



Gym Protocol for Members

4th August 2021

This 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

- For the purposes of booking a court, the Gym times are;-
 - 9 am – 9.50pm Monday – Thursday;
 - 9 am - 5.10 pm on Friday- Saturday;
 - 9 am - 8.40pm 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. From the **26 July 2021**, the gym is available for two separate bookings at each slot. However, due to the pandemic, and the relatively small size of the gym, it is recognised that some individuals may wish to exercise alone in the gym, or just together with a member of their own household. In these exceptional circumstances, this will be accommodated by the Club. This can be achieved by booking the slot and by emailing Simon McFarland at simon@windsortennis.co.uk indicating to him that this is what you want to do.

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.

- 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;
- Arrive at the gym no more than 5 minutes before your booking time, be “Gym Ready”, **note the changing rooms and a shower are open, but we would still encourage you to use your own facilities for the purposes of changing and showering, in possible;**
- 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 in the gym 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.
- You should adopt the principle of being 2 metres apart from another person in the gym when exercising(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;
 - Complied with the most recent travel guidance as specified on NI Direct at www.nidirect.gov.uk , if recently arrived in Northern Ireland;
 - Not have been identified as a close contact of a positive case within the last 10 days;
 - Not be in a period of self- isolation as advised by a health professional; and
 - The Club needs to be informed if a gym member or a person of the same household becomes unwell by emailing simon@windsortennis.co.uk
 - **Be cautious when returning to high intensity training, following recovery from Covid 19.** You must adhere to any professional advice given to you.

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 available for use; some of the cardio machines are out of use, to encourage both social distancing, respiratory hygiene 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 Clubhouse;
- 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;

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 required to wear a mask while in the gym- ie when not exercising himself;
- 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 Simon McFarland at simon@windsortennis.co.uk or 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; and www.health-ni.gov.uk and www.nidirect.gov.uk