



Covid-19 General Protocols & Gym User Guide

Version 2 - 6th April 2021





Introduction

Harlington Sports Centre (HSC) and its associated clubs are keen to reopen within the government advice and guidance pertaining to the outbreak of Coronavirus(COVID-19). HSC will adhere fully to advice provided by government organisations, and HSE, Public Health England and the World Health Organisation. HSC will also operate within the individual requirements of sport governing boards when creating protocols for specific sports usage.

HSC's priority is the safety and welfare of our members and staff and we have implemented a range of advice and guidance in line with our risk assessment. Rigorous checks will be carried out by the centre management to ensure that the necessary procedures are being followed by users and staff.

This Guide is a live document and may change depending on government and Public Health England guidance.

We apologise in advance if it is necessary to close or adopt further COVIDSecure measures at short notice, and thank you in advance for your support and cooperation in these matters.

Reopening Plan

Inline with Government Guidance, we plan to reopen some of our gym facility from Monday 12th April 2021, with bookings and enquiries open from Wednesday 7th April 2021.

Please ensure you read this document carefully prior to using our facility. If you have any questions please contact either Simon Ready or Andrew Wood on the contact details below;

Email: hsc@harlingtonsportscentre.co.uk

Telephone: 0208 569 3211



Generic Protocols for all HSC Use

Our Generic Protocols are applied to all bookings to ensure safety of site users and employees. Generic Protocols may change at short notice, in line with government or Public Health England updated guidance.

Please ensure you read our Generic Protocols guide alongside this documents.

To access this document please click the link below.

[General Protocols - Version 4](#)



How will your Membership Work?

All memberships were refrozen as of 19th December 2021. Please refer below to your membership type and the how your membership will operate going forward.

Standing Orders

At this moment in time, we are recommending members do not restart their standing orders, but to use of pre pay or pay up front membership.

Pay Up Front Memberships

As of the 19th December 2021, all Pay Up Front Memberships were frozen. All members will receive their remaining owed days. Whilst we are running the appointment scheme, each day a member attends the gym will be deducted from the remaining days owed.

Pay As You Go

Pay As You Go memberships will be via appointment only and will be chargeable upon entry.

Annual Memberships

All Annual Memberships will be extended to account for missed days.



Gym Usage: Specific Protocols

In order to maintain a safe working environment the following rules have been established.

Gym Opening Hours

Monday - Friday	16:30	-	21:30
Saturday	9:00	-	15:20
Sunday	Closed		

Gym Sessions

In order to allow for regular cleaning intervals, Gym Sessions will be limited to 1 hour. Gym members are restricted to one session per operational day. If no other users are booked for the following session, a double session may be permitted. This can be confirmed by the manager when you arrive for your booked session. Double sessions may not be booked in advance. Numbers will be limited for each session, and you are asked to maintain social distancing. when using the gym.

Sessions are as follows:

Monday - Friday	Saturday
Session 1: 16:30 - 17:30	9:00 - 10:00
Session 2: 17:50 - 18:50	10:20 - 11:20
Session 3: 19:10 - 20:10	11:40 - 12:40
Session 4: 20:30 - 21:30*	13:00 - 14:00
Session 5: —————	14:20 - 15:20

* this sessions maybe removed if unused

How to Book

To book a session please contact us on; 0208 569 3211 or alternatively email us at hsc@harlingtonsportscentre.co.uk

Equipment Stations

The Gym equipment has been spaced out to maintain a 2 metre distance between machines. Equipment is marked on the floor within its specified zone. Members should refrain entering into an equipment zone if it is in use by another member.



Free Weights

Please do not share free weights between members. Once used, members are required to leave all used free weights (including Bars and plates) in the marked area for cleaning.

Cleaning Stations

The Gym will be equipped with cleaning stations. Please wipe down equipment before and after use. Please concentrate on high contact points first. Seats, handles, grips and so on.

Use of Sweat Towels

Members are not permitted to bring their own sweat towels into the gym.