



## **New Guidelines for Oakgrove Members – JULY 2020 [Temporary Rules]**

Welcome back to Oakgrove. We are looking forward to seeing our members and customers back. We have some new temporary rules in place, to keep our facility safe for everyone. These will be updated when necessary. Thanks for your support and understanding. Please have a read, sign and return to Oakgrove before re-starting your membership here.

### **Major changes of note:**

1. You will be asked to book ahead using the booking system on our website. 1 booking for 1 activity per day per customer allowed (except family bookings, see # 7). You may book:
  - a. A swim, or
  - b. A visit to the regular gym / the S&C gym, or
  - c. An exercise class.

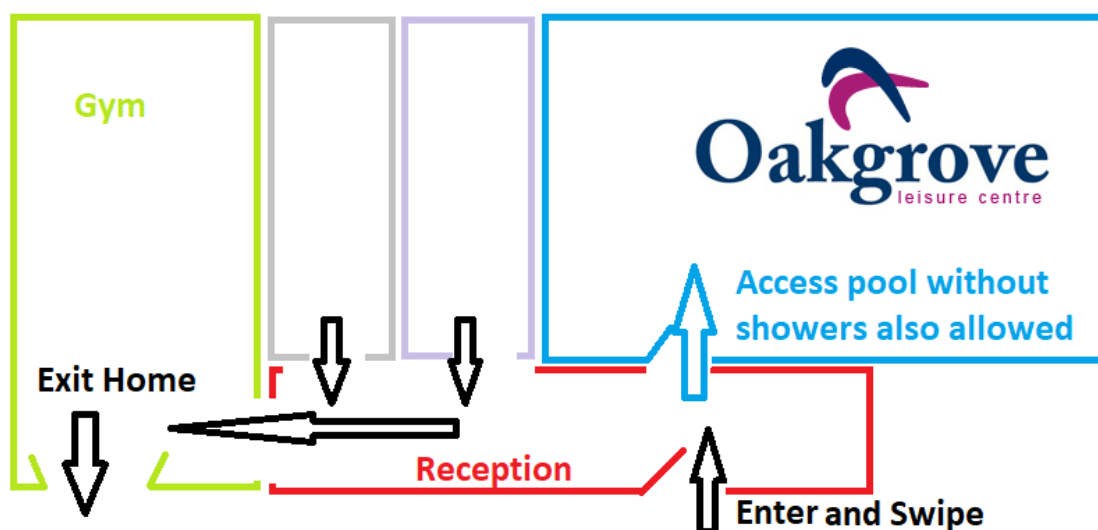
Unfortunately, we cannot allow a mix of activities just yet.

We will not be taking guests visits for the time being.

2. There are limited spaces available in each hour, to maintain social distancing. If you are having difficulties with booking, call Oakgrove for assistance. Our team is on hand to help.
3. Each booking slot is for 50 minutes maximum between set times. No over run is allowed.
4. You will not be permitted to use the pool area or changing rooms if you have a gym or exercise class booking.
5. The sauna and steam room will not be in use for the time being.
6. The swimming pool will be unavailable to members between 3pm and 6pm from Monday to Thursday.
7. A family booking to the pool can consist of max 1 child per adult. To make such a booking, first book the adult using your email address, and then repeat another booking under the same email address. [2 bookings]. Enter your child member name in the box provided.
8. See page 2 below for covid-related health and safety requests.

### **Entry and Exit: 1 Way System**

- You can enter through the main door as usual. Please present and swipe your membership keyring to assist us with contact tracing.
- Pool users should bring clean flip flops.
- There are separate and spaced apart changing zones in each dressing room for pool users.
- You can still swim and bypass the changing rooms if you wish. You may avail of our new entry door straight to the pool area. We will provide storage boxes for minimal belongings.
- When you are finished, you may exit via the back doors of our regular gym and walk around the back of Ferney Cottage and out to the car park. The scenic route!
- We would appreciate your efforts to exit promptly to reduce crowding.
- There will be separate guidelines for S&C gym usage, check website.



As a customer of Oakgrove, we ask that you please:

- Wash your hands before entry and use hand sanitizers provided
- Follow hygiene advice when coughing or sneezing
- Try to maintain social distances guidelines while on site.

ALSO

- Do not attend the Oakgrove if you experience any symptoms associated with COVID-19, or have come into contact with anyone who has been diagnosed with COVID-19.
- If you have had COVID-19 in the past and recovered, please seek medical advice that it is safe to return to exercise.
- Bring your own hand towel and water bottle as we cannot share any and we ask that you not share your belongings with other customers. Hats and goggles are available for sale, but not for loan or hire. Towels will not be available to hire, loan or purchase.

PLEASE TICK TO CONFIRM THAT YOU HAVE READ AND UNDERSTAND THESE PROTOCOLS

PLEASE TICK TO CONFIRM THAT YOU UNDERSTAND AND ACKNOWLEDGE THE RISKS INVOLVED AND YOUR ROLE IN MINIMISING THE RISK

PLEASE TICK TO CONFIRM THAT YOU ARE NOT SHOWING SYMPTOMS OF COVID-19 CURRENTLY

**By ticking the following box you hereby give Oakgrove permission to process the data on this form. If no such permission is granted, no access can be allowed to swimming lessons.**

FULL NAME: \_\_\_\_\_

Signature: \_\_\_\_\_

TODAYS DATE: \_\_\_\_\_