

GYM USAGE – COVID SECURE POLICY

- only use the gym for your pre-booked slot (safe numbers)
- ensure that you have swiped in (track and trace)
- do not use any equipment that is marked 'out of use' (social distance)
- use the free weights area as per floor markings (social distance)
- leave one machine free between each person (social distance)
- wipe down all equipment after use (hygiene)
- do not bring a sweat towel into the gym (hygiene)
- do not come to the Centre if you have Covid-19 symptoms (common sense!)