

We are looking forward to seeing you all back in the Fitness Centre from Monday 12<sup>th</sup> April and we hope that you have been able to stay active during our closure. When you are ready to return please make sure you take the time to gradually increase your exercise again and feel free to speak to the Fitness Advisors if you need any guidance at all.

As you might expect there will be several changes to the way we do things in the Fitness Centre. Although some aspects will be unusual at first, and we understand that they may not be as flexible or convenient as normal, we hope that you will recognise their importance in providing the most safe and accessible use of the Fitness Centre possible.

The team have deep cleaned the entire building, and no area more so than the Fitness Centre. From ceiling tiles, to weight stacks, dumbbells to treadmills nothing has been missed. We have replaced areas of upholstery, invested in new flooring to allow us to extend to some of the squash courts, removed hard-to-clean equipment from use, disinfected with new electrostatic cleaners and have re-trained all staff to ensure we are ready for you. You will notice additional wipe stations and the availability of blue roll and hand sanitiser for you to regularly clean down equipment, and yourselves, on your visits. Our team will be on hand to remind you of the importance of this – please ensure you help keep everyone safe by doing so.

Please help the Fitness Advisors, and support your fellow users, by adhering to all relevant guidance and our usage information below.

## **Access and participation**

We have re-arranged equipment and have also utilised two Squash courts for Fitness use. Squash Courts 3 and 4 will be accessed from within the Fitness Centre and some of our free-weights equipment has been relocated to these areas. Please respect all aspects of our premises and only place equipment, in particular weight-plates, on their designated storage units. DO NOT, under any circumstances, lean equipment against the squash court walls. We have also marked out some 'homes' for our equipment such as benches. Please do not move these at any time as they have been situated to allow for safe use for all.

Although we have extended the Fitness Centre floor-space, we have had to reduce capacity from 125 to 75 users. In order to ensure that this capacity is maintained, and to ensure all activity can be accommodated, use of the Fitness Centre MUST be pre-booked prior to travelling to the venue. No walk-in bookings will be taken under any circumstances.

The Fitness Centre will operate via a number of allocated workout slots with fixed capacities in place at all times.

Bookings can be taken by following the booking link on our website [www.sportspark.co.uk](http://www.sportspark.co.uk)

You will need your login details. If you have not used this service before please email [fitness.centre@uea.ac.uk](mailto:fitness.centre@uea.ac.uk) so that we can provide them to you. More details on how to use this service can be found [here](#).

The current Fitness Workout timetable is

<b>Session Time</b>	<b>Maximum Duration</b>	<b>Capacity</b>
06:30-07:45	75 mins	75
08:15-09:30	75 mins	75
10:00-11:15	75 mins	75
11:45-13:00	75 mins	75
13:30-14:45	75 mins	75
15:15-16:30	75 mins	75
17:00-18:30	90 mins	75
19:00-20:30	90 mins	75
21:00-22:30	90 mins	75

Please note that you may arrive at any time during your reserved slot but you will still be asked to finish your exercise, and vacate the Fitness Centre, at the relevant time.

In order to maintain as much access for our inclusive memberships as possible the following advanced booking provisions will be in place:

<b>Membership Category</b>	<b>Advance Booking</b>
Gold	14 days
Silver	14 days
Bronze	14 days
Student All Inclusive	14 days
Student Gold	14 days
Student Gym	14 days
Educational	7 days

### **Attending site**

It is important that time on site is minimised on each visit and so we ask that all users are punctual and do not attend in advance of their allocated workout time.

If you arrive early then you may be asked to queue outside of the building until access can be permitted.

If you have not booked a workout then you will unfortunately be refused access to Sportspark.

The changing rooms, although open, should only be used when absolutely unavoidable and so we ask all users to come 'Exercise Ready' in clean fitness attire and with minimal personal possessions.

Please bring a water bottle with you (the water fill option of our fountains will remain in use even though the mouth-spout will not) but please do NOT bring a sweat towel. Blue roll will be provided and it may be a time to break out those old sweatbands again too!

In order to reduce the number of touch points required, please ensure that you bring your Sportscard with you on every visit and keep this with you throughout. This will allow entry into the building and the Fitness Centre at your allocated time. We have also adjusted your card access to allow you to swipe out of the Fitness Centre rather than use the green exit button on the turnstile.

Please leave Sportspark promptly once your exercise has finished and make arrangements to shower and change elsewhere. Showers will not be available for use at the current time.

Please read our 'Thank You For...' etiquette guide and adhere to this at all times and, most importantly, please only attend site if you are completely symptom free.

In order to make everyone's time here as enjoyable as possible, please make sure that you respect your fellow users and Sportspark staff at all times. Adhere to social distancing, be patient, be kind, follow our guidance and remember... this is new for everyone and we are all trying to find our way through these changes together.

We can't wait to see you all again!