

# Club Physical Level Two Site Plan: **For members**

## The Conditions of Entry are:

- Stay home if unwell
- You must **wear a mask** at all times except when exercising
- **Wash or sanitize** hands before entering the club and when moving through different areas
- **Scan your membership barcode** every time you enter the club
- Bring and use a **sweat towel every time** you work out -  
**NO TOWEL = NO WORKOUT.**
- Scan the **QR Code** upon entering
- **Wipe down equipment** before and after use
- Keep your **distance from others** in the club.
- You must **wear a mask at all times except when exercising**, so when entering the facility, changing and walking between areas and rooms. This follows ExerciseNZ's protocols based on the Government's new COVID-19 Level 2 guidelines.

## Masks:

- Masks and face coverings that are suitable are either **reusable fabric masks or disposable non-medical masks**.
- **Mask exemptions** - We understand that some people have a disability or health condition where they may not be able to wear a face mask safely or comfortably. Mask Exemption Cards are issued by the Disabled Persons Assembly NZ (DPA). While at the club **please carry your Mask Exemption Card with you** in case you are questioned by concerned members or the team.

## **Changing Rooms, Drinking fountains, Saunas, and Pools:**

- **Changing Rooms will be open**, but the less you can use them at Level 2 the better.
- **Saunas and Pools will be closed** -  
With COVID-19 known to sit on surfaces and transfer through the air, we are following Exercise NZ and Ministry of Health guidelines and being extra cautious with precautionary steps to minimize its potential spread. This is in place to limit high-use areas and minimize potential spread.
- **Drinking Fountains are Closed** -  
We are following Exercise NZ and Ministry of Health guidelines and being extra cautious with precautionary steps to minimize its potential spread.

## **Our Safety Protocols:**

We are following ExerciseNZ's guidelines on best practices for keeping members safe, these have been developed by Sport New Zealand and Worksafe and incorporate the Ministry of Health's recommendations.

- We have in place additional processes and protocols to ensure your safety. Class spacing, physical distancing, the closure of some facilities, sanitization stations, equipment cleaning, mandatory towels, bringing own equipment (such as yoga mats and boxing gloves), and sign-in protocols are all in place on top of our staff cleaning regime.

## **Safety measure in place:**

- Physical distancing of 2m
- Cardio Machines 1.5m distancing

- Weight room 1.5m distancing
- Sanitization stations (Hygiene systems, spray bottles, and cloths provided)
- Team cleaning roster
- Water drinking stations will be closed
- Saunas and pools are closed
- Wall-mounted fans will be off (To limit potential air spread)
- Mandatory towels
- Bringing own equipment
- COVID-19 Conditions of Entry.
- COVID-19 signage
- And our team will be wearing masks

### **GROUPX, Kids Club, and Martial Arts:**

- **GROUPX - 2m floor marking spacing is marked out** - this is the only limit on numbers. The class timetables will remain the same. Equipment is still provided (except yoga mats).
- **XRIDE Classes** - Bikes will be 2m Physical distance which is the only limit on numbers.
- **Kids Club will be closed** upon initial level 2 opening procedures as we can not guarantee physical distancing measures.
- **Martial Arts Classes** will not be running initially in Level 2 as we cannot guarantee physical distancing protocols are met in these sessions.

### **Personal Trainers/GROUPX Instructors:**

- We recommended a 2m distance between trainers and clients (closest will be 1m distance).
- Personal trainers and Instructors have the option to wear a mask.

- Appropriate technique and training methods are recommended for no spotting and physical touching assistance required.
- Breathing direction will be considered when exercising/training/instructing.

### **Please be mindful that this is for your own safety:**

- We ask that **every member takes responsibility for their personal hygiene** and also respect the space of others. That means wearing a mask at all times except when exercising, washing / sanitizing hands, covering coughs and sneezes, keeping 2m from the nearest person, bringing your own towel and using it, and bringing your own filled drink bottle/yoga mat/boxing gloves/ etc.
- Please **scan the COVID-19 QR codes** displayed at entry and outside studios for members to scan in using the official NZ COVID Tracer app. This scanning is used to assist the Ministry of Health with any contact tracing.
- **Please be kind to our team** as we all adapt to this way of working and working out in level 2.
- The **50 person limit does not apply** to fitness facilities - The only restriction on gym numbers is the 2m physical distancing limit.

### **From the Ministry of Health:**

#### **COVID-19 Health Questions:**

1. You do not have any symptoms associated with COVID-19 (e.g. fever, cough, sore throat, shortness of breath, sneezing/runny nose, or loss of sense of smell)
2. You do not have COVID-19 nor are you awaiting the results from being tested for COVID-19
3. You have not been in contact with any known or suspected cases of COVID-19 in the past 14 days

4. You have not returned, or been in contact with anyone else who has returned, from overseas in the past 14 days

When you scan your app or membership card coming into the club you'll be confirming your agreement to these Conditions of Entry and COVID-19 Health Questions. You'll also be confirming that you will abide by all Health & Safety procedures and protocols.

Please note, the Ministry of Health warns that if you have an underlying health condition and/or are over 70, you may be at greater risk of COVID-19 becoming a severe illness, if contracted. If you do choose to attend the gym please ensure you follow all Ministry of Health guidelines in addition to these club conditions of entry.