



SAFE-USE RULES AUGUST 2020

ARRIVING AT THE CLUB

You must be free of COVID 19 symptoms to enter the building

If you have any health doubts, do not put yourself, other members and staff at risk. Follow Government advice on self isolation.

You must use our hand sanitiser outside the front door before entering

In addition you'll see new dispensers, wipes and sprays for use all around the club. Small bottles are also available in the foyer to take away for a donation if you wish. You should also sanitise hands on leaving.

You must use your membership 'swipe card' to enter

This allows us to electronically gather information for track & trace without handling forms. You must not therefore hold open the front door for others. If you've lost your card or it isn't working contact the office as soon as possible.

SWIMMING COSTUMES, TOWELS AND SHEETS

You must use the laundry shute outside the Cool room door

We'll continue supplying towels (and sheets when needed) and will wash costumes. Keeping control of all laundry means you can be sure of the highest standards of hygiene. All baskets and collection bins have been removed, do not leave the club without returning used items to the laundry shute.

CAPACITY RESTRICTIONS

You must avoid overcrowding

To comply with social distancing rules we have to restrict numbers using our Communal Changing Rooms, Slipper Room, Showers, Coolroom, Members Lounge, Gymnasium and Free Weights room. Each has a sign on the door showing capacity, if they are full, wait elsewhere or seek an alternative.

You must consider when you visit

If members vary their routine beyond the traditionally busy periods of early morning, midday and early evening, we won't have to introduce a reservation system. Please think about visiting at other times and if you live very nearby, call the club to check if it's busy.

You must maintain social distancing

Just like in many other venues, keep two metres apart where possible. Spend minimal time in busier communal changing areas. Spend minimal time in communal showers. Limiting your time using facilities will also allow more members to enjoy the club.

EQUIPMENT USE

You must help maintain hygiene

Sanitise hands before using any gym equipment and wipe all equipment after use. In addition wipe hairdryers and where possible any surfaces you use around the club.

VISITORS AND GUESTS

You must not bring guests

For the first two months after opening day, the club will be restricted to members. You may only sign in a guest if they are seriously considering joining and you must call to book in advance of their visit. In addition, there will be no use of the building by external clients. This means there will be no swimming lessons, school swimming, yoga, pilates, personal training or Sunday night naturist swimming for the first two months. This is being done to ensure members can get maximum use of facilities during opening hours which remain unchanged.

SWIMMING POOL

You must observe new lane etiquette

To maintain safe swimming distance and help with capacity, the pond is now split into two roped extra wide lanes for rotational swimming. This will allow up to 12 people in total to swim in both lanes (an increase on our current 7 individual lanes).

You must accompany non-swimming junior members

Friday late afternoon and weekend mornings can be busy with families. The pool configuration will change during these times to accommodate parents with junior non swimmers. Space will be limited, so please be patient.

TURKISH SUITE

You must consider usage

Whilst small, confined space saunas and steam-rooms are not allowed to reopen at this stage, there's no guidance on a large historic Turkish Room. Which given ours is unique, isn't surprising. We'll seek clarification, but in the meantime, our assessment is it can remain open given the size of the room, reduced number of benches and more than ample social distancing capacity. In addition the smaller more confined hot room, will remain closed to minimise risk. If you decide to use the Turkish Room, you must wipe benches with disinfectant provided before and after use and you must cover them with a sheet or towel.

GYMNASIUM AND FREE WEIGHTS ROOM

You must not train or use equipment adjacent to another member

Capacity will be restricted to enable social distancing. Do not exercise right next to anyone else. Use other machines or equipment until there's adequate space to workout safely. Wipe all equipment before and after use.

SUSPENDED FACILITIES

You must not use suspended facilities or equipment

Most areas of the club will be in use, but some restrictions apply. We hope to return to full use of facilities as soon as permitted and as soon as we can maximise safe use. In the meantime, use of trapeze, steps & platforms and travelling rings is suspended. Use of shared goggles is also suspended. Junior baths will be closed. Both saunas and steam-rooms will remain closed until permitted. Members are not permitted behind the bar or in the kitchen in the lounge.

FOLLOWING SAFE-USE RULES

You must follow advice and instructions from staff

We'll all have get used to new ways of using the club, and we should do so with consideration and respect for each other at all times. There may be a frustrating change to your routine, you may have to wait a little longer if we are busy. Be helpful and kind to our staff. They are tasked with enforcing these new rules to keep us all as safe as possible.