

LET'S KEEP OUR LEGENDS AND FIGHTING FIT SAFE

TO HELP STOP THE SPREAD OF CORONAVIRUS, WE'VE MADE SOME TEMPORARY CHANGES

- To ensure we observe and adhere to State laws of keeping our numbers low and also in order to keep a record of those that have attended our Studio, you will now need to pre-book your sessions. This can be done by downloading our Booking App, **Pencil In** (available on the App Store) and selecting your preferred time. As per Government Regulations, no more than **20 people** (including trainer/s) will be allowed in our Studio at the one time of which no more than 10 participants will be allowed in a Group Session.



- If you are unwell or are exposed to someone who is unwell, please stay at home. This will help avoid risking anyone else getting sick.
- On entry, prior to commencing any activities, everyone will be subject to a hands free temperature check in the office. Anyone with a temperature above 37.8 degrees will NOT be allowed to participate in the session.
- Please arrive within 5 minutes of your session time to allow for temperature checks. If you are earlier than 5 minutes, please wait in your car or outside maintaining social distancing rules. Also, as much as we love chatting to all you Legends, we kindly request that you leave straight after your session. If you need to speak to us, our preferred method is via email or phone and this is purely in the interest of keeping each other safe.
- If you arrive late for your session time, please adhere to social distancing rules and wait to have your temperature checked by Staff before joining in the class. **YOU WILL NOT BE PERMITTED TO START TRAINING UNTIL TEMPERATURE CHECKS ARE DONE FIRST.**

- Group Sessions will now be 35 minutes in length. SPPT Sessions will now be 45 minutes in length. Changes in session duration are to accommodate members and to adhere to Government Regulations. **Please check new Timetable.**
- Sessions will be 10 minutes apart to allow for the cleaning and sanitising of equipment by Staff before commencement of the next session.
- On entry and exit into our Studio, all Clients are to wash their hands or use the instant hand sanitiser provided.
- Cough/sneeze into your elbow.
- Avoid touching your face whilst exercising.
- There will be a “No towel No train” policy.
- Bring your own mat (if you have one) and drink bottle. Drink bottles cannot be filled up at the taps in the Studio, however we do have disposable cups if you require. This is to assist in reducing contact risks. We also have drinks in the Studio which can be purchased.
- We will limit equipment and avoid sharing equipment where possible.
- Floor markers have been placed in the Studio. All workout stations will be spaced allowing everyone to adhere to a 1.5 m distance.
- Clients are to wipe down all equipment after use using antibacterial wipes provided.