

South Hunsley Sports

Risk Assessment Summary, Implementation and Operational Adjustments.

This document collates the South Hunsley Sports risk assessment for gym users.

Session Information

- All members must book a designated time slot prior to entering the sports centre Monday-Friday. You are able to book a gym session by contacting the centre on 01482 636733, via email to sports@southhunsley.org.uk or in person at the reception. If you are unable to attend a session, please notify us.
- You are able to book session up to 3 days in advance.
- If you do not pre-book, you may not be allowed access.

Monday to Friday our gym sessions will be:

Mornings

07:00 – 08:00

Evenings

16:00 – 17:00

17:15 – 18:15

18:30 – 19:30

19:45 – 20:45

21:00 – 22:00 (excluding Friday)

- In between sessions, we have allowed a 15-minute disinfection window.

Our weekend operation will remain the same due to significantly lower participation levels.

- Centre staff will continually disinfect the equipment throughout the day.
- You are encouraged to call before visiting to ensure we do not exceed maximum capacity.

Arrival

- Please arrive for your bookable session **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. If attending on a weekend, please let us know your name at reception before continuing to the gym.
- 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.

Using the gym

- On entering the gym we ask that you sanitise your hands.
- Please respect the one way system and remain socially distanced during your workout.
- Within the gym there will be an increase in stations for disinfectant spray and paper towel.
- Please sanitise equipment before and after you have used it.
- We have moved equipment to facilitate distancing or placed it out of action.

Departure

- Please depart through the main gym 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. 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. Bags are not permitted in the gym and it is your responsibility to find alternative storage for personal belongings.
- 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 of the gym and balcony is 15 *members*.
- The maximum occupancy of the balcony is 4 *people*.
- 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.

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.