

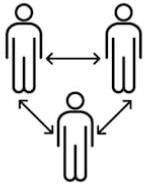
## If you are showing symptoms please do not visit us



### Club Wide

- ◆ Enhanced cleaning and electrostatic sanitising in all areas
- ◆ Face coverings are mandatory in all indoor public areas of the club and not required when exercising, swimming or using the changing rooms for showering (we continue to discourage the use of the changing rooms)
- ◆ Additional daily and weekly deep cleans
- ◆ Hand sanitiser stations available in all areas
- ◆ Ample hand washing facilities available
- ◆ Social distancing measures in place
- ◆ One way systems in place where possible
- ◆ Signage and floor markings in place
- ◆ Perspex screens where required
- ◆ Contactless payment encouraged
- ◆ A fully trained workforce
- ◆ Staff to wear face masks where a 2 metre distance cannot be maintained
- ◆ Natural ventilation being used where possible, fresh air intake increased for air handling and overnight heat cycle run on air conditioning units (following industry recommendations)
- ◆ No gatherings of more than 6 permitted
- ◆ Refrain from using showers unless absolutely necessary
- ◆ NHS Test and Trace encouraged in all areas (mandatory in all dining areas)

SOCIAL DISTANCING



### Changing Rooms

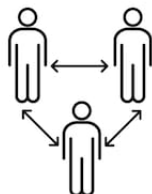
- ◆ Refrain from using unless absolutely necessary
- ◆ Alternate showers put out of action in changing rooms without a full dividing screen or cubicle
- ◆ Wash hands before and after using the hairdryers



### Gym

- ◆ Arrive gym ready
- ◆ A booking system is not required but under constant review
- ◆ Reduced maximum numbers
- ◆ Reduced cardio and strength equipment to maintain adequate social distancing
- ◆ Free weight areas split into zones
- ◆ Members must train individually, unless with someone from the same household
- ◆ No spotting permitted
- ◆ A face mask is required when having a gym induction/consultation

SOCIAL DISTANCING



## Swimming Pool

- ◆ Pre shower, arrive 'beach' ready
- ◆ A booking system is not required but under constant review
- ◆ Reduced maximum numbers
- ◆ Aqua Classes will take place as normal with a slightly reduced capacity
- ◆ The flume will be in use with social distancing markers for queuing
- ◆ Chlorine and disinfection of the pool running at a higher parameter following pool water industry guidance



## Exercise Classes - CURRENTLY UNAVAILABLE

## Squash Courts

- ◆ Players must bring their own equipment
- ◆ members can play solo practice and full match play with the same household only
- ◆ Booking restricted to 45 minutes to allow for suitable air change, cleaning and to maintain social distancing
- ◆ No touching of walls to maintain hygiene standards
- ◆ Only 2 players on a court at one time

## Badminton / Sports Hall

- ◆ Players must bring their own equipment
- ◆ Members can play singles and doubles with people from the same household or support bubble only
- ◆ Stay at least two metres away from other players (including during play) as far as possible, when taking breaks and before and after play.
- ◆ Do not make physical contact with other players (such as shaking hands/ high fiving) avoid chasing the shuttle down towards another court if other players are using it
- ◆ For doubles, consider agreeing in advance which player will take the shot if a shuttle travels to the centre of the court





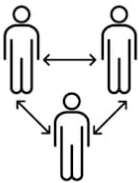
## Tennis

- ◆ Players must bring their own equipment
- ◆ Spectators not permitted
- ◆ members can play singles and doubles with people from their own household or support bubble, plus those outside of these two groups as long as they follow the RULE OF 6 (due to the fact this is outdoors)
- ◆ All benches have been removed to reduce touch points
- ◆ Stay at least two metres away from other players (including during play as far as possible, when taking breaks and before and after play)
- ◆ Do not make physical contact with other players (such as shaking hands or high five)

## Table Tennis

- ◆ Players must bring their own equipment
- ◆ members can play singles and doubles with people from their own household or support bubble only
- ◆ Remain separated by at least 2 metres (length of the table)
- ◆ Do not change ends between games
- ◆ Balls should be washed / sanitised regularly
- ◆ No hand shaking, high fives, breathing on the ball / bat or wiping hands on the table

SOCIAL DISTANCING



## Aqua Spa

- Social distancing must be adhered to at all times.
- This is a bookable 45-minute activity, followed by a 30-minute cleaning regime where the Aqua Spa will be closed.
- Rotate between rooms/facilities every 10 minutes.
- Wipe down pre & post use with cleaning products provided.
- Arrive and depart punctually at your dedicated session time.
- Arrive at reception for the daily access code.
- You should arrive 'beach' ready i.e. already in your swimwear. and pre-showered.
- Drinks fountain for filling customer own bottles/containers, no cups will be provided.
- Table & chairs have been removed and no newspapers



## Dining - TEMPORARILY CLOSED

## Fun Zone - TEMPORARILY CLOSED

## Golf

- ◆ Sanitiser station on the first tee
- ◆ One person per buggy (apart from golfers from the same household)
- ◆ Rakes and benches removed
- ◆ Ball washers covered, cups have a foam insert in the base so the ball doesn't fall to the bottom, flags to be left in place to reduce touchpoints
- ◆ Waiting zones at the 1st tee prior to tee times

## Driving Range & Golf Shop

- ◆ 4 person limit in the golf shop with a one-way system
- ◆ Sanitiser stations located in the entrance of the shop and driving range
- ◆ Alternative exit on the driving range
- ◆ Masks to be worn in the Golf entrance and shop

## Beauty

- ◆ All magazines removed
- ◆ Sanitiser stations located in the reception and treatment rooms
- ◆ 10 minute gap between each treatment to assist with social distancing, plus a 5 minute buffer in between back to back treatments with the same client lasting over 30 minutes
- ◆ Rooms cleaned after each treatment
- ◆ Customers to attend on their own and refrain from bringing additional bags and clothing
- ◆ Face masks to be worn at all times by customers
- ◆ Therapists will wear face masks, visors and disposable aprons at all times unless working behind a screen i.e. manicures
- ◆ Staff will wear gloves for waxing
- ◆ Telephone or email bookings & enquiries only
- ◆ Arrive 10 minutes prior to booking and payment taken at time of arrival
- ◆ Customers should complete a Consultation Form where appropriate, the clip board and pens are sanitized between clients

## Hotel - TEMPORARILY CLOSED

## Woodland Adventure Golf

- ◆ One way system in place—follow the course hole by hole
- ◆ Ensure the hole in front of you is clear before moving on
- ◆ Maintain social distancing at all time
- ◆ All clubs are cleaned and disinfected after use



SOCIAL DISTANCING

