



Fitness Suite

New Codes of Conduct – August 2020

Gym sessions can be booked either online through the app, through the website or by phone up to 7 days in advance.

Currently members can book a maximum of one slot per day until we can assess demand in time.

On arrival all members must check in at the reception desk and check out again when leaving. This is vital for us to maintain the required contact tracing. New membership cards will be issued in the coming weeks to make this process easier.

There will be no *Walk-In visits* without pre-booking permitted.

Slots will be for a duration in the main of 60 minutes with the exception of the last slot at 8.45pm on weekdays which will be 45 minutes.

Members must complete a health history questionnaire *before each visit*. This can be done on the online booking app or in person at reception. Please do not attend if you feel unwell or have been in contact with a confirmed Covid-19 case.

Come to gym dressed and ready to train. Please bring as little belongings and valuables with you as possible. There will be no showers or changing facilities available for the foreseeable future.

On the gym floor, resistance machines and free weight training equipment are clearly marked into areas / “zones”. Only one person is allowed in each zone at any given time.

Social distancing must be maintained at all times. If you come with a friend you must observe the “One Person in One Zone Policy” when training.

All users must **pre-clean** their desired machine/ weight training equipment before they commence and **clean it down afterwards**. Please remain at your exercise station until the next one you desire becomes vacant.

Sanitizing equipment and chemicals are available and we would ask all members to use these regularly. Please sanitize your hands afterwards and avoid touching your face.

The Fitness Suite will close for 15 minutes after each session whilst our team sanitize all the touch points. Twice daily there will be a full half hour closure to allow a deep clean. The area will be sanitized again overnight with a fogging machine.

Please replace any weight training equipment directly after use.

All members must bring their own floor mats and water bottles. Sweat towels are mandatory.



Swimming Pool

New Codes of Conduct- August 2020

Swimming sessions can be booked either online through the app, through the website or by phone up to 7 days in advance.

Currently members can book a maximum of one slot per day until we can assess demand in time.

On arrival all members must check in at the reception desk and check out again when leaving. This is vital for us to maintain the required contact tracing. New membership cards will be issued in the coming weeks to make this process easier.

Pool users will have access to the changing rooms but please note that the number of spaces is limited.

Pool users must ask at reception to be **assigned a designated locker/ changing area** within the changing room **before** proceeding to the locker rooms.

Please do not leave belongings/bags on seats – please use your designated locker and bring only what's necessary with you.

Strictly one person per designated changing area unless from the same household.

There will be *no Walk-In visits* without pre-booking permitted.

Members must complete a health history questionnaire *before each visit*. This can be done on the online booking app or in person at reception. Please do not attend if you feel unwell or have been in contact with a confirmed Covid-19 case.

Swimming sessions will primarily be for the duration of 45 minutes with the exception of some afternoon and weekend morning sessions which are 30 minutes in duration.

Please come “beach ready” with your swimwear underneath your clothes. Changing time after your swimming session will be limited to 30 minutes in order for the next group to use the changing facilities.

A swim lane will be available in the pool for swimmers to use for lane swimming during busier times. Please observe the directional signage for this lane and note that when lane swimming, a maximum of two people are allowed in this lane. No overtaking of the other swimmer in the lane is allowed. No standing at the end of the lane is permitted. If you need to rest, please vacate the lane in order to adhere to social distancing.

Please bring any additional swimming equipment you might need such as floats, woggles etc. Unfortunately we can no longer provide these at this time.

Hair dryers, saunas, steam rooms and the jacuzzi are regrettably currently unavailable on guidance from Ireland Active.