



# KNIGHTSBROOK HEALTH CLUB



## **Showers, Lockers, Changing Facility and Toilets**

Gym Users should come dressed and use shower at home in the initial opening

Lockers must be used to store bags and must be cleaned after use

Disinfectant spray and wipes are provided in each changing room

Limited Lockers are available due to spacing to ensure social distancing

No Shower facilities available on the initial opening of the Leisure Centre

Toilets available in the men's and ladies changing rooms

Shared Facilities such as hair dryers should not be used

Social Distancing should be adhered to in the changing areas

Maximum capacity of 6 people

## **Swimming Pool**

Maximum 2 people in one lane swimming

Must swim clockwise

Pool Capacity reduced to 20 People

Maximum pool stay 30 Minutes per person

Sauna and Steam Room facility is not available

Jacuzzi capacity to 2 people at one time

There will be no group swimming activities taking place until further notice such as swimming lessons and Aqua Aerobics

Social distancing should be adhered at all times.

## **Gym**

Social distancing of 2 Metres should always be maintained

Gym users should not congregate before or after activities

Maximum Gym Capacity 12 People

Rowing Machines and Weights from 1kg – 12.5kg have been moved to the Aerobic studio where maximum capacity is 4 people (inform receptionist if wish to use.)

Spin Bikes are available in spin room where maximum capacity is 5 people (inform receptionist if wish to use)

Some equipment might be out of use to ensure social distancing

No towel, No Workout

Gym users must clean equipment after each use

Gym will be closed from 12.00-12.30pm and 5.00-5.30pm for deep cleaning

Maximum gym stay is 60 minutes per person