



Guest & team safety



Guidance and best practice

As a business we are following all government guidelines and continually updating our practices and procedures in line with the guidance they provide.

Our teams, supply chain and partners.

We are committed to ensuring that everyone involved in our business is aware of our ethos, standards and safety procedures.

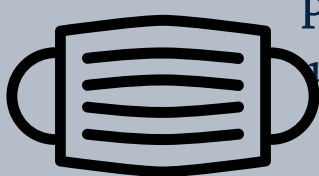
Leisure club keeping you safe



We will be limiting the number of people in any one area:
Changing rooms 5, Gym 6
Pool: 3 in the pool, 3 in the hot tub, 6 in total on the poolside



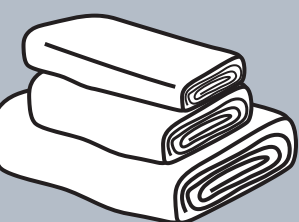
On arrival members MUST sanitise hands and sign in to ensure we are track and trace compliant



Please wear a face covering in the public areas, reception, hallways and corridors when moving around the club



Showers and changing rooms are available for your use but we recommend that you arrive ready and if possible leave afterwards to shower at home. Only one person at a time in the showers please



Towels are available for hire however we recommend that you bring your own



Lockers are available – there will be a sanitiser station in the changing room and in addition to our cleaning protocols we ask that you clean the locker before and after use, same with hairdryers

Pre-book your session

There will be a booking system in place for use of the gym and pool areas

You can book one 50 minute slot per day in both the gym and the pool You cannot move between the gym and pool, please book two sessions - this must be booked in advance



Times

- On the hour every hour for 50 minutes
- First slot 7am
- Last slot 9pm Monday - Thursday
- Last slot 8pm Friday - Sunday

During busy periods pool time is limited to 20 minutes per person and 10 minutes in the whirlpool per person. CV equipment is limited to 20 minutes use. You are required to leave the gym / pool at the end of your allocated time slot to allow other members access. For the last time slot you must leave the pool ten minutes before closing time.

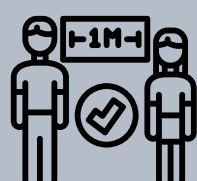
Please do not just turn up to use the facilities - book in advance

Help your team

Please observe social distance guidelines as you move around the club for your safety and that of others

Enhanced cleaning schedules are in place for all areas of the club - please be patient with us if this impacts your visit, this is a priority

All of the new systems in place are subject to change in accordance with Government guidelines or if we feel as a business it is not working in the best interests of you, our members and guests or our team



Sauna and steam room now open

Our sauna and steam room are now available for your use. During your pool session you can pre book a 15 minute slot to use sauna and steam rooms.

Only two people can use the facilities during your time slot. Slots are available from 5 minutes past the hour for 15 minutes with a 5 minute changeover period in between.

Designated seating will be marked out.

We request that you shower before and after using the steam / sauna facilities.

This policy must be followed, guests who do not shower as required will be asked to leave.



Please stay at home

if... You are **feeling unwell**
A member of your family is **unwell**