



BIRCHWOOD PARK

GOLF & COUNTRY CLUB

HEALTH AND FITNESS RE-OPENING INFORMATION

Your Membership

- All memberships, unless agreed otherwise, will be re-instated on Saturday 25th July.
- If you pay in full on an annual basis, your renewal date will be extended by the period of time you have lost.
- If you pay by direct debit, your first payment will be taken at the start of August. This payment will include a 12.9% discount to reflect the time missed in March due to closure.
- Anyone who needs to shield in line with government guidance can suspend their membership by getting in touch with our membership administration team.

General Information

- As per government guidelines, face coverings are mandatory including in the health and fitness lobby area, however the gym, studios and the pool area's are exempt.
- To access the club, you will need to remember to bring your band. Without this band we may not be able to grant access to the facilities. We are committed to supporting the governments track and trace efforts.
- At the barriers please give priority to those leaving, to help manage social distancing.
- We are asking all members to sanitise their hands after going through the barriers.
- You must not be displaying COVID-19 symptoms and must follow government guidelines if you believe you have been in contact with someone displaying symptoms.
- Members are asked to follow all government social distancing guidelines.
- We kindly ask that all club rules and signage are followed and requests from staff are complied with.
- Members over the age of 18 may introduce a guest to the club, all guest passes are £15.00 and are valid for 1 day only. All guest must be accompanied by the member and be part of their social bubble all guest must abide by the club rules. Lockers will be available on poolside, outside the gym and in the lobby area outside the changing rooms. These require a refundable £1 coin to operate. These will be periodically sanitised throughout the day by our team.
- Changing rooms will be reserved for those using the poolside area in an effort to manage social distancing.
- Toilets are available in reception for those using the gym/classes. Those using the wet areas will be able to use the changing room toilets.
- We have increased the amount of hand sanitising stations around the club however we still recommend the government's guide on hand washing as the best prevention.
- Throughout the day, our team will sanitise frequent contact points such as handrails and door handles.

- Our team have undergone additional training in preparation for re-opening the health club.
- There will be no towel-hire available at this time.

The Gym

- In line with government guidelines our capacity in the main gym will be 40. Within this area, the free weights limit will be 7 people.
- Studio Two, will now have workout zones including light dumbbells and stretch mats. The capacity of this room will be 7 people.
- At this time, we will not be operating a booking system for gym usage.
- Whilst we are confident that we can cater for all our members, there may be times when a queuing system will be needed.
- Please come ready to workout and avoid using the changing rooms, as these are reserved for those use the poolside area.
- We are operating a one-way system around the gym, please follow floor markings.
- We will be performing daily cleaning and sanitisation of all equipment.
- Please ensure you use the cleaning tools provided to sanitise your equipment after each use. Our team will be observing members to ensure they are following this request. We also recommend cleaning prior to use as well for your own peace of mind.
- We have moved all equipment to ensure members are socially distanced whilst working out. Due to this, some functionality of the machine, such as entertainment may not be available at his time.
- Some equipment which is harder to sanitise due to the material, has been removed from the gym floor. This includes items such as, boxing gloves, weight belts, resistance bands.
- Please keep equipment use to one person per piece of equipment to help us manage the distancing. Sharing of equipment is strictly prohibited in the government guidelines.
- Please do not move equipment/benches, other than dumbbells/kettlebells/barbells /balls.
- Where training zones have been put in place, we ask members to remain in that zone whilst using that area.
- Air conditioning will be operating in this area alongside the air handling units, in line with government guidelines for the provision of fresh air circulation. All air conditioning units have undergone deep cleaning and disinfection by qualified contractors.
- Water fountains will only be available to refill bottles. Bottled water is also available in our vending machine or via the shop.
- We will not be able to allow any bags on the gym floor. Please use the lockers provided.
- We are allowing you to bring a 'sweat towel' into the gym however please use the cleaning equipment provided to wipe down machines.

Classes

- Our Spin room will be running virtual spin alongside housing our upright and recumbent bikes the capacity of this room is 7
- Classes will now be provided in the Kelvedon Suite and in the Studio 1. We have moved these into these areas in an effort to maximise our capacity in classes.
- Air conditioning will be operating in the Kelvedon Suite & Studio 1 alongside the air handling units, in line with government guidelines for the provision of fresh air circulation. All air conditioning units have undergone deep cleaning and disinfection by qualified contractors.
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- Classes will need to be booked in advance. please use the website or mobile app to book these.
- Bookings will be accepted one week in advance. Please only book classes you know you will be able to attend.
- Please consider other members when booking classes. We suggest that one class per day, at the appropriate intensity is sufficient.
- Please only arrive 5 minutes before your class and maintain social distancing whilst waiting to enter.
- Please follow all guidance from class instructors, including where to stand, which direction to face etc.
- The capacity for each class is inline with government guidance and in agreement with the class instructor.
- After the class, you will be required to clean all equipment used using the cleaning items provided. We appreciate anyone wishing to bring their own mats/equipment.
- Some equipment such as yoga bands/blocks will not be available due to the difficulties in guaranteeing the sanitisation of the materials.
- When using the Kelvedon Suite, toilets are available outside the room.
- Please avoid the leaving the studio during the class wherever possible.

Personal Training

- Personal Training will commence on re-opening, please contact your trainer to discuss this further.

Changing Rooms

- Changing rooms will be reserved for those using the poolside areas only.
- Please ensure you consider other members whilst using these areas and ensure social distancing is always observed.
- Air conditioning will be operating in this area alongside the air handling units, in line with government guidelines for the provision of fresh air circulation. All air conditioning units have undergone deep cleaning and disinfection by qualified contractors.
- Throughout the day, our team will perform checks on these areas and sanitise frequent contact points such as handles and taps.
- Where a family visits the facility together to swim, we kindly ask you use the family changing room to help us manage space in the changing rooms.

Swimming Pool

- The swimming pool will operate with a capacity of 18 people. 8 in each of the two double width lanes, and 2 people in the single width lane.
- We will not be operating a booking system at this time. Whilst we are confident that we can cater for all our members, there may be times when a queuing system will be needed.
- We ask that you enter the pool either using the steps or the ladder by the baby pool. When you exit, we ask that you use ladders at the far end of the pool.
- Whilst swimming please follow the directional signs and avoid overtaking. If you need to stop to allow others to pass, or to rest, please face away from the pool.
- During Family swim times, we will ask all families to remain in the first double lanes.
- At this point we cannot guarantee offering floats during 'splash time' as we need to manage spacing in the pool.
- Please note, social distancing guidelines will still apply in the swimming pool.
- Water fountains will only be available to refill bottles.

Swimming Lessons

- Swimming lessons will be running on shorter terms with only 2 to 3 children per Teacher
- Please bring your child ready to swim to limit the number of children using the family changing rooms.
- There will be no parents/ guardians on poolside during swimming lessons
- Please note social distancing guidelines will still apply to swimming lessons.

R&R Area

- The hydrotherapy pools will operate with a capacity of 4 people in each pool.
- Due to social distancing we will remove two heated beds from use.
- The Sauna capacity will now be 3 people at any one time
- The Steam Room capacity will now be 4 people at any one time
- Please ensure you maintain social distancing whilst using these areas
- In addition to the deep clean at the end of each day we will be closing the rooms for 20 minutes at 10am, 2pm and 5:30pm in order to be able to perform additional cleaning and sanitisation.
- The ice fountain will remain off at the present time.

**THANK YOU FOR YOUR PATIENCE &
COOPERATION DURING THIS TIME.**

WE LOOK FORWARD TO WELCOMING YOU BACK!
