



We would like to reassure you that we are taking precautions and measures to prevent the spread of the virus. For now, we are running business as normal and we want to keep everyone safe and healthy but we do ask you to abide by these guidelines in return.

In line with Public Health England guidance, we have increased the level of cleaning and hygiene in our leisure club, including:

Increasing the frequency of cleaning and sanitisation, especially high touch areas such as handrails, door handles, lockers, equipment etc.

We have opened the majority of internal doors so you can move freely around the club without contact of door surfaces

Ensuring soap dispensers and hand sanitisers remain filled

Providing additional cleaning stations to allow customers to self-clean equipment before and after use

We have advised all colleagues on what to do when returning from foreign travel or if showing any Covid-19 symptoms, in line with PHE recommendations.

If we are notified of any issue, or if a member contracts the virus, we will notify you immediately and undertake a full deep clean of the club.

Our customers are encouraged to help reduce the spread of the virus also through good personal hygiene. This includes:

Frequent hand washing (wash your hands for 20 seconds) and hand sanitising during your visits

We encourage all customers to pay using contactless credit/debit cards unless you are unable to

We encourage customers to purchase their own personal pad locks online or from a shop to use the lockers in the changing rooms

Wipe down any machines, dumbbells or equipment you use in the gym with the wipes or spray provided.

Covering your mouth and nose with a tissue when coughing or sneezing and dispose of the tissue in the bin after use and then wash hands thoroughly

Follow Government guidance if you are a returning traveller

If you have a persistent cough and/or high temperature please refrain from coming to the club and self-isolate for 7 days as advised

Please delay visiting the leisure club at least two weeks after returning from any of the Category areas advised by the government and PHE. Please do not visit the leisure club for at least 14 days if you have come into contact with anyone you know has definitely contracted the virus.

If you become suddenly unwell and have flu like symptoms whilst using the facilities please do not approach any of our staff members. Please call 111 or look on the NHS or Government website for further advice.

If you need personal health advice specifically in relation to Coronavirus (COVID-19), you should call the NHS 111 service or your GP. Please do not attend your GP or emergency department without phoning in advance.

The situation is currently changing on a daily basis and It is Important to us that we keep our customers, staff and Leisure club Coronavirus free.

We are monitoring the situation and we will keep you updated if the situation changes.