

#SafeWithUs Commitment

**WELCOME TO THE GYM.
IT'S REALLY GREAT
TO HAVE YOU WITH US!**

We take the wellbeing of our members and our team very seriously, so you'll notice we have several cleaning, hygiene and social distancing measures in place to keep you safe:

Cleaning & Hygiene

1. Let's #KeepItClean

We are working hard to ensure that our equipment and facilities are kept spotless at all times. We have increased cleaning measures throughout the gym and our gym team are here to assist you as and when you need it.

2. Do Your Bit, Clean Your Kit

Let's work together to keep the gym really shiny and safe for each other. We would really appreciate your help by wiping down your equipment once you have used it. You'll find sanitising spray and paper towels available at the Cleaning Station at the front of the gym.

3. On your marks... Ready...Set...Sanitise

You'll find a hand sanitiser dispenser on the other side of the entrance portal to access as soon as you have used the pin pad. It's there for you to use before and after your workout too or you could just go old school and wash your hands using hot water and soap. Whatever works for you.



Social Distancing

4. That's #CloseEnough

We're definitely a friendly bunch here but always do your best to maintain a safe gap between you and other members when you're queuing, as you move around the gym, when you workout, and when you use the changing rooms. Some equipment has been taken out of action to maintain social distancing and we've put down floor markers to help you as well, so please use them. No high fives allowed but we tend to find a simple "Hello! How are you doing?" goes down very well.



"Mind the gap, mate"



5. Workout Wins in 45 Mins

This might seem cheeky but we would ask you to consider shorter workouts for the time being. By doing this, we can ensure lots of people can access the gym, particularly at peak team periods, and it will help us minimise potential queuing and waiting times, which everyone will be happier about.



45 min

We're #GymItTogether

6. Great things come to those that wait

Please can we ask that you're patient with our gym team and other members, particularly where we need to maintain social distancing to keep everyone safe. We know it's annoying to have to queue or wait for equipment but do bear with us, it will be your turn soon. If you're not happy with anything then let a member of the gym team know. Remember, it's been tough for everyone recently though, so let's look after each other as best we can.

Thanks for your cooperation, everyone!

The Gym Team x

the gym

www.thegymgroup.com/coronavirus-information/