

Phase 3 non-contact opening hygiene & distancing rules.

- A limited schedule will be in place with one class a day as we will be cleaning the whole gym after each class.
- Classes will have to be booked in advance, there will be a mix of morning and evening classes, movement/conditioning and dummies classes. Info on how to book will follow closer to opening.
- Only 13 people plus the instructor will be allowed on the mats at the one time. Sessions will only be open for Monthly and regular paying members. No new members allowed to join at this time.
- Please stagger coming into the gym if you see other members in the car park or outside. Keep 2 meters of distance between each other on the stairs up and in the corridor.
- All classes will be NoGi. To minimise use of changing rooms please come to the gym in your NoGi gear or with it already on under your clothes.
- Avoid using the changing rooms unless absolutely necessary.
- Bring only what is necessary to the gym: water, wallet, keys. Place everything in a small bag and keep that in the corner of your mat section to avoid going into the changing rooms and to keep all your things together in one place.
- As always leave your shoes outside the mats. When stepping on the mats pick a square and stick to it. Keep your bag in your square.
- Please use the hand sanitising gel provided after touching anything, before stepping onto the mats, and before leaving the mats. This is provided at the entrance, at the bathroom entrance and at the entrance to the mats.
- When class finishes please stagger leaving the gym one by one.

Please remember, these measures will hopefully be for phase 3 only. We will continue to review these in accordance with English Government and Sport England guidance.

