



Code Of Conduct-Open Gym (12th April - 17th May 2021)

Risk Assessment

Covid-19 Secure

Latest Assessment: (5th April 2021-ahead 12th April reopening)

Assessment carried out by: Kevin Jones (Director)

In the latest set of guidelines following the [gov.uk](https://www.gov.uk) roadmap we have been informed that we can reopen.

However in interest of our members safety and in order to comply with the guidance we will be open strictly as a **Open Gym and a Personal Training Unit.**

Please note: Between the **12th April and the 17th May** there will be **NO CLASSES** during this time.

Please read and obey the following codes of conduct in order to keep our 'Covid Secure' accreditation

On Arrival (Client & Staff)

Do **NOT** come if you are showing any symptoms of COVID-19.

In order to prevent overcrowding and keep control of who is on site at any one time. You can now book out your **1 hour workout time** in one of our stations via the Bookfit app.

The 1 hour allocations are labeled as a session name. (please note these are the recommended daily workouts that will be printed for attendee's and not the traditional class you maybe used to)

There are **12 spaces only**, to prevent groups forming.

You can arrive and leave as you wish during this 1 hour block.

Do not arrive earlier than 10 minutes before the start of a booking to avoid crossover.

Enter through the reception door marked "**ENTRANCE**" (do not come in via the large shutter...this is **Exit only**).

When entering reception, everybody to wear a face covering (if you have forgot there are complimentary masks available provided by Alive Fitness), use the hand sanitiser that is available at the front door. Please keep a safe distance away from other members respecting social distancing at all times. If the reception is full, please wait outside.

As well as using our online booking app to show your attendance a QR Code for the NHS Test & Trace app can be found near the front door and the Exit.

Please Notice the signs around the premises reminding all to wear a mask, wash your hands (there are 3 hand wash basins on site as well as hand sanitisers never more than 3 meters away at any given point) and keep a safe distance.

Regular checks every hour to be made by Alive Fitness staff to ensure hand sanitation are kept stocked up at all times.

No food to be consumed on site.

Toilet checks are made by the staff, please make it everybody's responsibility to clean and sanitise after every use.

No Cash will be handled on site and all payments for sessions and monthly memberships to be made online prior to your attendance.

In the Studio (Client & Staff):

During your allotted 1 hour workout time you are welcome to do any exercise's you wish. However we (Alive Fitness) will be providing a Recommended Daily Workout (RDW) which will be printed out and laid in every station for every member prior to their booking. The equipment required for the RDW will already be laid out for you in your station prior to your arrival (In sessions that directly follow a PT session, please allow a couple of mins on top of your start time to allow the member of staff to prepare your equipment).

Everybody has their own marked out individual work station, complete with basket containing: Hand Sanitiser, Anti-bacterial cleaning wipes, disinfectant spray.

Please ensure the Hand Sanitiser is used **before and after** each workout by the client. The Staff will then repeat this procedure before the next block of bookings.

Only when in your allocated 3m by 3m station will you be permitted to remove your mask. Please remember: **If you leave your station: wear your mask.**

The large roller shutter is to remain open at all times before, during and after sessions to achieve maximum air ventilation within the premises. This is to be opened and closed by Staff members only.

A recommended stretch and warm up will be printed and laid out in each station to perform before your workout session.

Staff will always be available for your safety and to advise on particular exercises and form, as well as keeping an eye that there are no Covid breaches (please respect the staff's at all time as well as other members).

Time allocated in your individual station is **55 minutes** to ensure enough time to properly clean and sanitise before the next block of sessions. Please note you are welcome to come and go as you please during our allotted one hour as this is an Open Gym hour, however please be respectful to your booking and those that could not secure a place.

Please notice and use the extra bins placed around the premises to dispose of disinfectant wipes and any other waste. These are to be emptied regularly by the Staff Present.

Please Exit via the large shutter only. (Do not exit via the reception/entrance as the next block of bookings will be waiting to enter.)

Mental Health and Well Being (Client & Staff):

As many will be aware we work very closely as proud ambassadors with 'Chasing the Stigma' in raising awareness of everybody's Mental Health and the importance of looking after ones wellbeing, especially at times such as this.

We regularly promote their Hub of Hope initiative which is app which guides people exactly where to go and seek help .

All the Staff at Alive Fitness have undertaken training with Chasing the Stigma to show they are able to help those who seek any help and guidance.

Cancellations & No Show's

With the allocations now only being 12 places we do kindly ask that if you book your space to make sure that you try your upmost to attend that booked time.

Please try and refrain from booking and cancelling as this is preventing others from making plans to attend the gym and makes things even more frustrating if a space is then to become available on the day.

We want our Gym to be accessible to everybody and understand there may be times when allocations are booked and you cannot make it.

We really want to stay away from putting in place any form of suspension for members but if it is repeat offenders we will have to look into imposing a deterrent.

We will be keeping a close eye on bookings and patterns and doing our upmost to ensure enough times are available for all members to get their workouts in.