

## Gym User Guide

We are all so excited to welcome you all back to our leisure centres. Your safety is of the utmost importance to us and to make sure your visit is as safe as possible we have put hygiene measures in place in line with coronavirus regulations.

GCLL will commit to the wellbeing of their staff and customers and with your cooperation, will help keep our leisure centre safer.

- **Book** your session using I-Scuba app or visit our website
- **Arrive on time.** If you're early, you will need to queue outside
- **Hand sanitisers** are available throughout the facility
- **Contactless** payments only accepted
- **Bring your** own water bottle and towel
- **Be changed** into your activity clothes and shower at home
- **Wear a face covering** when entering and leaving the building and transitioning to and from activities. You are not required to wear a face mask whilst taking part in an activity
- **Follow the safety signs** and floor stickers instructing you to keep a safe distance
- **Please use cleaning stations** to wipe down equipment before and after use and return to it's storage area if applicable
- **Attend your session alone** to conduct solo gym workouts