

COVID SECURE AT THE GYM GROUP.

We are asking our colleagues, members, suppliers and stakeholders to be #safewithus

The safety of our colleagues, members and all visitors to our gyms is our highest priority. Coronavirus presents us with new challenges in ensuring everyone can enjoy the many health benefits of exercise whilst remaining safe

We have developed a detailed plan, taking a risk-based approach and supported by specialist advice, to ensure The Gym is COVID SECURE

There are six essential requirements to be COVID SECURE at The Gym:

1

Shield

Avoid infected people visiting the gym

- Reinforce Government guidance to colleagues and members with symptoms to stay at home
- Provide options for members to exercise at home and freeze their membership
- Temperature checks for colleagues at the start of each shift

2

Prevent

Reduce the risk of infection from contact with fomites

- Promote hand washing and provide hand sanitiser throughout the gym
- Rigorous cleaning and disinfection regimes
- Provide cleaning materials to members
- Provide disposable gloves to all staff
- Minimise or remove use of non-essential facilities

3

Limit

Reduce the social interaction between people

- Restrict the total number of people in the gym at any one time
- Encourage visits during quieter periods and avoid peak times
- Limit the time each member can spend in the gym

4

Reduce

Reduce the risk infection from airborne virus

- Enable social distancing by separation of equipment and layout
- Manage pinch points with controlled circulation
- Provide face masks to all staff
- Maximise fresh air ventilation 24/7
- Screen areas with high risk of droplet projection

5

Support

Identify and support vulnerable people

- Provide information and current guidance to known vulnerable groups
- Identify vulnerable staff and move roles away from the frontline
- Promote home exercise and options for returning to the gym in future

6

Educate

Explain, train and ingrain safe practice in the gym

- Provide appropriate training and understanding to all colleagues
- Communicate clearly with members before visiting, on arrival and at all relevant points around the gym