

Indoor Sports

We are excited to welcome back adult indoor sport from the 17th May, remember for recreational bookings you still need to the rule of 6 or 2 households for all sports indoors. When you are ready to return please make sure you take the time to gradually increase your exercise again.

We made several changes to the way we do things across our facilities. When we return these changes will all still be in place, 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 Sportspark possible.

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

General Access and participation

In order to maintain social distancing, and maximise safety, we have had to adjust session times to allow a period for the safe arrival and dispersal of users. This means that the number of available sessions for indoor sports has reduced across the day.

We have large sporting areas, and a significant amount of space, meaning that it is not currently our intention to restrict any sporting use unless a National Governing Body (NGB) deems it necessary.

However, it is important to understand that all use is strictly permitted on the understanding that you will review and adhere to the guidelines laid down by the relevant NGB. Links to the majority of these guides can be found on the Sportspark Covid page [here](#).

Spectating will not currently be permitted, unless there is a specific need in order to comply with our child supervision policy, or via consultation and risk-assessment with the events and conferencing team in advance. For that reason our seating areas will not be available until further notice.

All activity MUST be pre-booked. We will not be accepting 'walk-in' bookings on the day and so we thank you for not attending site without a reservation.

Bookings can be taken by following the booking link on our website www.sportspark.co.uk

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

We are working hard to get this prepared and are planning for all booking systems.

All non-member access should be solely for activity participation and so all entry will need to be made via Reception. In order to assist in NHS Test and Trace, all bookings will require name and contact details for the lead booker. The 60 pence fee will still be required but the self-serve turnstile will not be available.

Having monitored the use of our changing rooms, and although we strongly recommend you attend 'exercise ready' and shower elsewhere when possible, we can confirm that from 16 June we will be re-opening a limited number of showers in order to help those of you that want to exercise on the way to work or during your lunch hours do so. Please rest assured that we will ensure these are cleaned and maintained in line with all covid secure guidance.

Air-handling systems have been amended to rely on fresh air rather than re-circulation. This means that it may be more difficult to maintain our normal air temperatures. Please bear that in mind when choosing your attire.

Hall use

Halls are available for use in the normal manner although we have built-in some additional time to allow the team to effectively clean-down where necessary and to reduce the cross-over of participants. Please ensure that you are adhering to your start and finish times and allow others to vacate the exercise space before entering.

When in the Halls, bags and other personal possessions must be stored in marked areas only, away from the playing surface and you must only have the number of participants that can safely attend and maintain social distancing at all times.

Customers should avoid touching equipment unless absolutely necessary, in which case they should ensure they use the provided alcohol-based wipes to clean and sanitise the equipment afterwards. Bins will be provided at hall entrances for the disposal of used wipes.

All customers must bring their own equipment – no hire equipment is currently available.

Squash

We are excited to have the squash courts open again from the 3rd June.

Due to the need for additional space to cater for our Fitness Centre participants, we are restricting Squash use to Courts 1, 2 and 3 with Squash coaching also taking place with David Youngs.

These will need to be booked prior to attending the venue.

We will now be returning to back to back 40 minute sessions, please still ensure you are remaining socially distanced from others and please give way on the stairs going down to the courts so only one person is using these at a time.

Full guidance has been released by England Squash at <https://www.englishsquash.com/backtosquash> detailing recommendations on how to

return to the sport safely. This includes options for activities based on who you are playing with as well as guidance on how to minimise the transfer of equipment throughout your sessions. We ask that you review this information fully and pay particular attention to the options permissible for those attending. You can also find information regarding the game 'Sides' that has been recommended for those wishing to play against people from outside their own 'bubble'.

You will notice that we have installed Green Tick stickers in our seating area to highlight socially distanced spaces for bag storage (to avoid the need to take your bags onto court) and to identify safe seating spaces for those parents that need to attend for child supervision purposes, for example during a squash lesson.

David Youngs, our Squash coach will be available again and can be booked in the usual manner and the racquet stringing service is now also available.

All Squash competitions are suspended although we will look to reinstate our Sportspark Ladders as soon as we are able to do so.

Climbing

Our Climbing Wall capacity has been calculated using recommendations from ABC (*Association of British Climbing Walls*) and BMC (*British Mountaineering Council*) alongside Government regulations and our own facility Risk Assessment. This will reduce the climbing wall capacity to a maximum of 10 participants at any time. All climbers will be expected to adhere to the current social distancing measures in place and our own climbing conditions of use.

We have clearly identified spaces available for use in order to enable this distancing to be maintained, both in terms of participation and also for the storage of personal possessions.

It is essential that one line (Climbing Position) will be left between each user i.e. no two climbers should ever be using lines that are directly next to one another. This is of paramount importance in ensuring that the distance between climbers is kept to at least at two metres. The areas highlighted in the pictures below are areas that have been identified as locations that may be the most difficult to ensure climbers are social distancing. Please be particularly vigilant when utilising these spaces.



It is also important to note that **guest climbers are strictly limited to a maximum of 2 on each session.** Guest climbers must also be in the same household or bubble as the lead climber in order to keep everyone safe.

Guest climbers

At this time, we are allowing 2 Guest climbers to be booked onto each separate climbing session under the supervision of an assessed climber, these guests do not at the present time have to be members. The assessed climber who is wanting to bring along a guest climber will have to book their guest climber on either by phone or in the centre (not online) this is to aid us in maintaining the maximum numbers of climbers per session at no more than 10, consequently this means that only 8 members of assessed climbers will be able to book on if there are two slots taken up by guest climbers, however if on the day of the session these guest climber slots are still available then assessed climbers can be booked onto them at the last minute. Furthermore the assessed climber will be responsible for the safety of the guest climber at all time and take responsibility for that guest climber to effectively social distance themselves from each other and other climbers whilst in the climbing session. In order for them to be able to do this Guest climbers must be in the household or bubble as their assessed climber. In the case of solo climbers, efforts should be made (if the customers are comfortable) to allow solo climbers to pair up to use the facilities together whilst adhering to the governing body guidelines on social distancing.

In order to maintain effective hygiene in the Climbing space we need our climbers to take responsibility for their own cleanliness. To keep holds clean it is important that hands are washed or sanitised when first entering the facilities and between each climb.

A sanitiser station will be available in the middle of the area next to the bin, and all members and participants are encouraged to use the numerous cleansing stations around the centre as often as possible as well as washing their hand regularly.

No outdoor shoes are to be used within the climbing wall area.

Clean hands, clean holds, clean climbs!

Powdered Climbing chalk is now able to be used again following studies that it is now known that the virus that causes covid 19 is reduced by 99% upon contact with a chalky surface.

Attending site for all indoor sports

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 climbing session.

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

Please read our 'Thank You For...' etiquette guides 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!