



# FAVERSHAM COMMUNITY GYMNASTIC & ACTIVITY CENTRE

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## FITNESS SUITE re-opening Sept 2020

- CUSTOMER WILL BE REQUIRED TO CALL TO BOOK AN ALLOCATED TIME SLOT ONLY times allocated will be on a first come basis. You can book 2 weeks in advance only due to varied opening times.

**NO MORE THAN 3 SESSIONS IN ONE WEEK CAN BE BOOKED TO ALLOW FOR OTHER USERS**

- **FULL PAYMENT** is required at the time of booking via card over the phone at time of booking, this is Non-refundable if you fail to come to your session. Illness we will refund at our discretion.
- **CASHLESS PAYMENTS** will operate at ALL times
- **MONTHLY MEMBERSHIPS ARE NOW SUSPENDED**, prior Membership is still essential. **NO NEW SIGN UPS AT THIS TIME**  
Annual Membership fee is suspended until April 2021
- CHANGING ROOMS ARE OPEN BUT SHOWERS ARE CLOSED, WE ADVISE ALL MEMBERS TO COME READY FOR THE GYM & TO SHOWER AT HOME AT HOME
- **CUSTOMERS WILL NOT BE ABLE TO POP IN TO THE CENTRE UNLESS THEY HAVE ALREADY A PRE-BOOKED PAID FITNESS SESSION.**
- **AS YOU ENTER THE GYM PLEASE COLLECT A TUB OF WIPES FOR YOUR USE, IT IS YOUR RESPONSIBILITY TO CLEAN THE HANDLES & SEATS BEFORE AND AFTER YOU USE THE EQUIPMENT. OUR STAFF WILL THEN DEEP CLEAN THE MACHINES IN BETWEEN THE ALLOCATED SESSIONS.**
- **PLEASE DO NOT LEAVE ITEMS IN THE GYM LYING AROUND, THESE WILL BE ASKED TO BE REMOVED BY THE MEMBER OF STAFF, SMALL BUCKETS ARE AT THE TABLE IF YOU WISH TO STORE BELONGINGS LIKE KEYS AND PHONES AND THESE ARE CLEANED BEFORE AND AFTER THE SESSIONS.**

**PLEASE DISPOSE OF YOUR CLEANING WIPES IN THE BINS PROVIDED IN THE FITNESS GYM.**

- **ON EXITING PLEASE LEAVE THROUGH THE SIDE BLUE DOORS AND NOT FROM THE MAIN ENTRANCE THERE IS A ONE- WAY SYSTEM FOR EVERYONES SAFETY. PLACE YOUR WIPES I THE BUCKET PROVIDED SO THAT THESE CAN BE CLEANED READY FOR THE NEXT CUSTOMER. THANK YOU**
- **YOU MUST OBEY THE RULES BY SANITISING ON ENTRANCE AND BY WEARING YOUR FACE MASK INTO THE BUILDING. YOU CAN REMOVE THIS ONCE INSIDE THE GYM. EXTRA HAND SANITISERS ARE IN THE FITNESS GYM INCLUDING WALL MOUNTED, WE ASK YOU TO USE THESE REGULARLY.**

- **MARKERS ON THE FLOOR WILL ADVISE ON THE SOCIAL DISTANCING**
- **FREE WEIGHTS ARE REMOVED DURING AT THIS TIME**
- **PLEASE BRING YOUR OWN WATER/DRINK, THE WATER MACHINE WILL BE OUT OF USE**
- **FIRST AID PROVISION WILL STILL BE AVAILABLE, WHERE SOCIAL DISTANCING WOULD NOT TAKE PLACE IF IN A EMERGENCY.**
- **AFTER EACH 1 HOUR SESSION IT IS IMPORTANT YOU LEAVE AT THE TIME SPECIFIED, THIS ALLOWS FURTHER EXTENSIVE CLEANING TO TAKE PLACE BEFORE THE NEXT SESSION BEGINS.**
- **ALL DOORS WILL BE OPENED TO ALLOW FOR CIRCULATION AND WINDOWS WILL BE OPENED WHERE POSSIBLE. No Air-conditioning will be used at this time.**
- **LOCKERS WILL BE REMOVED SO PLEASE BRING ONLY YOUR ESSENTIALS TO WORK OUT**

**THE FITNESS SUITE WILL BE DEEP CLEANED EVERY EVENING. REGULAR FOGGING WILL ALSO TAKE PLACE**

**It is however Impossible to keep an area 100% clean, as evidenced even in hospitals. It is however to make the environment as 'Safe' by putting these extra cleaning measures in place. COVID-19 is easy to kills with most soap through regular and thorough hand washing. Together with all of this & maintaining social distancing, good ventilation & a safe environment it is a safe as we can make it.**

**Covid is NOT transmitted through sweat, recommendations on wiping your face could pass the virus so therefore regular hand sanitising is important.**

**WEARING A MASK is REQUIRED when arriving and in the reception but not compulsory for your fitness session, however if you feel you would like to wear one then of course we support your decision. Social distancing is the most effective way, however be mindful if you are wearing a facemask compromises your breathing when physical exertion is made.**

**Clothes are a low risk to covid, however changing before you come to use the gym & once you have arrived home is advised.**

**OUR STAFF ARE HERE TO ADVISE & ADHERE TO SPECIFIC GUIDELINES SET FROM THE GOVERNMENT & OUR HEALTH & SAFETY EXECUTIVES AS WELL AS THE MANAGER. PLEASE DO NOT BLAME THE STAFF FOR SUCH TIGHT RESTRICITONS, THESE ARE NOT SET OUT BY THOSE STAFF MEMBERS. IF YOU HAVE ANY COMMENTS TO MAKE PLEASE EMAIL THE MANAGER WITH YOUR QUERY. (cmfavershamaactivitycentre@gmail.com)**

**OUR CENTREIS RE-OPENING SLOWLY TO ALLOW THE SAFEST WAY POSSIBLE FOR ALL OUR CUSTOMERS AND STAFF. WE WISH FOR ALL USERS TO FEEL SAFE IN OUR ENVIRONMENT. RUDE BEHAVIOUR WILL NOT BE TOLERATED.**

**ONLY FITNESS USERS HAVE ACCESS TO THE MAIN ENTRANCE AT THIS POINT. AT THE TIME OF BOOKING YOU WILL BE ASKED HEALTH QUESTIONS INLINE WITH GOVERNMENT GUIDANCE. WE ASK YOU TO BE HONEST AND ACCURATE WITH THESE QUESTIONS.**

**PLEASE BE RESPONSIBLE, IF YOU OR ANYONE IN YOUR FAMILY ARE EXPERIENCING SYMPTOMS OF COVID-19 THEN PLEASE DO NOT VISIT THE CENTRE.**

**THANK YOU AND WELCOME BACK**

**These Guidelines may change frequently due to ever changing guidance so please do keep checking for any changes.**

**Please make sure your current telephone number and email address is correct when booking.**