

## **The Bodyweight Gym COVID-19 Health and Safety Policy**

The Bodyweight Gym aims to be 100% compliant with government directives and industry best practice. We want you to enjoy your workout, and go home healthy.

We have introduced the following rules to ensure all requirements are met:

1. One set of rings each
2. One bar each
3. Don't forget your set of rings or bar during class
4. One set of any equipment
5. If you are sharing a dumbbell or barbell, it must be cleaned between users
6. Keep your distance - Two arms length from any person
7. At the end of the class, clean any equipment you have touched

At the start of class you will select your set of rings, or place on a bar. This will be yours for the entire class. Don't forget.

Students are encouraged to bring along their personal equipment for use where possible. Eg. Bring your own rings if you have them, use them and take them home after class.

Once you are finished with any equipment, please clean it with provided disinfectant so others can safely use equipment.

Please keep your distance from each other, we are still physically distancing ourselves. Please remain two arms lengths from other people. .

Classes will finish 5 minutes early to allow students to clean all equipment they have used before the next class starts.

Classes will be capped at 9 students, to ensure that adequate separation is achievable. Bookings are essential. Students that do not book will be turned away.

Coaches will refrain from physically spotting people.

We will maintain a zero contact policy during this COVID-19 pandemic.