

**Guidelines for the reopening of the Meadows Sports Centre on Monday 21 September 2020**

* Masks must be worn when entering the premises and staff will take your temperature prior to entering the specific area you are attending. Masks, however, are not mandatory whilst on the gym floor, within the games hall or within the fitness suite.
* All persons attending the gym, fitness class or the games hall must arrive in the appropriate sports kit as changing rooms are not available. Water bottles are permitted, however, no sports bags or towels are to be taken into any of the three areas. The only exception to this is equipment which is essential for the specific class being taken.
* Each person using the gym or attending a fitness class will be required to complete a fresh membership application and declaration form on arrival. Details will also be obtained for track and trace purposes.
* The games hall will adopt a one way system in that entry will be through the normal entrance and exit will be via the fire exit located at the south side of the the games hall. Masks will be worn whilst entering the games hall. Persons who are in attendance to collect users of the games hall are encouraged to park at the Paddock area (athletics track)
* Entrance and exit to the gym will also be via a one way system with clear signage on the stairs. Entry and exit will be via the main door and masks must be worn when entering and exiting this entrance door.
* Entrance to the fitness suite will be via the main entrance door and exit will be via the fire exit located in the fitness suite.
* Please sanitise hands prior to entering the gym, games hall or fiktness suite.
* Equipment must be cleaned before and after use with the sprays provided. Staff will also be cleaning the equipment throughout the day.
* There is only cardio equipment within the original gym area, suitably spaced to allow distance between users.
* The free weights are within the studio area where the spinning bikes were previously located.
* The fixed weight machines are now located in part of what is known as the social area.
* The maximum number of persons within the cardio gym is six.
* The maximum number of persons within the free weight area is two.
* The maximum number of persons within the fixed weight area is three.
* All equipment has been spaced to allow for appropriate distancing.
* Should there be a liklihood at any time whilst within the premises of contravening the social distancing rules a face mask should be worn.