

## South Hunsley Sports

### Risk Assessment Summary, Implementation and Operational Adjustments.

This document collates the South Hunsley Sports risk assessment for member class participation.

#### Session Information

- Our method for booking classes has not changed. You are able to book classes 7 days in advance by contacting the centre on 01482 636733, via email to [sports@southhunsley.org.uk](mailto:sports@southhunsley.org.uk) or in person at the reception. If you are unable to attend a class, please notify us.

Our class timetable will look slightly different and will run as follows:

|           |                    |             |
|-----------|--------------------|-------------|
| Monday    | Pilates            | 18:00-18:45 |
|           | LBT                | 19:00-19:40 |
|           | Zumba              | 19:50-20:30 |
| Tuesday   | Yoga               | 18:30-19:15 |
|           | Insanity           | 19:30-20:00 |
| Wednesday | Pilates            | 18:30-19:15 |
|           | Bodyweight workout | 19:30-20:00 |
|           | Metafit            | 20:20-20:50 |
| Thursday  | Abs and Core       | 19:15-19:45 |
| Saturday  | Pilates            | 08:00-08:45 |

- Centre staff will continually disinfect touch points throughout the day. The floor will be disinfected daily.

#### Arrival

- Please arrive for your class **on time**, in order to avoid congestion in the centre. If you arrive early, you may be asked to queue outside.
- Please check in at the main reception as usual.
- You will not be required to scan your membership card.
- A one-way system is *largely* in operation through the building. We kindly request you follow the markings on the floors and walls and follow the system as much as practicable.
- We recommend the use of a face covering when negotiating corridors.

#### During your class

- On entering the studio we ask that you sanitise your hands.
- The studio floor has been marked for your safety and convenience. Please adhere, where possible, to the social distancing landscape.
- The studio will have additional sanitising and disinfection stations.
- Please use mats as opposed to directly lying on, or touching the floor.

- Please sanitise equipment before and after you have used it and return it to storage observing social distancing.

### Departure

- Please depart through the studio door and follow the one-way system to the student access at the side of the building.

### Further Considerations

- Please come ready to exercise in appropriate clothing and bring your own water bottle or equipment (such as a mat). Sweat towels are permitted, but we ask these are not used to sanitise equipment.
- In line with current government guidance, there will be no access to showers, lockers or changing facilities.
- Toilet and hand washing facilities remain available.
- Lost or left property will be disposed of at the end of the day. **It will not be retained.**
- The maximum occupancy for classes is:
  - 12 members for classes with stationary activities
  - 9 members for classes with activities requiring large movements
- We are a small facility, please have respect for other users and maintain sanitising standards and social distancing.

If you have any further questions you can contact the centre on 01482 636733 or via email to [sports@southhunsley.org.uk](mailto:sports@southhunsley.org.uk).

*These procedures will be reviewed or altered in line with updated government guidance, or as part of our own assessment.*

### Centre Information

In order to take bookings for the gym and classes, the centre will be staffed at the following times before we open:

- Friday 31 July between 1pm and 4pm.
- Saturday 1 August and Sunday 2 August between 9am and 2pm. (You will also be able to visit the centre during these hours if you would like to see some of the changes we have made, but you will not be allowed use the facilities. Please contact the centre before organising a visit).

Emails and phone messages will be taken on a first come first served basis.