

LIBERTY HEALTH CLUB REOPENING

GUIDELINES

Hello everyone! We are so excited to welcome you all back to Liberty Health Club and to get you back into the gym.

We have been working hard behind the scenes to make the club COVID-19 safe and all the necessary changes have been made. The club will look and operate very differently and everyone will have a role to play to make the new changes successful. We will be asking you to follow a set of new guidelines.

Here are the new guidelines:

1. **Firstly, stay at home if you are unwell** - Please do not come to the club if you feel sick or have COVID-19 symptoms.
2. **When you are ready to come back, please keep to the one-way system and sign in using your surname.**
 - We have a new one-way system in operation, so please enter the club at the usual entrance and head to reception to sign in. We do not need your membership card; we will sign you in using your last name.
 - Once you are ready to leave, leave through the nearest exit. So, if you are in the gym or in the entrance toilet, leave via the gym exit. If you are in the studio, with Beauty at Liberty or near to reception, leave through the men's changing room exit.
 - We have lots of new signage and we are here to guide you, so don't panic.
3. **Sanitise your hands when you enter the building.**
 - We will have a hand sanitiser station in the entrance foyer for you to keep your hands clean. Please use it.
4. **You will only need to book a slot for the gym during peak hours and for the weekend.**
 - We have a capacity of 15 people in the gym at one time, so to help us manage this capacity we will be introducing a booking system. It will look like this:

MONDAY TO FRIDAY (PEAK TIMES ONLY)

16:15 to 17:15
17.30 to 18.30
18.30 to 19.30
19.30 to 20.30
20.30 o 21.30

- Monday to Friday 06.30 to 16.15 you will not need to book, you can just turn up. However, we still have a maximum capacity of 15 people and we will keep a close eye on this. You will need to be prepared to wait if the gym is at full capacity.
- We have a 15-minute gap to allow us to disinfect the equipment. **In addition, Monday to Sunday we will be closed 12.00 to 12.30 for deep cleaning.**

- To book your slot just call us on 01748 821000, email us at liberty@rltrust.org or you can contact us on Facebook @LibertyHealthClub

5. Keep your gym workout to 1 hour maximum.

- We have a limited capacity and new cleaning policies, so please keep your workout to one hour so all members can get in and work-out and the staff can keep the equipment clean.

6. As usual, we will be asking you to wipe down the equipment before and after use and to regularly sanitise your hands.

- We have disinfectant spray and paper towel available for everyone to wipe down the equipment before and after use. Please do not bring in your own face towel, use the paper towel provided.
- We have hand sanitiser stations dotted around the gym, please use them regularly. There is a sink with antibacterial soap in the entrance toilet, so please wash your hands regularly.
- The club will be deep cleaned at opening, during the day and when we close. We have been trained with a specific COVID-19 disinfectant to clean more effectively.

7. We need you to follow social distancing of 2 metres and follow the signage and guidance given.

- We have worked really hard to bring the club up to COVID-19 Safety Guidelines standards. Please follow it. The gym will look very different with social distancing tape on machines, out of action signs and signage. We need all members to be patient with us and with each other and play their role in following these rules.
- There will be a maximum capacity of 3 people in the weights room at one time.
- There will be a maximum capacity of 2 people in the functional area at one time. Please bring your own gloves for the punch bag.

8. The spinning room will be running at a maximum of 2 people at one time.

- As usual we will have paper towel and disinfectant for everyone to wipe down before and after use. Plus, hand sanitiser will be available to clean your hands.

9. The changing facilities and shower facilities will be essential use only, so please travel light and come ready to workout.

- The lockers, changing facilities and shower facilities will still be open, but only for essential use. You can still use them, but please be mindful that this should only be if you really need too.
- If you need to use them, the changing area will be limited to 2 people at one time.
- The front entrance toilet will be open. There will be no hand dryer, so paper towel will be available with disinfectant to clean the toilet afterwards.

10. The wet-room will remain closed until further notice.

- We apologize for any inconvenience this may cause, but under the government guidelines we will not be able to open the wet-room facilities for now.

11. The classes will be running on a smaller scale and at a limited capacity, so as usual please follow the booking procedures and be mindful that there is less space.

- The changing facilities are essential use only, so please come ready to go and consider showering at home.
- There is a one-way system in place, so there will be no waiting at reception before or after class. It is recommended that you arrive to the club just 5 minutes prior to your class starting to find your spot straight away.
- Please message us, email us or call us to book in your classes.
- Bring your own mats, hand weights, resistance bands or any small equipment to eliminate sharing with the club.

12. You will need to book in advance for an induction and a show around if you want to join the gym.

- The gym capacity will be limited, so we need to ensure that we can fit you in and get you inducted whilst still maintaining social distancing.

13. The sunbeds will be open for use, but please can we encourage you to wipe down handles and surfaces after use.

- There will be paper towel and disinfectant provided for you to wipe everything down as you leave the room.

14. Wear a mask as you enter the building, but it is not essential as you work-out.

- To protect the staff, please wear a mask as you enter the building to sign in or to have a show around. You do not need to wear one as you work out in the gym.

15. All memberships will go live from Saturday 25th July onwards.

- All direct debits will be activated from Saturday 25th July onwards. All short-term and annual memberships paid up will also re-start.
- Please note that all short-term and annual paid up memberships are non-refundable.
- You will not miss out on any of your membership, we will add it to the end. Ask reception staff for more details on your membership.

16. We will be following the national track and trace system.

- It is stated in the government guidelines for reopening that all clubs must comply with track and trace. Therefore, to comply with the track and trace strategy we may need to share your personal information.

17. Last but not least, if possible, can you use a bank card instead of money.

- We will still accept money, but it would be more preferable if you bring a bank card to minimize cash handling.

Thank you for taking your time to read through the guidelines. There is a lot to follow and a lot of patience is going to be needed.

We have worked really hard to put everything in place to make Liberty Health Club safe, so with kindness we ask you to support these guidelines and follow them.

It is not forever and we will constantly revise and revisit the guidelines as times change and we slowly get back to normal.

The Liberty Health Club Team