

## **Welcome back to Flexit Gym 247**

### **By Entering Flexit Gym 247**

#### **you have agreed to these terms and conditions;**

- You have not had contact with anyone testing positive to Covid-19 in the last 14 days
- You have not been tested for Covid-19 in the past 14 days
- You are well and do not have a cough, runny nose or temperature in the past 48 hours
- You will scan into the facility to register your attendance using the outside keypad – or you will wait at reception until a staff member registers your attendance
- You will bring your own training towel and drink bottle with you for training
- You will use hand sanitizer provided and take a clean wipe cloth for individual usage at entry immediately after entry
- You will maintain a 1.5 metre distance between staff and other members while in any area of the facility
- You will use the disinfectant bottles and your own cloth to wipe down any equipment you use **before and after you use it**
- You will place used cloths in basket prior to leaving the facility
- You will not linger and hold conversations with staff or other members – come, train and go home for you and the staffs' safety.
- Booking into classes via the Facebook link – no booking – no class – numbers are limited to 20 at this stage
- crèche bookings do be done through reception – no booking no crèche – number are limited to 10 at this stage. The crèche phone is no longer in use.
- Change rooms are limited usage and we strongly recommend changing and showering at home
- You will be mindful of other members training and the timing of your training session and equipment usage
- you will follow staff instructions with respect – be kind and patient with staff as we are bound by law to follow the guidelines