



Reinduction for staff – Covid-19 (July 2020)

Most staff will feel quite anxious about coming back to a setting and will need to know they are as safe as possible within the setting. Some staff may have experienced COVID-19 first-hand, some may have experienced family members with symptoms, and some staff may have lost family members or friends to COVID 19. It is important that we support all staff within their own experience of lockdown.

Below are some questions and answers that you may wish to use to help form your discussions with staff:

Questions	Answers
<p>How the Club is going to be run, such as visitor flow, visitor use and how you will rotate around the setting to ensure minimal contact with others?</p>	<p>The health, well-being and safety of our Members, visitors and staff is our number one priority. We have made some changes to the layout of our gym and classes; and have introduced new procedures to keep everyone safe.</p> <p>Fresh Gym members and PYG visitors can use all the facilities of the Fresh Gym where, given the size of the building, social distancing can be maintained.</p> <p>There is a 2m space between our equipment where possible. We have introduced clear signage around the gym and a personal safety guide.</p> <p>All gym sessions and classes must be booked in advance using the FitSense App or by calling reception to book. Numbers are limited to ensure social distancing. Gym sessions are for one hour but are set up in 30-minute flows.</p> <p>Where possible, classes will take place outside. Staff will be briefed of any changes to class locations.</p> <p>Read website FAQs ‘Staying Safe at Fresh Gym and the Fresh Sports Centre’ for further information; plus the links on this web page showing safety protocols for the Gym and Classes - to give a better understanding to members/visitors of the changes implemented and what to expect on their arrival.</p>
<p>Cleaning of the Fresh Gym and Studios?</p>	<p>Each area of Fresh is identified for staff in the ‘Covid-19 Daily Cleaning Action Plan’ which must be adhered to and signed off.</p> <p>All visitors are given their own cleaning cloth and anti-bac spray on arrival. They use this throughout their stay to ensure they clean equipment before and after use.</p> <p>There are further Hygiene Stations located throughout the gym and studios (containing anti-bacterial spray, centre feed and hand-sanitisers). These should always be fully stocked.</p> <p>IT IS CRUCIAL FOR THE SAFETY OF YOU, YOUR TEAM AND VISITORS THAT CLEANING IS CARRIED OUT WITH EFFICIENCY AND REGULARITY.</p>

<p>Class set ups?</p>	<p>You will be advised of each class set up.</p> <p>Instructors will direct each visitor to their 'station' within the class and instruct the visitor to stay within their station.</p> <p>There will be no equipment used during class.</p> <p>Visitors are requested to bring their own exercise mat to use in class. We do have mats available for use if needed.</p> <p>At the end of each class, visitors should use their cleaning cloths and anti-bac sprays to wipe down their exercise mat and leave the mat on the floor at the end of each class, for the Staff to sanitise and put away.</p> <p>Dance classes – we will follow government guidelines and space attendees 2 metres apart with an additional 1 metre space in between.</p>
<p>Staff arrival</p>	<p>Staff will be expected to arrive at least 15 minutes prior to the start of their shift and should sanitise or wash hands on arrival.</p> <p>Staff should then ensure all areas are fully equipped with all materials required for the sessions; and ensure Hygiene stations are always fully stocked.</p> <p>Staff should bring minimal items into to work. Items should be stored apart from each other.</p> <p>Please remember to keep a safe distance should you arrive at the same time as another staff member.</p> <p>Staff should ensure they follow the guidelines they have been given for Implementing Protective Measures and Cleaning and Sanitising Guidance.</p>
<p>What do visitors do when they arrive?</p>	<p>Visitors will be advised to arrive no sooner than 5 minutes before a class start. They will queue outside the Reception doors (which should remain open at all times) and adhere to the social distancing markers in place.</p> <p>When called forward, visitors should immediately use the hand sanitiser provided; swipe their membership card to check-in or register their name and payment with Reception.</p> <p>Each visitor is given a cleaning cloth and anti-bac spray for use during their visit.</p> <p>Visitor guidance recommends visitors are 'class ready' in their gym gear and, where possible, to avoid using the changing rooms and toilets, to limit the time spent in the changing rooms.</p> <p>There are shower facilities on site with a maximum of 3 people at any one time in the Ladies Change and 4 people at any one time in the Men's Change.</p> <p>Towels are permitted for personal use in <u>CLASSES ONLY</u> and should NOT be used to wipe down equipment/mats. <u>NO TOWELS IN THE GYM.</u></p> <p>The water fountain will remain closed. Bottled water is available to purchase at Reception.</p>