



HILLHEAD SPORTS CLUB

GYM CODE OF CONDUCT

Before using the Gym please take time to read the following very important Code of Conduct:

- Please DO NOT attend the Gym if displaying ANY of the following symptoms – a high temperature, a new and continuous cough or a loss or change to your sense of smell or taste. **PLEASE HELP US TO KEEP OUR MEMBERS SAFE.** Please let us know if you or anyone in your household develops COVID-19 symptoms
- Arrive ready to train. Please do not bring any towel into the Gym – please use the “blue roll” provided and then dispose of that immediately in the bins provided. Please only bring LIMITED valuables (e.g. phone/keys only) into the Gym. Jackets and tops should be left outside the Gym using the rack that will be provided – no lockers will be available
- A face mask to be worn inside the Gym and Sports Club – except when actively exercising
- Any Gym session MUST be booked online – limited to a 1 hour session per day per member (this will be reviewed going forward) and a contact phone number must be supplied at point of booking
- Please arrive and leave the Gym according to your hourly booking – do not arrive early or stay later
- Please enter and leave the Sports Club via the door at the “west end” of the building using your membership card (swipe system) – please do not use the access corridor from the Café
- Hands must be washed or sanitised before entering the Gym. Also, use the hand sanitiser inside the Gym
- 6 is the current maximum capacity of the Gym in any hour – please call 07906 504407 or 07780 987720 if you note that this capacity has been exceeded
- Follow the indicated “one way system” and adhere to social distancing within gym – 2 metre rule applies
- Machines/seats must be wiped down BEFORE AND AFTER EVERY use – “blue roll” and sanitising spray will be available which must be disposed of immediately in the bins provided
- Dumbbells etc must be wiped down and returned to the rack in the Gym after use
- A water bottle (shatterproof) can be used within the Gym
- No food or drink (excluding your own water) to be brought into the Gym
- Only the toilets in the Gym corridor (near the exit door) to be used
- If the Gym is busy, time on cardio machines should be limited to 20 minutes per machine

Please be aware that membership can be cancelled by Hillhead Sport Club upon non-adherence to the “Code of Conduct”

