

The Guildford Waterside Centre Covid-19 Gym Procedure

The government have removed the exemption from the rule of 6 for indoor organised sport for over 18s (24.09.2020) therefore only 6 people may use the gym at any one time.

As existing the Gym can only be used by persons from the Member Clubs who have received their individual gym induction from an approved source. No visitors or friends/ partners are permitted.

Social distancing must be followed in the gym at all times, people must keep two metres apart or one metre plus mitigation, such as exercising side by side.

The Samson Centre will be using the Gym and in order to protect their more vulnerable members their usage time will be restricted and unavailable for other Members booking'

There is a gym schedule in place and members must only use the gym at their allotted time. If there are already 6 people in the gym another person will not be able to enter. If members arrive early they will have to wait outside until the session before has finished.

The gym schedule allocates hour sessions, this allows 50 minutes for the session and 10 minutes to clean using the disinfectant and paper towel available.

Booking of 50min sessions will be carried out using a Google Doc that only allows 6 people to book at any one time. This will renew weekly for new bookings. Some coached sessions are pre-booked and will not be available for booking for general members. All other times are available on a "first come first served" basis between the hours of 0600 and 2200 or as per current Government restrictions for Leisure centres.

Coaches running group sessions must ensure that there are no more than 6 people in the gym at any one time and that stations are set up to enable social distancing. With non coached sessions it will become the responsibility of the first attendee of that session to ensure the remaining 5 (or less) complete the required cleaning and reinstatement of machines to their original settings.

All members must bring and take away any additional equipment they wish to use which includes, Gym mats, towel, water container, etc. There cannot be any sharing of these items.

Users must Log in via the NHS Track and Trace QR code or the paper log in sheet, should wash their hands for 20 seconds and use hand sanitiser before entering and on leaving the gym.

After using a piece of equipment, the person should thoroughly clean it using the disinfectant and paper towel particularly focusing on hand contact points.

Members should not spot other users directly above or facing them. Use alternative spotting techniques such as from the side, using lighter weights or using the machines where spotting is not required.

The windows in the gym must be kept open at all times and the air conditioning and ceiling fans turned on when the gym is in use.

Loud music must not be played in the gym. Music must be at a level at which a normal conversation can be held.