

## **Gym Training Covid-19 Protocol (container/outdoors)**

- Strength Gym training slots must be booked on the club website by 6pm of the evening before the session. If no booking is secure no space will be available. Details will be recorded for track and trace purposes.
- All participants, parents of participants and coaches are reminded that it is their responsibility and obligation to self-certify suitability to attend the session and notify the club as soon as possible should they feel unsure or are developing symptoms in line with current NHS guidelines. <https://www.nhs.uk/conditions/coronavirus-covid-19/>.
- Only arrive 5 minutes before session start. If early please remain in the carpark.
- No changing or showering facilities will be available at this time so when you arrive you should be ready to participate in the session and have your own personal water bottle. No food permitted. No sweat towels should be used. Only use the blue paper towel provided and dispose in the bin.
- Only the Disabled toilet will be available for access on these sessions.
- Social distancing of be maintained at all times in line with Government guidelines <https://www.gov.uk/coronavirus>.
- Parents/spectators are advised to stay clear of the activity area during sessions.

### **Gym Use Instructions**

1. Wash/sanitise hands on arrival and sanitise all equipment that you intend to use touch points with the cleaning materials provided
2. Container doors must remain fully open at all times when the gym is in use.
3. Only 2 participants maybe active in the gym at any one time and must remain in one of the marked zones whilst exercising.
4. Any coaching must be delivered while socially distanced or where possible from outside the gym.
5. Physical support and assisting others to lift (spotting) is not permitted at this time.
6. Once the user has finished using the piece of equipment in that zone then the equipment must be sanitised with the cleaner provided in readiness for the next user. Equipment should not be share used.
7. All users **MUST!** Avoid touching their faces and wash/sanitise hands frequently during sessions.
8. When exercising face away from the other user, avoid loud shouting and keep conversation to a minimum.
9. When passing between zones the participants must either do this by leaving the container and re-entering or pass each other remaining as close to the opposing walls as possible.
10. Equipment must be replaced to the storage racks at all times and especially at the end of the session.
11. Final wash/sanitise hands and leave the premises immediately.
12. By using the gym you will also be agreeing to be part of a weekly rota to mop the floor and clean the container walls and ceiling.