

DARC Gym/Hall rules Spring 2021

All club members using the gym and hall must follow all rules. It is essential that we follow these rules to prevent the spread of Covid-19. Anyone found not to be following these rules will not be allowed to use the facilities. Currently no adult organised gym training sessions are allowed to take place. Under 18's are allowed to take part in organised gym sessions of up to 15 people.

Maximum of 6 people are allowed in the gym at one time.

Maximum of 6 people are allowed in the hall to use the ergos.

Members must scan the QR code on the entrance door to the club when entering the building.

- All surfaces touched must be sprayed with anti-bacterial spray and wiped down with the blue roll provided. E.g. lights, doors, switches etc.
- Spray, blue roll and bins have been placed in the hall and gym for all members to use.
- **Face masks must be worn in the building, including in the gym and hall when setting up equipment but not when exercising socially distanced.**
- Follow the one way system that is in place for entering and exiting the gym and hall. Gym door is to be used for people entering the room. To exit the gym, members are to go through the door near the weights and then turn left to exit the door into the hall. To enter the hall, members are to go through the door in the main corridor opposite the toilets. To exit the hall, members are to use the door nearest the gym that exits into the hall. Arrows and signs are on the floor to guide people through the one way system.
- **All windows in both rooms must be open when using the gym and hall.**
- **All doors to the hall and gym must stay open as well as the fire door in the hall. This is to help the air flow. Fans must not be switched on and portable fans have been removed.**
- Individuals using the gym and hall **MUST** bring their own mat. Club mats are not available.
- **Members must clean their equipment/ergo before and after their session. Members must clean everything they have used/touched.**
- Ergos must be placed on the red and white tape marks that have been placed on the floor. These have been correctly measured out to ensure social distancing is followed.
- Watt bikes and black weight lifting mats have been spaced out according to social distancing guidelines in the gym. Tape has been used to ensure individuals keep their distance. One person should use the squat rack and one person on the bench press.
- Club members must sign up for a gym slot via the club google sheets so we can track and trace. Members are allowed to sign up for one gym session in advance and then follow the 24 hour rule for additional gym sessions. This is the same rule that is in place for booking water sessions.
- Members **must** only use the disabled toilet next to the office by the entrance to the club.
- Changing rooms are not open to anyone.