

# KEEP OUR GYM SAFE

## Visiting the gym

1. Please stay at home if you or a member of your household have any symptoms.
2. If you have been advised to shield then please stay at home until 1st August.
3. Please book your sessions in advance. This will help us maintain social distancing and support track and trace.
4. Please use the new one way system.
5. Please arrive on time and leave promptly to allow us to clean thoroughly between sessions.
6. Please make any payments by bank transfer or card machine.
7. Please change and shower at home. Toilets can only be used in emergencies.
8. Please bring any personal items in a small bag and keep with you at all times.
9. Please remember to social distance, stay in your zone and respect staff and other gym users.



**RELENTLESS GYM**

LIFE.CHANGING.RESULTS

# Equipment & cleaning.

1. Each member will be provided with a micro fibre cloth to keep and wash at home. These need to be washed at 60 degrees.
2. Clean your own equipment with spray provided after each use.
3. Be mindful about how much equipment you need to use.
4. Sanitise your hands regularly using pumps around the gym.
5. Chalk will no longer be provided.
6. Bring your own skipping ropes, bands, mats etc if you have them.
7. The gym will be well ventilated with doors and windows opened throughout the day/evening.
8. Staff cleaning procedures have been enhanced to keep us all safe.

**Finally thank you for your continued support and patience!**



**RELENTLESS GYM**

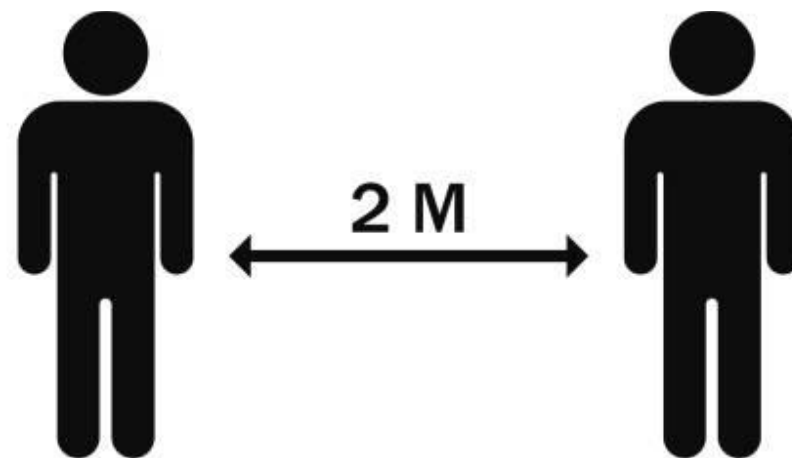
LIFE.CHANGING.RESULTS

# KEEP OUR GYM SAFE

**IF YOU OR A MEMBER OF YOUR  
HOUSEHOLD HAVE SYMPTOMS PLEASE  
STAY AT HOME**

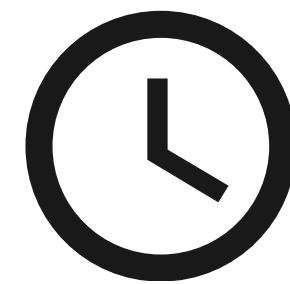
---

**REMEMBER TO SOCIAL  
DISTANCE AT ALL TIMES**



**ALL SESSIONS MUST BE  
BOOKED IN ADVANCE**

**ARRIVE FOR YOUR SESSION  
ON TIME - NO EARLIER**



---

**SANITISE YOUR HANDS  
REGULARLY**

**CLEAN YOUR KIT  
REGULARLY**



**RELENTLESS GYM**

LIFE.CHANGING.RESULTS