



COVID-19 POLICY

Fighting Fit always has the well-being of its members at the forefront of what we do. We have put measures in place to mitigate the spread of coronavirus.

We would appreciate it if you would follow our suggestions diligently in order to sustain a healthy and safe training environment. This COVID-19 company policy is susceptible to changes with the introduction of additional governmental guidelines. If so, we will update you as soon as possible.

BEFORE ATTENDING THE GYM

- ▶ If you have any symptoms such as cough, fever, loss of taste or smell, or feel poorly, please do not attend the gym.
- ▶ If you have a positive COVID-19 diagnosis, please return to the gym only after you've fully recovered.
- ▶ If you have been in close contact with someone with Covid-19, please do not attend the gym for at least 7 days.
- ▶ We have adjusted the gym timetable in order to stagger starting and finishing times for classes so that there are fewer people moving around the gym at one time.
- ▶ Class numbers are also limited and classes will be delivered in a way that adheres to guidelines. There will be more details about each class in the class descriptions and on our social media.
- ▶ You must book your class through the Glofox app. You will not be able to attend class if you have not booked.
- ▶ Please make sure that your details are up to date on the Glofox system.

WHEN YOU ARE AT THE GYM

- ▶ The main entrance door will be used as an entrance only and the shutter door will be used as an exit. Please do your best to stick with the simple one way system we have at the entrance and to keep your distance from other members.
- ▶ You must scan in at the front desk.
- ▶ If you have booked a class and can't attend, please cancel your booking so that someone else can take your space.
- ▶ Changing rooms are only available if absolutely necessary and will be strictly limited to 4 people at a time in order to maintain distance. Please arrive at the gym ready to train whenever possible and don't bring any unnecessary belongings with you. Any belongings you do bring should be kept with you in your workout space.
- ▶ Guidelines suggest each person should have 9m² whilst they are working out. Therefore, we have taped training boxes on the floor in each area. We ask that you stay within your area as much as possible whilst you are training.
- ▶ Instructors will be wearing masks during classes as they will have to raise their voices.
- ▶ Each area will be cleaned before and after each class by the instructor. There will be slightly different arrangements for each area depending on the equipment used. Please follow the guidance provided by the instructor.
- ▶ Once you have finished your class, please clean down any equipment you have been using according to the instructor's request and leave the gym as promptly as possible. We love to chat and we always enjoy your company but, we need to avoid crossovers in people arriving and exiting as much as possible.

GENERAL HYGIENE RULES

- ▶ Please make sure that you are wearing clean gym kit
- ▶ When you enter the gym there will be hand sanitizer available and at several points around the gym. Please sanitize your hands regularly during your visit.

- ▶ If you cough or sneeze, please do so into your sleeve, preferably into your elbow. If you use a tissue, discard it properly and clean/sanitize your hands immediately.
- ▶ Avoid touching your face, particularly eyes, nose, and mouth with your hands.

We are hoping that these measures help people feel safe and confident coming to the gym. Hopefully, we will be able to return to our normal state very soon and get back to training and socialising as we are used to.

If you have any questions or concerns, please either speak to one of the staff at the gym or email enquiry@fightingfitmanchester.co.uk