



Fitness by CLM at Level 2



In welcoming you into the gym, you might notice a few changes in the way we do things. Please know this has been done with everyone's health and safety at the forefront of our minds.

Please see below guidelines that have been put in place to keep you and our staff safe:

Mask Wearing

- Mask wearing is mandatory for entering and exiting our facility. While it is not mandatory to use one while exercising, we know that mask wearing helps prevent the spread of the virus.

Personal Responsibility

- Please stay at home if you are feeling unwell, especially if you have a cold or similar.
- Please be considerate to all others when using the Fitness Centre, or participating in a Group Fitness class during these times.
- Please use the hand sanitiser dispensers regularly throughout your time in the Fitness Centre, or during a Group Fitness class and when entering and exiting the facility.

2 Metres Social Distancing

- Please be constantly conscious of maintaining your distance of at least 2 metre from all other people in the facility.
- All equipment will either be relocated or cordoned off to ensure 2m social distancing is maintained throughout the facility.

Use A Towel On Equipment

- Please place a towel on any exercise equipment in the areas you place your body or body parts.
- You won't be allowed to use the facility without a towel.

Spray And Wipe Down ALL Equipment After Use

- Please use the spray bottles and wipes provided to thoroughly disinfect any and all equipment once you have finished using it.
- Please ensure you replace the spray bottles where you found them for the next person to use.

Contact Tracing

- Due to government directives you will be required to sign in every time you visit the site for the purposes of contact tracing.

Group Fitness

- Due to social distancing requirements Group Fitness numbers may be limited and class durations may be decreased to enable group change over time.
- Group Fitness class bookings will be required either online (if your facility has this service).
- All equipment will be sanitised in between each class by staff.
- Please ensure you stand on the appropriate spot during the class. These have been marked out to ensure correct physical distancing.

Use of Changing Rooms and Toilets

- Though the changing rooms and showers will be cleaned regularly, we recommend you minimise the use of these to decrease the possibility of cross-contamination.

Staff Responsibilities

- Staff will be wearing masks to help minimise risk.
- Staff will be constantly circulating to ensure these rules are adhered to.
- Fitness Centre Staff will not be providing consultations during this time so that they maintain a constant presence on the floor.

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