# Rules for using Duffield Gym during the Covid Pandemic

**General**

1. If a user has any symptoms of COVID-19 (temperature, cough, difficulty breathing, loss of sense of smell or taste), he/she must not come to the gym. If a committee or gym team member suspects a user may be ill, they will send the user home.
2. All users must follow social distancing rules.
3. In accordance with our normal conditions of use, members use the gym at their own risk.
4. Opening hours for the club will be Monday to Sunday 9:00 – 21:00.

**Booking**

1. Sessions must be booked in advance – the booking machine at the club will not be in use.
2. Workout sessions will commence at ten minutes past the hour and last for 50 minutes. This leaves time for users to clean down and leave the premises before the next session begins.
3. A maximum of 3 users are allowed in the gym.

**Entering and leaving the premises**

1. Users must arrive and leave in their kit – no changing facilities will be provided.
2. A one-way system is in operation. All users will enter through the side door and exit through the rear. (via the emergency exit by the side of the gym).

**Hygiene**

1. Users must use the hand sanitisers when they enter the gym.
2. The gym floor and touch points will be cleaned thoroughly each day.
3. Before and after using a piece of equipment, users must clean the touch points - including free weights - with the sprays/wipes provided.
4. Users should use a towel/headband to avoid sweating and potentially spreading contamination.
5. Users should not touch the walls.
6. In order to maintain social distancing, some pieces of equipment will be marked out of use.
7. All cardio equipment faces the wall to enable users to move through the gym safely.
8. Please bring your own drink as the water fountains are out of use.

**Ventilation**

1. The air conditioning is switched off to avoid re-circulation of air.
2. Ventilation is via the extraction system providing continuous fresh air.

6/08/2020