



## BIRCHWOOD PARK

GOLF & COUNTRY CLUB

# HEALTH CLUB FAQ'S

### **ARE ALL AREAS OPEN?**

Yes, but in order to comply with social distancing, we will need to limit some equipment however, we have worked hard to ensure this is as little as possible.

### **CAN I NOW USE THE SAUNA & STEAM ROOM?**

Yes, however there have been a few minor changes to ensure you are kept safe. The capacity for both The Sauna & Steam Room have been limited to comply with social distancing. Enhanced cleaning measures have also been introduced whereby rooms will be closed for 20 minutes at 10am, 2pm & 5:30pm.

### **DO I NEED TO BOOK FOR THE GYM OR SWIMMING?**

We will not be opening with a booking system as we are confident, we will be able to cater for all of our members. We have identified capacities in each area and we will have a staff member on hand to help you with this. There may be times when we need to operate a queuing system, however we will aim to limit this as much as possible.

### **ARE YOU STILL DOING CLASSES?**

Yes, but we have made some changes to keep members safe. We have moved the classes to the Kelvedon Suite and we are hiring a marquee in an effort to cater for more members, whilst also managing social distancing. We have had to limit the timetable a little and have had to introduce gaps in between classes to help avoid congestion plus to sanitise the equipment.

### **HOW CAN I BOOK CLASSES?**

Classes can be booked via the app or through the website. We are limiting bookings to 7 days in advance to help avoid 'no-shows'. We continue to offer waiting lists for full classes however please only book classes you know you will be able to attend.

### **I AM 'AT RISK' DUE TO HEALTH ISSUES. CAN I REMAIN SUSPENDED?**

We are happy to review this on a case by case basis. Please email the club to ask us to review your membership.