**TRAINING GUIDELINES**

1. Must sign in downstairs
2. Temperature must be taken upon entry to the building
3. Every participant must sign in to track and trace
4. Participants must follow the routes laid out when moving around the building
5. There will be 13 x zones in the hall, participants will stay in their zones unless told to rotate
6. Everyone must sanitize their hands upon entering and leaving the gym

BOOKING

1. Gym will have maximum capacity of 13 participants
2. You must book your session in advance to guarantee you space.
3. Sessions must now be paid for individually.

CLEANING AND USING EQUIPMENT

1. After the session each participant will be given a wipe to clean their work area down
2. Floor WILL be mopped before, between and after sessions
3. Next session participants must remain outside until everyone has left from previous session (they can still sign in downstairs, but must wait outside)
4. Everybody using the gym

CHANGING ROOMS, STORAGE & EQUIPMENT

1. No bags or personal possession will be left in the gym, must be stored in locker, or kept with you in your zone.
2. MEZANINE/CHANGING ROOMS STRICTLY OFF LIMITS
3. NO PARENTS/PEOPLE ALLOWED TO VIEW
4. All participants must have their own hand-wraps, gloves. STRICTLY NO BORROWING EQUIPMENT!
5. Only 1 person will be allowed in the toilets at once.
6. Everyone will need to bring their own towel and drink

RULES:

Wash/sanitize your hands regularly

Be mindful of peoples personal space

Upstairs/changing rooms, out of use

Gym must be clear before next session can enter