

SPORT ABERDEEN PROTOCOL FOR THE RETURN TO FITNESS

We are delighted to welcome our Get active members back to our fitness venues!

We would, however, ask that all members and customers adhere to the following protocols and general arrangements. These rules will help to keep both Sport Aberdeen staff and members safe.

Sport Aberdeen staff will be on hand to support you and to monitor adherence with these protocols and with physical distancing guidelines.

Before you Get active:

- Anyone with symptoms of COVID-19 should not visit any Sport Aberdeen venues and should self-isolate in-line with government guidelines.
- All gym and group exercise sessions must be booked online in advance. There will be no access to the gym without a pre-booked session.
- Members will have access to 7-day book ahead privileges, while pay-and-play customers will be able to book session times 3 days ahead.
- Members may book no more than three gym and group exercise sessions per day (for example, one gym session and two group exercise classes maximum per day)
- Arrive at the venue no more than 10 minutes before your booked time.
- Physical distancing rules (remaining two meters / six feet apart) must be observed at all times.
- Arrive 'gym ready' in appropriate attire and bring your own bottle of water.
- Please bring a face covering with you.

In the venue:

- Face coverings must be worn when entering the venue and when not participating in activity i.e. in reception areas, changing rooms etc.
- Hand sanitiser will be available throughout the building, please use this when you arrive and regularly during your visit.
- All members must check in on arrival at the venue reception, this is crucial for track and trace purposes.
- Gym users will be issued with a coloured sticker which must be worn and visible throughout the duration of your visit. This will be used to identify those whose one-hour gym session is over.
- Changing and shower facilities will be limited at this time, please arrive 'gym ready' and bring only what you need.
- Whilst moving through the building, physical distancing must be observed and adhered to. Please follow directional signs, keeping left at all times.
- Gym users MUST clean down all equipment both before and after use with products provided.
- The setup of equipment has been revised in line with physical distancing guidelines. Please make yourself aware of these when you enter the gym, or ask a member of our friendly team if you need assistance.
- In group exercise classes, areas will be marked for each participant. Please stay within your area during the class.
- Equipment required for group exercise classes will be cleaned and positioned in your designated area before the class begins. Please do not attempt to collect your own fitness equipment.

After your workout: Please leave promptly on completion of your workout, observing physical distancing at all times

Thank you for your continued support and assistance and enjoy your workout!