



Interim Gym Protocol for Members

October 2020 (Revision1)

This interim protocol is aimed at keeping members and staff as safe as possible during the Covid-19 pandemic. All members are required to commit to adherence to this protocol.

A risk assessment of the Gym has been undertaken and an environmental cleanliness protocol is in place.

Booking the Gym

- The Gym opening times are;-
 - 9 am – 8:30 pm Monday – Thursday;
 - 9 am - 6 pm on Friday;
 - 9 am – 7 pm on Saturday;
 - 9 am - 7:30 pm on Sunday.
- Members may book a gym slot on the electronic booking system; booking includes a declaration that the member takes responsibility for adhering to this Protocol; you must cancel the booking online, if you cannot attend the gym;
- It is essential for “Track and Trace” purposes that all members are recorded online; therefore, you cannot just warm up in the gym prior to playing tennis without booking the gym in advance;
- All bookings must be made by a person aged 16 or over; and

- Each slot will be 50 minutes long with a 20 minute “rest time” in between slots for cleaning and ventilation purposes (see below for access details and booking arrangements).

Access to the Gym

- Pre-book your slot for the gym on court booker. There is a maximum of two people allowed in the gym at any given time. However, it is recognised that that some members may also wish to exercise in the gym on their own. **So, when booking the gym, the options for the booker are :-**
 - **Using the gym on your own;**
 - **Booking for two members – i.e. the booker and a friend, where both of you have agreed to exercise together; or**
 - **Booking the gym for yourself and the trainer (Marc).**

This means that the Club has an accurate record of everyone who attends the gym, including the trainer. This is essential for “Track and Trace” purposes; the record will be kept for 21 days.

- Travel to the gym on your own, or with a member of your own household;
- Access to the gym is via the side entrance/back door of the Club; please inform the supervisor on duty when you arrive and when you leave;
- It is recommended that you use your own toilet facilities before you travel to the club; however, if required, please ask the supervisor for access to the Disability Bathroom. You will need to wipe down touch points after use;
- Arrive at the gym no more than 5 minutes before your booking time, be “Gym Ready”- **note there are no changing rooms open;**
- Bring your own towel(s), exercise mat (these can be purchased online or in any sports shop), head rest(s) and water with you; **note there is no water dispenser available for use;**

- The Club is adopting a *Cover, Wipe and Sanitise* policy within the gym;
 - Cover – use a towel to cover the equipment during a session to create a barrier between you and the equipment surface;
 - Wipe – **all equipment surfaces BEFORE and AFTER use** with antiviral cleaner/blue roll, and if sweat droplets land on the floor, please wipe them off with alcohol wipes and dispose of waste in the lined receptacle provided at the gym door;
 - Sanitise your hands before you enter the gym, after you clean, and on exiting the gym.
- If you wish to wear a mask, whilst exercising, you may do so;
- You must be at least 2 metres apart from another person in the gym (see below).

Conditions of Access to the Gym

- You must ;-
 - Be a current member and have a gym slot booked online;
 - Have completed a gym induction, if you are a new member;
 - Be feeling well and have no Covid-19 symptoms;
 - Not have been advised to self-isolate by the Public Health Agency/Contact Tracing Centre or government guidance;
 - **Be cautious when returning to high intensity training, following recovery from Covid-19.** You must adhere to any professional advice given to you;
 - Comply with UK Borders/NI Guidance on quarantine restrictions.

- Frontline workers can use the gym but should personally assess the risk of passing on the infection and follow the recommendations of HSC/public health guidelines.

Exercising in the Gym

- Hand-sanitisers are available for use at the entrance to the gym and within the gym;
- Adopt the *Cover, Wipe and Sanitise* policy, as above;
- Consider use of a wrist/head sweat band, when exercising, to reduce the need to touch your face;
- Only use the equipment that is marked for use; a significant number of machines have been “taped off” and equipment removed, to encourage both social distancing and cleanliness;
- Use your own mat for floor exercises, maintain social distancing and good respiratory etiquette at all times;
- Wipe down any mirrors/walls/door handles you have touched, and weights/bars/equipment/handles must be wiped down before and after use;
- You must finish your session when your allocated slot is up; this is important for cleaning and ventilation purposes;
- In case of emergency, seek help from the supervisor; a first aid and defibrillator table, is available inside the backdoor of the Club;
- If the trainer(Marc) is present, please follow any instructions he might have to promote effective social distancing, respiratory etiquette, and optimal cleaning/disinfecting procedures.

Getting Home Safely

- Inform the supervisor when your gym session is finished;

- If a member becomes unwell during/after exercise, they should contact their own GP in the first instance or 999 in an emergency;
- The Club needs to be informed if a member becomes ill by emailing covid@windsortennis.co.uk.

Returning to Exercise post illness

- You must inform the Club if you have had a Covid 19 related illness before you can return to exercise using the Club gym; contact covid@windsortennis.co.uk; and
- You must observe the public health advice on social isolation and follow any medical advice given to you.

Instructor-led Training Sessions

- It is the responsibility of the member to book the “training” gym slot online with Marc Howland’s name added on to the electronic booking;
- The trainer is advised to wear a mask and/or visor while in the gym;
- The conditions of access to the gym, as stated above, are the same for both the trainer and the member (i.e. client);
- The trainer is asked to promote good standards of social distancing, respiratory etiquette, and good hygiene practice within the gym;
- The trainer will assist in cleaning/disinfecting the equipment and other surfaces within the gym;
- The trainer cannot use the gym unless his name is recorded electronically by the member who has booked the session; and
- No “assessment and/or treatment sessions” are available, currently.

Disciplinary Procedures

- You must comply with any action that the supervisor or trainer requires of you; and
- Any breaches of the protocol will be managed by Simon McFarland.

Concerns

If you have any concerns about the cleanliness of the gym, please contact the Covid19 Officer - Maura Briscoe by email on covid@windsortennis.co.uk.

Review

The demand for the use of the gym and training sessions will be closely monitored; therefore, this interim protocol may be subject to change.

Resources

Sport NI- www.sportni.org
www.health-ni.gov.uk