

SPACING // SPOTLESS // SPECIFIC // SPIRITED

IN THE FITNESS DEPARTMENT

SPACING



Thank you for:

- Only attending site when you have pre-booked a session
- Adhering to queuing and exercise guidance at all times
- Minimising time on site (arrive at your start time and leave immediately afterwards)

SPOTLESS



Thank you for:

- Wearing clean fitness attire and shoes
- Washing/sanitising your hands on entry and regularly throughout your sessions
- Cleaning down equipment after use
- Bringing your Sportscard to reduce the use of touch-points

SPECIFIC



Thank you for:

- Coming 'Exercise Ready' and avoiding the use of changing rooms whenever possible.
- Cancelling your session if you can no longer make it
- Not moving any equipment
- Not 'spotting' or 'working-in'
- Not bringing sweat towels (sweat bands are fine!)

SPIRITED



Thank you for:

- Not attending if you or anyone in your household has symptoms of Covid-19
- Telling us if you become unwell whilst at Sportspark
- Being patient, kind and respectful
- Following all guidance

THANK YOU