



## JSAC GYM RULES AND BOOKING

**There are specific rules in place for gym use during the Coronavirus pandemic.**

1. Only JSAC members may use the gym.
2. Members must have an appropriate membership subscription to use the gym – one that includes use of FB Fields.
3. It is your responsibility to keep the code confidential and not share it with anyone else.
4. Athletes under 18 need to be granted specific permission from the Executive Committee to use the gym, and can only do so when supervised by a JSAC Coach.
5. Over 18s use the gym at their own risk.
6. No food or drinks should be brought into the gym – except water in water bottles.
7. Leave the gym tidy – return all equipment to its place after your session.
8. Do not bring dirty equipment or kit into the gym.
9. Proper fitness attire is required – no boots, street shoes, sandals, bare feet.
10. DO NOT remove kit from the gym
11. Turn off lights when finished.
12. Athletes must maintain 1m minimum physical distancing whilst training.
13. Keep the doors open and the area well ventilated.
14. Wipe down all surfaces and equipment before and after use.
15. No more than 4 athletes in the gym at any one time.
16. Wipe down all touch points (door handles, toilet handle etc.) after use.
17. Ensure the doors are properly secured and shutters down after use.
18. Ensure a 30 min gap is left between sessions to allow the air/droplets to settle.
19. Book in using the booking form <https://1drv.ms/w/s!As0ouZlzMdlbgw9UhbEO-a9PI6FY>. The Club is required to keep a record for contact tracing and also to ensure max. numbers are not exceeded. If this is a Coach-lead session, Coaches must keep a register of attendees.
20. DO NOT use the gym if you have any symptoms or if you or someone in your household is self-isolating. If you become symptomatic please ensure that any athletes that you have trained with are included in your contact tracing.

Please bear in mind that Government guidelines are liable to change at any time. The Club have put measures in place to try to make gym use as safe as possible. If you see or think of anything that needs amending as you start to use the gym, please let a Committee know asap so we can review.