

# Keeping NoBull Fitness Safe

In order to open safely, efficiently and strictly keeping to the guidance from UKActive & Public Health England, we have identified some key changes in the way we'll be operating from now on, in order to lower the risk of transmission of COVID-19 and to keep a safe environment for all of our members, staff and anyone visiting NoBull Fitness.

Below are the policies and measures that will be undertaken by NoBull Fitness, the staff and the members in order to re-open and operate safely.

## 1. Prevent any infection coming into the gym

- There is a hand sanitiser station by the front door that **MUST** be used upon arrival.
- Further hand sanitiser stations with 80% alcohol solution, anti-viral cleaning wipes, plus sanitiser spray and centre feed rolls are provided throughout the gym.
- If any Staff or Member are displaying signs of infection they will not be permitted in.
- Supporting the NHS Track & Trace, we will inform any members that may have been in contact with someone displaying symptoms while at the gym.
- The gym and all the facilities/equipment will be completely deep cleaned and disinfected prior to opening on the 25th.

## 2. Adhering to government guidelines on gym occupancy

- A full COVID-19 risk assessment has been carried out and shared with staff, including the max capacity of the gym while safely performing social distancing.
- Members **WILL NOT** have to book a time slot to come and use the gym, as we don't hit the max capacity numbers outlined in the risk assessment that was carried out.
- If we do reach a stage where we are at max capacity during certain times, we will implement a booking system for those peak times only.
- We will be advising members to keep their workout time to within 1 hour 15 minutes, to allow fair use of the facilities for all members.
- Opening hours will remain as standard (check the website for reference).
- Class Timetable will remain the same, however class numbers will be reduced inline with the government guidelines.
- All Members **MUST** swipe membership card on arrival.
- Members arriving at the gym at the same time, will be asked to wait outside briefly in order to stagger entry times.

### **3. Reduce the risk of transmission while in the gym**

- There will be signage throughout the gym to ensure that social distancing is being adhered to.
- Gym Staff to be enforcing social distancing when needed.
- There will be a way system to reduce congestion and maintain direction of flow in potential congestion areas, such as corridors and pinch points.
- There will be a separate entrance and exit door (Exit door located at the back of the gym).
- Changes to the gym layout and the use of floor markings to allow adequate space between equipment.
- We will be advising all members to arrive in gym wear and avoid using the changing rooms where possible. (Showers are in use, but only to be used if essential)
- Windows will be opened to maximise fresh air flow into the gym.
- Locker space will be reduced, so that they can be sufficiently spaced apart.
- The water fountain can be used to fill bottles ONLY, and no face to tap drinking is permitted.
- Doors will be kept open where possible to reduce contact points.
- We are advising contactless payment methods (we offer account pre-payment options).
- Enquiry forms to be filled out online to avoid transferring of paperwork.
- Tours / sign ups will need to be booked via the website or risk waiting outside until it's safe to come in.

### **4. Rigorous cleaning and hygiene for both staff and members**

- Providing sufficient cleaning resources such as anti-viral disinfectant wipes and sanitiser spray and tissue for all members and staff to use at all times.
- Providing multiple hand sanitiser stations throughout the gym for all members and staff to use.
- Enforce that all equipment is wiped down after each individual use.
- Ensuring an increased regular cleaning schedule throughout the day.
- Signage to promote hand washing and the wiping down of equipment.

The safety of all members and staff at NoBull Fitness is of paramount importance, please join us in following our COVID-19 policies above, in order for us to provide the safest environment possible for yourself and your fellow members. By following these guidelines we hope to severely reduce the risk of COVID-19 and therefore remain open and continue to provide our gym service.

Thank you in advance for your co-operation.