



## **GUIDELINES: RE-OPENING GENERAL**

- Posters will be on display informing customers and staff of social distancing and cleanliness/hygiene protocols throughout the facility.
- Lync Active will commit to the wellbeing of their staff and members, and if they show/have any signs of COVID-19 (temperature, cough and difficulty breathing), they will be sent home immediately to follow Government regulations.
- Lync Active will comply with any health designation documentation that the Government implements.
- Hand sanitiser will be available (or people will be directed to where they can clean their hands) upon entry and leaving the facility.
- Lync Active will ensure that social distancing is adhered to at all times.
- Face masks will not be mandatory for staff or members. However, staff will be wearing appropriate PPE equipment for extra precaution.
- It is down to the individual member to take reasonable personal responsibility when taking part in physical activity.

## **CLEANING**

- Continue rigorous cleaning procedures.
- If there is a COVID-19 case in the facility, Lync Active will follow the PHE Guidance – COVID-19 – Cleaning in non-healthcare settings while cleaning all areas of the facility.
- Staff will carry out regular cleaning of high-contact touch points throughout the premises.

## **RECEPTION AREA**

- Hand wipes/sanitisers will be on offer (or directed to where people can clean their hands).
- Gloves are not mandatory as the World Health Organisation (WHO) advice is that it is preferable not to wear gloves but to regularly wash your hands.

- Processes to make sure social distancing remains in place for reception staff.
- Queue management - 2m spacing markings on the floor outside the entrance.
- On arrival members to have temperature checked and to be reminded on rules around washing hands, cleaning, social distancing etc.
- Member of staff to log when a gym member enters the facility, name, address, time left etc. Member must also bring swipe card to access facility, they will not be allowed to enter if they do not have membership card.

## **CHANGING ROOMS/SHOWERS/TOILETS**

- Extra care/signposting will be provided to maintain social distancing when in these areas.
- Lockers and toilets will remain in use, as long as social distancing can be maintained, and hands are washed regularly.
- Spray and cloths will be available for customer use for touch points.
  - Showers will remain off limits and members are encouraged to come already dressed for their workout.

## **GYM FLOOR**

- Only equipment that is 2m apart will be used – we will be marking every other piece of equipment in the gym out of order (to facilitate social distancing).
- Touch points of equipment should be cleaned before and after use – this can be done either by the customer or staff using spray and cloths provided. This is in addition to the cleaning schedule.
- Extra signage regarding social distancing will be in place around the free-weights area.
- Maximum gym capacity will be based on 3m per person.

## **STUDIO**

- Social distancing guidelines must be followed (2m apart).
- There will be a minimum of a 10-minute window in between classes, so no 'waiting around' in groups.
- Equipment (including mats etc) will be cleaned in between use. This can either be done by the customer or staff member using spray and cloths provided.
- If possible, markings will be made on the floor to show the area for individuals.

## **FIRST AID**

- Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed:

- Gloves

- Resus masks for emergency first aid to be provided to all first aiders.

- Face masks for general first aid.

- The Resuscitation Council UK has provided specific guidance on CPR delivery.

## **MISCELLANEOUS**

- Lync Active to follow Government guidance for office staff.

- Towels/'sweat towels' will not be taken onto the gym floor/into the studio.

- Personal training sessions can continue as long as social distancing is in place.

- Card/contactless payment will be encouraged.

- Lync Active will lay out additional steps for any clientele over 70/with underlying health conditions.

- All staff and members must follow social distancing and cleanliness guidelines.

- Health consultations will remain if strict cleanliness of individuals and rooms is enforced and relevant PPE is worn (eg. in hospital, the patient simply wears a surgical mask and the doctor wears simple eye cover, a surgical mask an apron as full PPE is reserved for aerosol-generating procedures), or this could be done online.