

### **A little reassurance from us....**

**As many of you are aware we are taking additional precautionary measures to ensure the health and safety of all our members and self-employed personal trainers – this is our number one priority.**

We are closely monitoring the Coronavirus (COVID-19) situation and following the advice provided by Public Health England (PHE).

We are committed to providing our members with a safe space to exercise in and we are taking this situation extremely seriously. Staff are briefed on what actions they need to take, as per Government guidance, to reduce the risk of the virus spreading.

### **What actions are we taking?**

In line with PHE guidance, we have increased the level of cleaning and hygiene in the gym, including:

- Increasing the frequency of cleaning and sanitisation, especially high touch areas such as weights, taps, door handles, lockers, equipment etc.
- Ensuring soap dispensers and hand sanitisers remain filled
- Providing a cleaning station to allow members to self-clean equipment before and after use (sanitizer spray and paper roll) – just as at the desk

If we are notified of any issue in the gym, or if a member contracts the virus, we will notify you immediately and undertake a full deep clean of the gym.

### **What you can do to help...**

Our members are encouraged to help reduce the spread of the virus through good personal hygiene. This includes:

- Frequent hand washing (wash your hands for 20 seconds) and hand sanitising during your visits
- Making full use of the soap, sanitisers and cleaning items available
- Covering your mouth and nose with a tissue when coughing or sneezing and dispose of the tissue in the bin after use

- Familiarise yourself with the latest guidance from PHE and do not visit the gym if you are displaying symptoms of COVID-19 and are advised to self-isolate
- Follow [Government guidance](#) if you are a returning traveller  
If you need personal health advice specifically in relation to Coronavirus (COVID-19), you should call the NHS 111 service or your GP. Please do not attend your GP or emergency department without phoning in advance.

### **Is the gym open and operating as normal?**

Yes, business as usual.

### **Can you bring your own cleaning products in?**

If this makes you feel more comfortable, then yes. Members will have access to our cleaning products and sanitising sprays if they want.

This is an evolving situation and members are asked to continue to visit and regularly check the following websites for the latest updates and guidance:

- [NHSUK/coronavirus](#)
- [Foreign and Commonwealth Office \(FCO\) website](#)
- [GOV.UK website](#)
- [The World Health Organization](#)

We will update this webpage with any new information.