

## ST.MELLION

HEALTH CLUB

### #SafeAtTheClub

We have implemented enhanced cleaning procedures and stringent social distancing measures to create a safe environment for you to visit.

We are confident in our ability to minimise the risk of infection and keep our members safe.

#### **Our Team**

Our team are risk assessed for barrier protection, for example face coverings such as visors and for working practice. They are also trained and refreshed on safe practice and operation.

All members of our team are provided with PPE to ensure both their own safety and yours. In line with Public Health England and UK Active advice, team members will be wearing PPE where the 2-metre indoor rule can't be adhered to.

#### **How you can keep yourself and others safe**

To keep our Health Club as safe and clean as possible, we need your help too. We ask that you follow a few simple rules when you visit our club.

#### **Protecting you and our teams**

Stay home if you're unwell. Do not come to the Health Club if you feel sick or have COVID-19 symptoms.

You must wear a face mask whilst in the building, and this can be removed when you are in the Health Club or sat at a table to eat or drink. We have installed shields at our reception desks to further protect our teams.

Everyone will be encouraged to sanitise their hands at reception and additional hand sanitiser units have been positioned at key areas across the facility.

#### **Cleaning and disinfecting**

We will sanitise the changing rooms and lockers throughout the day and give the entire Club a deep clean every night using a sterilising unit which will kill all known germs. The whole team have had training on cleaning procedures and safe practices.

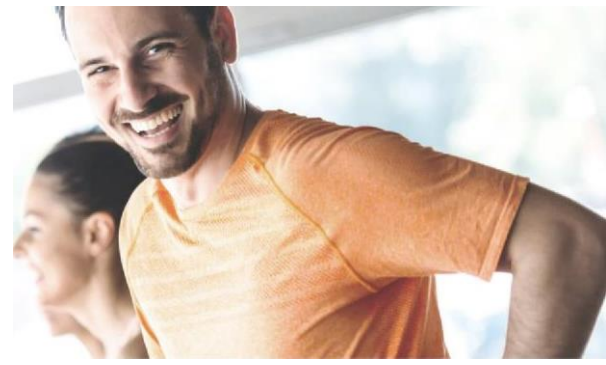
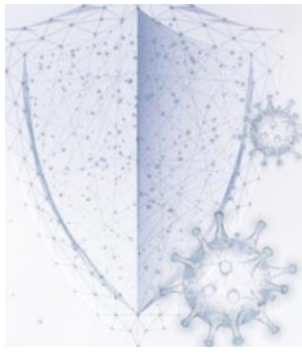
Please use hand sanitising stations that you will find before you reach reception and throughout the Club. Make sure you follow proper handwashing procedure if you use the changing rooms.

Please clean all of the equipment you use before and after with the blue paper roll and sanitiser spray provided, then dispose of waste in the bins provided.

Also, we want to reassure you that we're fully prepared in the event of any future outbreaks. If there is a reported case of COVID-19 in our Club, we'll tell you straightaway and close the Club for a full clean of the entire building.

#### **Social distancing**

You'll see new social distancing signs around the Health Club, including one-way systems where possible. We're also limiting the number of members in each area, such as the swimming pools, gym and changing rooms, this will change in line with Government guidelines.



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Please follow the social distancing signs. Keep to the one-way system and try to stay at least 2 metres from others as much as possible. Social distancing signage includes floor markers indicating where to stand, posters displaying capacity in each area and where possible, directional signs showing one-way systems.

Limits on numbers. To avoid overcrowding, we will limit how many people are allowed in the Club at one time. It's important that you check in at Club Reception, so that we can keep track of numbers and ensure all of your details are up to date.

CV Area – 15 / Free Weights Area – 8 / Functional Training Area - 4

#### **Limited services and facilities**

Our spa pool, sauna & steam room will be closed. Unfortunately, for the present, showers, towels and hair driers will be unavailable.

#### **Use of the facilities**

To ensure that everyone has the opportunity to get back to the Health Club and use the facilities again, we will need to implement the following:

We're asking members to spend no longer than one hour within the Health Club so that everyone can use the facility. This policy will be reviewed on a regular basis and you'll be informed if we're able to relax this. It is not advisable to wear a mask whilst exercising.

