

## **Keeping Us All Safe at SpArC Bishops Castle Leisure Centre**

Exercising in our facilities is going to look a bit different for a while and we've had to make some changes to your leisure centre. We invite you to read the following centre rules to better understand these changes before you visit us. As government guidance changes, we'll make sure these are updated to keep you informed.

### **FITNESS SUITE & EXERCISE CLASS CODE OF CONDUCT**

#### **Pre-Booking**

Use of the fitness suite and exercise classes will be via pre-booked slots only. You can pre-book your session by phoning the leisure centre directly on 01588 630243

Gym slots will initially be available to book 7 days in advance for a maximum of one hour per member per day. This period includes access time and a 5 min turnaround period at the end of the session. Session times for studio classes will be as per the booking to a maximum of 45 min to allow for changeover and cleaning.

Sessions may be cancelled within 24 hrs of your session time. Failure to cancel your session will incur a did not attend record. Any member not showing for 3 sessions in a single month period will have their booking rights withdrawn for a period of one week.

#### **Entry**

- Please do not attend the centre if you or a family member are unwell.
- You must pre-book your session to gain entry.
- If you intend to train for less than 1hr we request you attend 5/10 min after the hour entry time to help reduce queue times.
- Please do NOT congregate pre/post workout or turn up early for your session
- Please sanitise/wash hands pre and post workout
- Please bring a pre-filled water bottle with you
- If you have an exercise mat and dumbbells, please bring them with you

#### **Direction around the facility**

- We are using a one-way system. When you move through the facility please follow the yellow direction arrows to the Sports Hall, Fitness Suite or Swimming pool. You will leave through the fire exit sign posted in each area. **Do not return through any of the fire exits.**

## **During your workout**

All members must clean equipment with the sanitising wipes/spray before and after each use. However due to the high contact nature of the free weights areas we ask all members to sanitise/wash hands both before and after entering these areas and using each free weight.

- No “spotting” whilst using free weights is permitted
- All members and visitors must maintain social distance rules at all times and follow all instructional signage and requests from centre staff.
- Please use the sanitising wipes/spray provided to wipe down equipment, please DO NOT bring a ‘sweat towel’ with you.
- Please leave the gym/class promptly at the end of your session.

## **Post workout**

- No access to changing facilities and showers is permitted unless stated otherwise.
- Wash/sanitise your hands immediately after your workout
- We ask that you please wash your workout kit after each visit

## **SWIMMING CODE OF CONDUCT**

### **Pre-Booking**

Use of the pool will be via booking slots only. You can pre-book your session by phoning the leisure centre directly on 01588 630243

Pool slots will initially be bookable 7 days in advance for a maximum of one hour per member per day, this includes access time and a 15 min turnaround period at the end of the session. A whistle will be blown at quarter to the hour and we ask that you leave the pool immediately

Sessions maybe cancelled within 24 hrs of your session time. Failure to cancel your session will incur a did not attend record. Any member not showing for 3 sessions in a single month period will have their booking rights withdrawn for a period of one week.

### **Entry**

- Please do not attend the facility if you or a family member are unwell.
- Ensure you have a pre-booked session to gain entry.
- If you intend to swim for less than 45 minutes we request you attend 5/10 min after the hour entry time to help reduce queue times.
- Please do NOT congregate with other customers pre/post swim or turn up too early for your session.
- Please sanitise/ wash hands pre and post swim.

- Please come 'beach ready' i.e. wearing your costume or swim shorts under your clothes. Changing rooms will not be available at your facility in our opening phase.
- Please bring a bag to store your clothing and belongings which will remain on poolside as lockers **will not** be available.
- Do not bring any valuables into the centre.
- Please bring a towel to dry off and be prepared to go home in your swim wear and clothes over the top.
- Bring a filled water bottle with you – some facilities may not have refreshments available.
- Bottles can be left at the end of a lane for rehydration if needed.

### **During your swim**

All members must ensure that you have read and understood the pool operation during this time.

- All swimmers must always maintain social distance rules and follow all instructional signage and requests from poolside staff.
- Only 6 swimmers will be allowed in a double lane.
- You must swim in the same direction.
- Please do not overtake the person in front of you and remain a good distance behind them.
- Please choose the lane that suits your ability or preference.
- If you need to stop at the end of a lane, please keep near a lane rope so you can avoid swimmers turning at the end of the lane.
- Please do not have more than two people at the end of each lane who are resting and keep at least a 2 metre apart.
- Please ensure you bring your own kick board or float as these will not be available for you at the centre.
- Please keep front crawl leg kick under the surface to avoid splashing the person behind you – you may go faster too!
- When the whistle blows at the end of your 45 minute swim session please leave the pool immediately by the designated steps. This will give you time to dry off and move away from the entrance before the next session begins on the hour.

### **Post Swim**

- Showers will not be available in any area of the building so please plan to shower when you get home.
- There are no changing rooms available, please dry off on the deck and if you have a modesty towel then please use this to towel off and re dress.
- As you leave the facility please wash/sanitise your hands as you go.
- Please follow the exit route that has been marked for you to enable a social distance between customers.