

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 have been exposed to someone who is unwell, please stay at home. This will help avoid risking anyone else getting sick. If someone you have close contact with has been tested for COVID, please stay at home while the result is pending and advise one of our staff. Please advise us also of the result. We will not permit you to train if you are sick.
- Temperature checks: are not required by the Government and will not be conducting temperature checks as a condition of entry. However a hands-free forehead thermometer will be at the front desk and staff may ask you for a hands-free temperature check. Anyone with a temperature above 37.8 degrees will NOT be permitted as per government recommendations.
- Please arrive within 5 minutes of your session time. 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.

- Group Sessions are 35 minutes in length. SPPT sessions are 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, all members are to place your bag and belongings in the lockers at the back of the studio and either 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. Markers aside, please use social distancing where possible.
- Clients are to wipe down all equipment after use using antibacterial wipes provided.
- Face masks – you must wear a face mask to and from training as per government restrictions. During training, where possible, please wear your face mask. **Masks** may be removed in the case of strenuous activity (such as group fitness sessions) however we kindly request that all persons wear their masks as far as reasonably possible at all times. Where this is not possible, we recommend putting your mask under your chin, still attached to you, to avoid the mask being placed over the studio used by others and ultimately the spread of any germs.