#### **Booking**

We will be operating a booking system for all activities and it will be for a one-hour slot per person per day. All activities must be pre-booked and this can only be done by telephone.

Please note that if you turn up without a booking you will be refused entry.

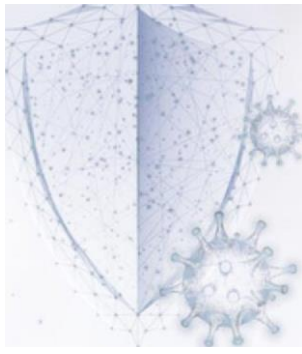
#### **Tennis courts**

These must also be booked and this can only be done by telephone

- Bring your own full water bottle as the water fountains aren't in use
- Lockers will not be available as these will only be available for people attending Aqua Classes or that are swimming, so please think about how much you're bringing with you
- No mats available, so please bring your own
- Personal belongings - no bags are allowed poolside or in the gym/studio
- Bring your bank card, as we can't accept cash if you want to buy anything
- Check-in at reception, try to arrive no more than 5 minutes early and follow the social distancing rules while you're waiting
- When your session is over, please leave the Club promptly, the team need sufficient time to sanitise for the next session.

#### Hand washing

How much do we really know about the right way to wash our hands? First, let's look at a few common beliefs about hand hygiene and separate fact from fiction.



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#### Proper handwashing

1 . Most germs and infections are spread by touch and risks can be reduced by washing your hands

TRUE: It is estimated that approximately 80% of infections are spread by touch: you can have germs on your hands after coughing and sneezing or visiting the toilet.

Germs can also be found on places such as door handles, escalator rails, handrails etc. It is therefore important to wash your hands after coughing, sneezing or visiting the toilet but also before eating or putting your hands in your mouth - eg. having a sweet.

2. Washing your hands regularly and properly is the single most effective way to remove bugs and reduce the risk of infection

TRUE: The single most important thing we can do to protect ourselves and others from getting or spreading an infection through contact (viral or bacterial) is to clean our hands in the right way and at the right time - either by washing with warm water and soap or using a sanitiser such as an alcohol hand rub. Ideally, a combination of both.

3. You should always use antibacterial soap

FALSE: Normal soap is a perfectly effective means of breaking up and removing bacteria from your hands, and anti-bacterial agents generally have little effect on virus. There is no advantage to using antibacterial soap in virus infections.

4. Letting your hands air dry is better than using a paper towel

FALSE: Damp or moist hands are 1000x more likely to spread bacteria than dry hands and so it is important that you dry your hands thoroughly after washing them.

Many people move away from hand dryers before their hands are properly dry. Paper towels are not only good at drying your hands but also removing any dampness in which bugs grow.

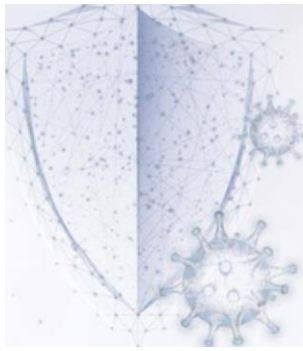
5. Hand sanitisers are not as good as soap and water.

FALSE: Alcohol-based hand sanitisers are what we would describe as the 'gold standard' when it comes to hand washing in a mobile or busy environment. The ideal remains to combine this with proper hand-washing, as soon as you have access to those facilities.

#### How to wash your hands correctly

Here's a simple six-point checklist to follow when washing your hands. The whole process should take about 60 seconds.

- 1 . Wet your hands with water, warm or cold
2. Lather them with enough soap to cover both hands
3. Rub your hands palm to palm, then with fingers interlaced, then with the backs of your fingers in your opposite palms
4. Rotate your thumbs in your clasped palms, then rotate your fingertips into your opposite palms



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5. Rinse well under clean, running water

6. Dry thoroughly using a clean towel

Better hand washing can help keep you healthy

By knowing the facts about hand washing, and following this simple guide to washing your hands, you can help protect yourself and others from picking up germs, making sure we all stay healthy and happy in autumn and winter - and all year round.