

# RealFITT Strength and Conditioning COVID19 Return to Service Plan

20.05.2020

\*\*\*Please note that these guidelines are subject to change in line with government and industry regulations\*\*\*

Area	Action
Access	<ul style="list-style-type: none"><li>• <b>If you are unwell then you <u>do not</u> come to the gym</b></li><li>• Training access for RealFITT clients/members only</li><li>• Clients and members must enter the front door and leave via the side door</li></ul>
Usage	<ul style="list-style-type: none"><li>• Only 20 people max allowed in the gym at any one time</li><li>• All clients to sign in and out via the sheet at the front desk</li><li>• Maintain social distancing where possible</li><li>• No classes will be run until the next level of restrictions are relaxed</li><li>• No casual or walk in sessions allowed</li><li>• One person at a time in each of the toilet areas</li><li>• Shower can be used</li></ul>
Booking	<ul style="list-style-type: none"><li>• All PT and SPT sessions must be booked with the coach in advance</li><li>• In the event of a demand greater than 20 people at any given time slot, a wait list system will be used</li><li>• Cancellation policy will be enforced - 24hours notice required or the session is charged at full rate</li></ul>
Training	<ul style="list-style-type: none"><li>• Perform exercises that do not require physical contact between coach and client - no banded pull ups, physical spotting etc</li><li>• No boxing pad work or sparring</li><li>• Make use of the outdoor area where possible</li></ul>
Hygiene	<p>General:</p> <ul style="list-style-type: none"><li>• Gym will be cleaned and sprayed twice a day</li></ul> <p>Clients:</p> <ul style="list-style-type: none"><li>• All clients must sanitise their hands with the sanitiser provided when they enter the gym</li><li>• Maintain social distancing where possible</li><li>• Bring and use your own towel</li><li>• No sharing of equipment where possible</li><li>• Return and sanitise the equipment immediately after use</li></ul>
Enforcement	<ul style="list-style-type: none"><li>• RealFITT reserves the right to refuse entry to anyone who fails to comply with the regulations set out in this document</li><li>• Repeated infringements will result in termination of membership</li></ul>