

Covid Charter

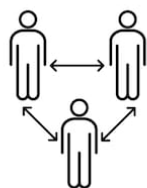
If you are showing symptoms please do not visit us



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
- ◆ 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

SOCIAL DISTANCING



Changing Rooms

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

Gym

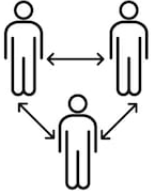
- ◆ Arrive gym ready
- ◆ A booking system is not required but under constant review
- ◆ Reduced maximum numbers
- ◆ Reduced cardio and strength equipment to maintain adequate social distancing
- ◆ Free weight areas split into zones
- ◆ Members must train individually, unless with someone from the same household
- ◆ No spotting permitted
- A face masks is required when having a gym induction/consultation
- Drinks fountain for filling own bottles/containers only, no cups provided
- ◆ Clean equipment pre and post use



Swimming Pool

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

SOCIAL DISTANCING



Exercise Classes

- ◆ Arrive class ready
- ◆ Class times reduced to allow breaks between arrival and departures
- ◆ Music played at a lower level as head mics are not permitted
- ◆ Bring your own yoga mats if possible
- ◆ Arrive 5 minutes before the class and leave immediately to reduce gatherings
- ◆ One way system in place for arrival and departure

Squash Courts - Awaiting Government Guidance

- ◆ Players must bring their own equipment
- ◆ Members can play singles and doubles with people from the same household or support bubble
- ◆ Stay at least two metres away from other players as far as possible, when taking breaks and before and after play

Badminton / Sports Hall

- ◆ Players must bring their own equipment
- ◆ Members can play singles and doubles with people from the same household or support bubble
- ◆ Stay at least two metres away from other players as far as possible, when taking breaks and before and after play

Tennis

- ◆ Players must bring their own equipment
- ◆ Spectators not permitted
- ◆ All benches have been removed to reduce touch points
- ◆ 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 (outdoor facility)
- ◆ Stay at least two metres away from other players during play as far as possible, when taking breaks and before and after play
- ◆ Do not make physical contact with other players (e.g. shaking hands or high fives)

Table Tennis

- ◆ Players must bring their own equipment
- ◆ Members can play singles and doubles with people from their own household or support bubble
- ◆ Stay at least two metres away from other players as far as possible, when taking breaks and before and after play



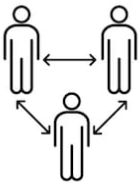
Aqua Spa

- 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 and post use with cleaning products provided
- Arrive and depart punctually at your dedicated session time
- Arrive at reception for the access code
- You should arrive 'beach' ready i.e. already in your swimwear and pre-showered
- Drinks fountain for filling own bottles/containers only, no cups provided
- Table and chairs removed and no newspapers

Dining

- ◆ Adjusted to accommodate social distancing
- ◆ All touch points sanitised regularly
- ◆ One way system for arrival and departure
- ◆ Tables clearly marked with red and green signs for clean and dirty
- ◆ No loud music to reduce shouting
- ◆ Single use products to minimise contact
- ◆ Outdoor seating increased
- ◆ NHS Test and Trace is mandatory
- ◆ Maximum bookings of 6 people
- ◆ Table service only

SOCIAL DISTANCING



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
- ◆ One way system on and off the golf course
- ◆ Changing rooms open for toilet facilities only, no showering or changing is permitted

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
- ◆ Two areas for driving range baskets; cleaned and used
- ◆ Hire equipment cleaned and disinfected before and after use

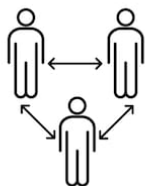




Beauty

- ◆ 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

SOCIAL DISTANCING



Hotel

- ◆ Room keys sanitised
- ◆ Increased cleaning procedures in the rooms
- ◆ One-way systems in place where required
- ◆ All bedding is washed over 60 degrees following government guidelines
- ◆ Rooms sanitised and sealed for all arriving guests
- ◆ Single use products to minimise contact

Weddings/Conferences and Events

- ◆ Capacity reduced to 50%
- ◆ Screens supplied separate delegates
- ◆ One-way systems in place where required
- ◆ NHS Test and Trace mandatory
- ◆ Plated meals to replace buffets



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

Funzone

- ◆ Remains closed until restrictions end