELCOMING OUR STAFF AND MEMBERS BACK AND ARE EXCITED TO RESUME OUR CLASSES.

FOR THE SAFETY OF OUR MEMBERS AND STAFF WE HAVE INTRODUCED COVID SAFETY GUIDELINES AND OPERATING PROCEDURES AS A TEMPORARY MEASURE.

WE WANT TO PRESERVE THE FUN AND FRIENDLY ATMOSPHERE WITHIN ALL POWERS WHILST ENSURING THE HEALTH, SAFETY AND WELLBEING OF OUR STAFF AND MEMBERS. PLEASE BEAR WITH US DURING THIS TRANSITION PERIOD AND TRY AND RESPOND POSITIVELY TO THESE NEW CHANGES. WE SINCERELY HOPE THAT OVER TIME WE CAN RELAX THESE PROCEDURES AND RESUME TO NORMAL

SERVICES. THE ONLY WAY THIS WILL HAPPEN IS IF WE WORK TOGETHER AS A TEAM TO ENSURE THE SAFETY AND WELLBEING OF EVERYONE WITHIN THE GYM ENVIRONMENT.

COVID SAFETY GUIDELINES AND OPERATING PROCEDURES

- IF YOU ARE FEELING UNWELL YOU **MUST** NOT ATTEND THE CLASS
- IF YOU HAVE TESTED POSITIVE FOR COVID-19 **YOU MUST TELL US IMMEDIATELY** AS WE HAVE A DUTY OF CARE TO TRACK AND TRACE POTENTIAL PEOPLE THAT YOU HAVE BEEN IN CONTACT WITH AND WE WILL HAVE TO DEEP CLEAN THE GYM AREA AND ALL EQUIPMENT.
- ONLY ONE CLASS WILL BE HELD PER TIME SLOT WITH A MINIMUM OF 15 MINUTE BREAK BETWEEN EACH CLASS FOR CLEANING AND HYGIENE PURPOSES.
- EVERYONE **MUST** PRE-REGISTER ON THE NEW BOOKING SYSTEM AND BOOK BEFORE ATTENDING THE CLASS **(YOU WILL NOT BE ABLE TO SIMPLY SHOW UP FOR A CLASS)**
- IF YOU ARE UNABLE TO ATTEND A CLASS AND HAVE BOOKED PLEASE BE COURTEOUS TO OTHERS AND ENSURE YOU CANCEL YOUR PLACE SO THAT SOMEONE ELSE WILL BE ABLE TO TRAIN IN YOUR ABSENCE. WITH ONLY 20 PLACES PER SESSION WE WANT TO ENSURE AS MANY OF YOU CAN RETURN TO FITNESS AS POSSIBLE.
- NO MORE THAN 22 STUDENTS ARE ALLOWED ON THE MAT AREA AT ANY ONE TIME.
- DUE TO LIMITED NUMBERS WITHIN THE GYM ENVIRONMENT WE ARE UNABLE AT THE PRESENT TIME TO ALLOW SPECTATORS.
- PLEASE ARRIVE NO MORE THAN FIFTEEN MINUTES BEFORE THE START OF YOUR CLASS TO ALLOW TIME FOR CLEANING.
- PLEASE WAIT IN THE CORRIDOR (WHILST MAINTAINING AT LEAST 1M DISTANCE) UNTIL INSTRUCTED TO ENTER THE GYM.

- YOU MUST SIGN IN AT RECEPTION ON ARRIVAL WHERE YOUR TEMPERATURE WILL BE TAKEN.
- WE ASK ALL MEMBERS TO OBSERVE GOOD PERSONAL HYGIENE AT ALL TIMES WITH FREQUENT HAND WASHING. PLEASE ALSO USE THE HAND SANITISER PROVIDED.
- PLEASE ENSURE YOU CLEAN/SANITISE ALL EQUIPMENT AFTER USE TO AVOID CROSS CONTAMINATION.
- PLEASE BE AWARE OF THE MARKINGS THROUGHOUT THE GYM AREA DURING CLASSES AND RESPECT DISTANCE TO OTHERS.
- WE ASK ALL MEMBERS TO LEAVE THE GYM PROMPTLY AFTER YOUR CLASS HAS ENDED AND TO ENSURE ALL YOUR BELONGINGS ARE TAKEN WITH YOU.
- UNTIL FURTHER NOTICE WE ARE UNABLE TO ALLOW ANY CLINCH WORK OR SPARRING DURING THE SESSIONS. THIS IS NOT IDEAL IN THIS SPORT BUT YOUR HEALTH AND SAFETY IS OUR PRIORITY.
- ALTHOUGH MASKS ARE NOT ESSENTIAL WITHIN THE GYM ENVIRONMENT, IF PAD WORK IS UNDERTAKEN, WE WILL ASK PEOPLE TO PARTNER UP AND YOU WILL REMAIN WITH THIS PARTNER FOR THE DURATION OF THE PAD SESSION. PAD HOLDERS WILL BE ASKED TO WEAR GLOVES AND MASK WHILST HOLDING FOR THE SAFETY OF THEMSELVES AND OTHERS. PLEASE COULD YOU THEREFORE ENSURE YOU BRING A MASK WITH YOU.
- MEMBERS ARE ASKED TO ARRIVE IN SUITABLE GYM WEAR (WHERE POSSIBLE) AND ARRIVE READY TO GO STRAIGHT INTO TRAINING.
- FOOTWEAR MUST BE REMOVED ON ARRIVAL AND PLACED ON THE SHOE RACKS PROVIDED.
- THE CHANGING ROOMS WILL BE OPEN BUT ON A ONE IN, ONE OUT BASIS. ONCE FINISHED IN THE CHANGING ROOM AREA YOUR BAGS MUST BE PUT ON THE RACKS/BENCH PROVIDED DURING THE CLASS.
- UNTIL FURTHER NOTICE THE SHOWER AREA WILL REMAIN CLOSED.
- WE REGRET, DUE TO THE COVID RESTRICTIONS, IT WILL NOT BE POSSIBLE TO LOAN ANY GLOVES TO MEMBERS AT THE PRESENT TIME. WE WOULD STRONGLY RECOMMEND PEOPLE PURCHASE THEIR OWN GLOVES AND SHIN GUARDS. (WE WILL HAVE A FEW PAIRS OF GLOVES AVAILABLE FOR BEGINNERS TO USE. HOWEVER, THEY MUST

WEAR GLOVE INSERTS AND THE GLOVES WILL BE SANITISED AFTER USE)

- SHARED GYM EQUIPMENT CAN BE USED WHILST WEARING GLOVES AND MUST BE SANITISED AFTER USE.
- HAND SANITISERS WILL BE AVAILABLE AT THE GYM ON RECEPTION. WE ASK ALL MEMBERS TO USE THESE BEFORE AND AFTER CLASSES.
- THERE WILL BE SIGNAGE THROUGHOUT THE GYM TO GUIDE AND REMIND YOU OF EVERYTHING WE NEED OUR MEMBERS TO DO TO KEEP SAFE.

THANK YOU FOR YOUR PATIENCE. WE WANT TO MAKE THIS TRANSITION AS SEAMLESS AS POSSIBLE. SHOULD YOU HAVE ANY FURTHER QUESTIONS PLEASE DO NOT HESITATE TO GET IN TOUCH.