

GUIDANCE FOR FITNESS SUITE AND GROUP EXERCISE



**EDGBASTON
PRIORY CLUB**

UNDER COVID-19 RESTRICTIONS

Welcome

We look forward to welcoming you back to the gym and group exercise classes.

This temporary guide is based on the Government and UK Active Guidelines and will be regularly updated as further restrictions are lifted and new guidance produced.

We will review the programme over the first two weeks of reopening and make any improvements based on your feedback and our own assessment of the measures we have in place.

Members are asked to be patient as we take the necessary time to safely implement any new guidelines in a way appropriate for our own circumstances.

A more detailed guidance may be found on the [UK Active website](#)

WHO CAN USE THE GYM AND THE CLASSES

All categories of members are able to access the gym and fitness classes

The following important government advice:

Do not leave your home to train if government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you have been advised to shield from the coronavirus.

WHERE WILL CLASSES TAKE PLACE?

In order to meet the social distancing guidelines, we have had to reconfigure the gym and studio space to accommodate the gym equipment. Therefore, activities will take place as follows:

- Equipment will be spaced out within the existing area on the top floor of the clubhouse to create a gym and cardio gym in the studio.
- Group exercise classes will take place on indoor court 7. A further small number of cardio machines will be available on court 7.

WHEN ARE THE GYM AND FITNESS CLASSES BE OPEN?

Initially the gym and studio will be open:

Monday to Friday 8am to 9pm

Saturday and Sunday 8am to 7pm

There will also be classes and gym availability on indoor court 7 from 7am. However, the clubhouse will not be open at this time.

To use the gym and classes you will have to book an allocated time via MyCourts. To ensure we are compliant with the government and UK Active guidelines, it is compulsory for the club to control and monitor numbers and access to the fitness facilities.

Capacity for fitness activities will be as follows:

Gym – 15 spaces allocated each hour
Cardio Studio – 8 spaces each hour
Indoor court 7 – 7 spaces each hour

You will be able to train for 45 minutes and then use 15 minutes to wipe down equipment vacate the area and allow staff to prepare for the next session.

Class capacity

Spin Classes – 25 bikes
All other studio based classes – 20
Outdoor classes - 12
Aqua Aerobics - 12

On-demand Classes

From 25th July, certain classes throughout the day will be streamed via vimeo.

To join an on-demand class please do the following:

1. Log into www.edgbastonpriory.com/login
2. Scroll down the page until you see this button:

[Click here to view our Live Stream Fitness Classes](https://www.edgbastonpriory.com/live-streaming/)

3. Click on this button which will take you to <https://www.edgbastonpriory.com/live-streaming/>
4. Select a day of the week to view the classes on offer
5. Select the class you wish to join and press play.

These hours will be reviewed as we manage capacity on to the site and as further restrictions are lifted.

HOW DO I BOOK A PLACE?

To ensure fair access for all members during this initial reopening phase you are allowed to book two fitness sessions in advance. This can be two gym sessions, two classes or one class and one gym.

On the day bookings can be made if activities are available.

Please note this will remain under constant review and will be extended just as soon as we are able to.

HOW WILL I ACCESS THE GYM AND FITNESS CLASSES

- Access to the gym areas on the top floor of the clubhouse will be by the clubhouse reception. **Please ensure you register for your gym session at the kiosk on the top floor.**
- Access to classes in indoor courts 7 will be signposted outside and staff will be on site to guide you. A MyCourts check in will be placed in indoor court 7 to enable you to register for classes.
- A one-way system will be in operation throughout the site, for example you will enter the gym via the main door but exit via the patio area. Please follow the signage and staff guidance.

CHANGING ROOMS

- Changing Rooms will be open but there will be a maximum capacity of between 20 and 24. There may be a wait for the changing room as we monitor numbers to ensure social distancing is maintained. We encourage members to arrive ready do your activity and vacate the area after the allocated time.
- If you do not use the changing room, you will need to keep any valuables with you.

HOW DO I STAY SAFE? (BOOK, ARRIVE, TRAIN & GO)

To ensure we comply with the social distancing guidelines, please ensure you maintain safe distance at all times, observe the signage and any direction from staff on site.

Please ensure you use hand sanitiser before you enter and as you leave the gym or studio. Avoid touching your face during workouts and avoid face to face contact.

We have out the following measures in place:

Gym Floors

- Equipment will be spaced 2 metres apart.
- Maximum gym capacity will be based on 3m per person.
- Touch points of equipment will be cleaned after use by members using spray and cloths provided. This will be in addition to the additional cleaning schedule by the staff.

Classes

- Please follow the social distancing guidelines (2m apart).
- There will be a minimum of a 10-minute window in between classes; please do not 'wait around' in groups.
- All equipment (including mats etc) will be cleaned in between use. This can be done by the member using spray and cloths provided.
- Members may also bring their own mats.
- No equipment will be shared during classes
- Where possible, markings will be made on the floor to show the area for individuals.

IS THERE ANY COACHING AVAILABLE?

One-to-one personal training is available on a limited basis. Members will need to arrange directly with the personal trainer and book their session in the gym themselves.

USEFUL CONTACT DETAILS

If you have any issues booking with MyCourts please contact Sue Harris:
sue.harris@edgbastonpriory.com

For any other queries contact

lisa.reading@edgbastonpriory.com

robert.saffery@edgbastonpriory.com

We look forward to welcoming back to the gym and group exercise.

The EPC Team

26 JULY 2020