



# HEROES GYM COVID-19 OFFICIAL SAFETY STATEMENT

Heroes Gym will be opening their doors to the public with effect from 25<sup>th</sup> July 2020. The government is clear that no one should be exposed to unnecessary risk during the Covid-19 pandemic. It is our moral and legal obligation to comply with guidelines set out by the UK Government in conjunction with UKActive, The sport and Recreation Alliance, National Governing Bodies of Sport and the Health & Safety Executive (HSE).

Therefore, we have put measures in place in order that we comply and keep all those that use our facility as safe as is reasonably practicable.

What follows is a summary of preventative measures we have put in place and what the expectation is of those who chose to use our facility.

Expect to see plenty of visual aids on display reminding you of the expectations.

Preventative measurements.

1. The Gym has been deep cleaned prior to opening its doors to the public.
2. We have placed a hand sanitiser outside of the Gym so that customers can sanitise their hands before entering the premises. There is a large sign 80cmx100cm to remind you to do this.
3. Upon entering the Gym all customers and staff must have a temperature check by the reception staff. You will not be able to use the facility if you are found to have a temperature. Please do not be offended when you asked to leave the premises in this circumstance.
4. We request that all members make every possible effort to arrive at the Gym in their sportswear and leave in the same clothing to avoid congestion and crowding in the changing facility. We appreciate that for some this is not possible.
5. We are required to support the NHS track and trace, which requires we hold details and contact information for visits for a period of 21 days. In order for us to comply all Members with a card MUST swipe their card to gain entry to the Gym. If you do not have a card or have forgotten it, give your name to the reception staff who will be able to swipe you in on the computer. For casual visitors or those who's cards have not been processed, you must sign in and give address and contact phone number on the sheet provided on reception.
6. All customers using the facility must bring their own towel to place on the equipment when using, you will be asked by the reception staff. If you do not have one, we do have Heroes branded gym towels available to purchase at a cost of £5.
7. Showers will be out of bounds until further notice, we request that you leave the Gym after your workout and shower at home.
8. There are spray bottles and cloths provided on 90% of the machines in the Gym so there is always facilities close by. We require all customers using the facility to sanitise equipment after use, this includes all contact surfaces, handles, bars, dumbbells, free weights, balls, mats etc etc. There is a large sign outside the gym and various signs around the gym to remind customers to follow this rule.
9. We are restricted to 1 person per 100sq ft of floor space to ensure social distancing is achievable. This means we can accommodate 60 people. Based on previous experience we don't believe we need a booking system. We will be using an app to count customers and staff in and out. In the unlikely case where we find ourselves over capacity, customers may have to wait for someone to leave before they can use the Gym. Therefore, we ask that customers don't hang around too long post workout, and no spectators.



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10. All customers are requested to maintain social distancing in accordance with the current government guidelines, keep up to date on gov.uk. There will be signs around the gym to remind customers. Our machines are spaced appropriately and are not facing on and other.
11. In order to maintain better air circulation we will be keeping doors and windows open as much as is reasonable.
12. To reduce risk music will be played at a more moderate level so that customers don't need to shout to be heard.
13. Where possible leave all your valuables at home or secure in your vehicles to avoid the need to use lockers that can be high risk high contact areas.
14. Foot plates have been installed in changing rooms so you can open doors with your feet to avoid unnecessary contact.
15. Sanitiser bottles are provided in the toilet areas, we request that all those using the facility sanitise and wipe with disposable towel provided, and place towel in the bin provided when done.
16. Gym staff will be following a more intense cleaning regime, paying particular attention to high volume contact surfaces.
17. Class numbers will be restricted to ensure participants can maintain safe social distancing. Classes will need to be prior booked.

If you have any questions or need guidance with any of the points in this document, do not hesitate to contact a member of the Gym staff or our resident Personal Trainers