



Keeping Us All Safe at Much Wenlock Leisure Centre

Exercising in our facilities is going to look a bit different for a while and we've had to make some changes at Much Wenlock 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 CODE OF CONDUCT

Pre-Booking

Use of the fitness suite will be via pre-booked slots only. You can pre-book your session by phoning the leisure centre directly on 01952 727629.

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.

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 Any member not showing for 3 sessions in a single month period will have their booking rights withdrawn for a period of one week.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 your hands pre and post workout
- Please bring a pre-filled water bottle with you, as all the water fountains will be out of use

Direction around the facility

- We are using a one-way system. When you move through the facility please follow the yellow direction arrows on the floor to the Sports Hall, Fitness Suite or Swimming pool. You will leave through the rear doors by the swimming pool changing rooms and follow the white arrows around the building back to the car park. **Do not return through the main centre.**

During your workout

All members must clean equipment with the personal sanitising spray provided on entry to the gym, before and after each use. However due to the high contact nature of the free weights areas we ask all members to sanitise 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 personal sanitising spray provided to wipe down equipment, please DO NOT bring a ‘sweat towel’ with you.
- Please leave the gym promptly at the end of your session.

Post workout

- No access to changing facilities and showers is permitted
- Sanitise your hands immediately after your workout
- Return your personal sanitising spray bottle to the bin provided as you leave the gym so we can re sanitise it for the next group of users
- 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 01952 727629.

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.

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.
- No spectators will be permitted in the building
- If you intend to swim for less than 1hr we request you attend 5/10 min after the 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 hands pre and post swim.
- Please come 'beach ready' i.e. wearing your costume or swim shorts under your clothes. Changing rooms are not be available 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 – as refreshments / water fountains will not be available on site
- 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 10 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 2 metres apart.
- Please ensure you bring your own kick board or float as these will not be available.
- Please keep front crawl leg kick under the surface to avoid splashing the person behind you – you may go faster too!
- Keep an eye of the time and exit the pool with 5 mins to go to the end of your hour session. This will give you time to dry off and move away from the entrance before the next session begins.
- Please leave the pool promptly by the designated steps at the end of your session.
- Only 20 swimmers per public swim session

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 sanitise your hands as you go.
- Please follow the exit route that has been marked for you to enable a social distance between customers.