



INSPIRE FITNESS CENTRE – SAFETY MEASURES

October 2020

The following rules are to be followed in order to avoid further spreading of the COVID 19 for the safety and well-being of the Inspire Fitness Centre community. Anybody not following these rules will be asked to leave the premises and can have their membership revoked, instantly.

To enforce such practice as of 21/10/2020

- Social distancing shall be observed at all times
- Masks shall ALWAYS be worn in common areas such as reception area, corridors, changing rooms, pool side, gym (whilst not HEAVILY exercising) and any other areas on premises.
- All members should make use of their personal belongings, such as towels, water bottles, bathing caps and swimming aids. No equipment or accessories can be borrowed.
- Hand sanitizers are to be used upon entrance.
- No bags allowed in gym and pool area. Own padlocks need to be brought so that lockers in the changing rooms can be used to store personal belongings, including bags.
- Any items left behind (lost and found) shall be disposed of unless informed on the same day.
- No waiting or gatherings in the common areas (such as reception or corridors)
- Respect a 2m social distance if waiting in queue, only members of same household can stay next to each other.
- If person is visibly ill, Inspire has the right to refuse entry of the individual.
- After finishing any session (gym, pool, classes etc) people must leave the premises as quickly as possible to avoid an increase in the number of persons inside.

Entrance to Inspire Fitness Centre

- Fitness centre members with a valid membership card shall scan their card at the main door to access the centre. Visitors can ring the bell and ask for assistance.
- Temperature checking will continue, as well as scanning the card (for the second time) at the reception door before entering towards the changing rooms.

Showers and Changing rooms

- Showers and changing rooms shall be closed and cannot be used. Only the toilets and wet rooms (for persons with a disability) will be available for use.
- Changing can take place in the corridor of the changing areas (at the benches) but doors are to be kept open all the time.
- Showers on pool side can be used for quick showers. Please respect other members who also need to shower so showering time need to be limited (rinsing off the chlorine).

Fitness Classes

- Number of participants is now **10** and booking is **necessary**. Fitness instructors will have a list of names and those who are not on the list shall not be allowed, unless the maximum number has not been reached.
- Booking shall be done by 8.30am for the 9.30am morning classes; by 2pm for the evening classes and the 6.30am class on Fridays.
- Booking can be done within 48hrs prior to session commencement (from 2 days before).
- Those who book and cannot turn up need to CANCEL their own booking to make space for other members. Be responsible and respectful towards other members.
- Participants of the fitness classes need to have the mask at hand and can only be taken off during rigorous exercising. Otherwise, mask needs to be worn at all times.

Swimming sessions

- Swimming sessions of the Inspire Swimming school and club shall continue as they are, however, no showering use of changing rooms shall be permitted. Changing on pool side and leave the premises as soon as session is terminated.
- Swimming school - *Dolphins* and *Seals* can EXIT the premises from the emergency door instead of reception so that amount of people at reception is controlled and kept to a minimum. Ask for the group instructor for more details.
- No parents on pool side.
- Attendance shall be taken on pool side (not at reception) by the instructor/ coordinator. Stopping at reception will only be necessary to have the body temperature checked.

Gym area

- Use of towels is obligatory.
- Machines are to be wiped before and after use.
- Mask must be worn unless heavily exercising, ex. whilst using the cardio machines such as the treadmill, even though we still highly recommend being worn at all times. When ready from exercise (including between exercises) mask are **obligatory**.
- The machines in the top floor will be spaced out further (in the coming days) to maintain social distancing whilst working out, however, members must be responsible to keep respective social distancing when working out and if necessary, use alternate machines.

- Doors and windows will be kept open and A/Cs kept on fan mode.

Sauna

Sauna shall be closed for now until situation improves.

Your cooperation is necessary as well as appreciated.
Do not hesitate to contact us should you have any queries.