

Reopening Plans

Working together, being respectful, considering others, supporting each other is the way we reduce risk and maximise your positive experience in the Club. ProFIT28 has implemented Covid19 guidelines and best practice for our Members, Staff and working Partners safety. We are confident that our members will respect and understand the need for these new procedures and modifications within the facility to protect everyone that visits and works within the Club.

The new and improved ProFIT28 is ready to provide our members with a place to exercise and enhance their wellbeing at all levels. The changes we have implemented are similar to the new way of living we find in many other sectors which we accept when we step outside our homes, with social distancing, hand sanitiser, reduced numbers in anyone one location etc.

We have decided to implement a booking system for gym access, which can be done online, by telephone or in club, for the short term. This is the same as the online class booking system which has managed over 200 classes per month for a number of years. Although we believe we should not have an issue with capacity we are using this to ensure we are compliant with the Government guidelines and have records to evidence this. The refurbishment of the entrance/reception/members lounge areas has now an access control system to manage and record club activity as part of our compliance procedure.

Although we are an independent Gym, Fitness & Wellbeing Centre we have installed 7 hand sanitiser stations, 9 members cleaning stations, brought the cleaning standards up to a new level and plan to maintain this moving forward. Installed separation from general reception and members area and glass separation for staff working on reception.

In summary what does this mean:

- We ask you to come to the club understanding your role in working together and that you embrace the processes we have in place for your safety.
- Do not come to the Club if you feel unwell or have Covid-19 symptoms.
- Book a session or classes online or via telephone to secure a place if at all possible.
- If you can't attend please cancel your session or class.
- Read the notices as you enter the building and the ones installed throughout the facility.
- Sanitise your hands on arrival and make use of other stations in the building.
- Wash your hands during your visit.
- Use the cleaning stations if required, ProFIT28 staff will be cleaning equipment and the facilities as part of our standard cleaning schedule.
- If you can attend with your training kit on and if possible leave without using the showers this would be appreciated as this will reduce the demand on the changing rooms. Changing rooms will be open on the understanding social distancing has to be adhered to at all times.
- Don't use gym towels in the gym or studios, wipe the equipment down before use if at all possible.
- Please comply with any staff request or instruction and adhere to social distancing at all times.

Our staff and the business is entering a new chapter of uncharted territory to deal with a threat that has affected us all. We will ensure all our staff are trained and prepared to support and make our members visit enjoyable. We do ask that members are considerate to ProFIT28 staff and our working Partners because this is new to them and the threat does not discriminate, hence the call for us to work together and to be considerate. Our staff will follow enhanced processes to protect themselves which will reduce the risk to others. A review of the measures and risk assessments will be carried out regularly to ensure we are compliant and providing a

safe environment to train, work and visit. Our processors are validated and supported by external Health & Safety Officers again to ensure our independent gym, fitness and wellbeing centre is the best it can be.

Enjoy the new and improved ProFIT28 Gym, Fitness & Wellbeing Centre.

Notices you will find in club to help us work together and keep safe:

Simple STEPS to KEEP SAFE

**Feeling unwell or showing
COVID - 19 symptoms
STAY AT HOME**



**Understand your ROLE in
working together before you
come to the Club**



**Adhere to
Social Distancing**



**Use Hand Sanitiser &
cleaning stations
around the club**



**Let's work together, follow the rules, be
respectful, considerate and supportive to
each other so we can all enjoy the
New & Improved Facilities here at ProFIT28**

Working together with **ProFIT28**

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Working together with **ProFIT28**

Hand Sanitiser Station



Working together with **ProFIT28**

Self Cleaning Station



Please us spray and roll

Wipe down all kit
before/after use

Place used roll into bins
provided

Working together with **ProFIT28**

Equipment temporary out of use



**COVID - 19
Measures**

Working together with **ProFIT28**

