2020GUIDELINES



Listers Health

Women's gym & wellbeing centre

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Re-Opening Guidelines

Listers Health will be following Government guidelines.

- Posters will be on display throughout the gym informing staff and members of social distancing and cleanliness/hygiene protocols throughout the facility.
- Listers Health will commit to the wellbeing of their staff and members, and if they show/have any signs of COVID-19 (temperature, cough and difficulty breathing), they will be sent home to follow Government regulations.
- Hand wipes/sanitisers will be on offer (or people will be directed to where they can clean their hands
- Face masks will not be mandatory for staff, unless their role requires this.
  It is down to the individual customer to take reasonable personal responsibility when taking part in physical activity.
- Listers Health will ensure that social distancing is adhered to, further criteria is below for certain areas.

Cleaning

A cleaner & safer place for you to exercise

- Extensive & frequent cleaning.
- Our gym will be deep cleaned everyday with high-grade antiviral disinfectant. The team will also clean every piece of kit and surface throughout the day, from dumbbells to treadmills and everything in between, so you can train with confidence.
- If there is a COVID-19 case in the facility, the operator will follow the PHE Guidance.
- We've installed new self-cleaning stations so you can clean your kit before and after use, for added peace of mind. Cleaning stations are located in all key areas of the gym to make it as easy as possible.





Reception Area

- You'll find more hand sanitising stations around the gym so it's easy to regularly clean your hands during your visit. We ask that you also sanitise your hands before entering the gym to keep yourself and others safe.(or directed to where people can clean their hands). Gloves are not mandatory as the World Health Organisation (WHO) advice is that it is preferable not to wear gloves but to regularly wash your hands.

- Screens are in place in Reception for social distancing. Contactless entry and payment will be ideal using our card readers to make your visit safer and easier.

- Queue Management - 2m space markings on the floor and if necessary outside the entrance.

- Extra care/signposting will be provided to maintain social distancing when in these areas.





Gym Floors

- Only equipment that is apart will be used – as an example this can either be done via moving equipment or marking every other piece of equipment in the gym out of order (to facilitate social distancing).
- Towels/'Sweat Towels' will not be taken into the gym floor/studio.
- Touch points of equipment should be cleaned after use. This can be done either by the member or staff using spray and cloths provided. It is an addition to the cleaning schedule.
- Extra signage regarding social distancing will be in place around the free-weights area.
- Maximum gym capacity will be based on $3m^2$ per person.





Studios

- Social distancing guidelines must be followed.
- There will be a minimum of a 10-minute window in between classes, so no 'waiting around' in groups.
- Equipment (including mats etc.) will be cleaned in between use. This can either be done by the members or staff members using spray and cloths provided.
- Markings will be made on the floor to show the area for individuals to stand.
- Classes will be reduced to maintain social distancing. Classes with close contact will be avoided.





Wet Side Facilities

- Members are encouraged to arrive in gym wear and to shower at home (Showers will only be available to use for exceptional circumstances).
- Lockers will remain in use, as long as social distancing can be maintained.
- Extra care/signposting will be shown to maintain social distancing
- Sauna and steam room will remain closed until further notice.
- Any equipment used will be cleaned after and/or between use.





Classes

- Social distancing and cleanliness will be promoted by the instructor(s) at the beginning and throughout classes.
- Group classes will be organised in a series of formations to comply with social distancing, with appropriate spacing between participants monitored by the instructor throughout the class.
- Nothing will be passed to/from the instructor to the customer – including personal items, water bottles, bibs etc.
- Members should not cluster in groups before and after sessions.

First Aid

Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed:

- Gloves.
- Resus masks for emergency first aid to be provided to all first aiders.
- Face masks for general first aid.
- The Resuscitation Council UK has provided specific guidance on CPR delivery.
- All staff will be fully trained on our new cleaning and safety measures to ensure these are delivered to the highest standard. You'll also get the same warm welcome that you've come to expect at Listers Health.

Miscellaneous

- Personal training sessions can continue as long as social distancing is in place.
- Card or contactless payments will be promoted.
- Vending machines will remain in use but will be cleaned regularly.
- We will be limiting number of members in the gym by placing a 1hr limit. Visit lengths will be monitored if the gym is busy.
- Encourage members to plan their visit at a quieter time.
- Some pieces of equipment have been placed out of use to ensure social distancing.
- No visitors will be allowed without making an appointment. Show arounds will also need an appointment.
- Free day passes can only be used at off peak times.
- We will consider adopting a traffic light system to monitor busy times and alert members.

Over time, you can expect to see some of these measures become more relaxed depending on the government guidelines. We will update you if anything changes.