



BIRCHWOOD PARK

GOLF & COUNTRY CLUB

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# RULES & REGULATIONS

- The gym will be open 7 days a week
- Enhanced cleaning and hygiene procedures are in place
- Please ensure you sanitise hands before and after using the gym
- Please wipe down equipment before and after use
- Please ensure you “workout smart & stay apart”
- Social distancing is required at all times
- Changing rooms are reserved for pool use only, please ensure you arrive ready for your workout
- Please bring your own water bottle with you. Water fountains will be in use for refills only, alternatively bottled water can be purchased from the shop
- You must book your class online using the EliteLive App. Bookings can be made 7 days in advance to ensure everyone can access classes
- Class numbers will be monitored weekly to ensure we follow social distancing measures
- No PT bookings can be taken currently; however we will update you as soon as they can be made
- Toilet facilities will be available
- Some areas of the club will remain closed
- Please observe the signs in place
- We look forward to welcoming you back to the club soon!

**THANK YOU FOR YOUR COOPERATION**