

Oakley Fitness Covid19 Guidance/Advice for attendees and Staff

**The UK Government has issued operational Covid19 guidelines for indoor gyms
It contains non-statutory guidance to take into account for operators of indoors gyms**

Keeping attendees of our facilities safe.

This document is designed to communicate clearly to staff, gym members and attendees of our facilities the measures we have in place to ensure we have taken all reasonable measures to comply with social distancing and hygiene at all times, before, after and during physical activity having given consideration to the non-statutory guidance issued by the UK Government.

- We would ask/encourage all attendees to arrive at the facility in sports kit and where possible to travel home to change/shower.
- Our shower/changing facilities will remain available for use, however, government guidelines is that use of changing rooms and showering facilities should in general be avoided where possible.
- Attendees using shower/changing rooms are encouraged to use the facilities as quickly as possible.
- Our facilities will maintain background music at level where normal conversation can take place without the need to raise ones voice, thus reducing the risk of transmission from droplet.
- We would encourage all attendees to make use of handwashing and sanitiser facilities that will be widely available throughout our facilities.
- Although we continue to accept cash we encourage our attendees to use contactless payments where possible.
- Our facilities have signage to make attendees aware of the need to social distance and flows of people.
- Where possible and where it is safe to do so, doors will be left open to increase ventilation throughout the facility.
- Equipment will be made readily available to avoid unnecessary contact with lockers/storage compartments.
- Numbers of attendees may be limited in the event that our capacity is reached in accordance with the guidelines issued, taking into account nature of activity, for example, static vs requiring a range of movements, equipment layout, configuration of facility etc.
- Class sizes will be managed and extra time will be allowed between classes.
- During staffed hour attendees will have the option of checking in at reception where turnstiles/pods can be activated without the need to scan pass readers.
- Attendees/staff are encouraged to clean readers/keypads regularly.
- Where possible alternate entry/exits will be available.
- Our equipment is spaced out appropriately to accommodate social distancing and/or orientated to reducing the risk of transmission from droplets, attendees are encouraged to consider using equipment with social distancing in mind.
- Our studios have temporary floor marking defining required spacing per individual.
- To mitigate the possible risk of transmission between staff and attendees where social distancing cannot be achieved staff and attendees are encouraged to increase frequency of hand washing and surface cleaning, use back to back or side to side training/working whenever possible.
- Our workstation will be assigned to individual where possible and where workstations are to be shared they will be limited to the smallest number of individuals and will be oriented for side by side working.
- Where possible windows will be left open.
- Attendees are encouraged to wipe down equipment/free weights/mats/ balls etc before and after use, using the gym wipes widely available throughout our facilities.

- Attendees are encouraged to maintain social distancing when making use of lockers which are positioned at locations at our facility where social distancing is possible.
- Government guidance is that additional PPE beyond what you usually wear is not beneficial when managing the risk of Covid19, This is because COVID-19 is a different type of risk to the risks you normally face in a workplace, and needs to be managed through social distancing, hygiene and fixed teams or partnering, not through the use of PPE.
- All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.