

Foxhills

Re-opening of the Leisure Facilities

Introduction

This Covid-19 re-opening plan will outline the necessary steps taken to ensure the safe return of all customers and staff to some of the leisure facilities at Foxhills. This plan has been developed in accordance with guidance provided by Public Health England, Government guidance and re-opening information from UK Active.

Please note that there may be regular updates to this plan in the future as regulations, Government guidance, restrictions, and best practice change.

This plan relates to:

- The Health Spa entrance
- The Gym
- The Health Spa changing rooms and toilets
- Swimming pools
- Indoor classes within the Youth Club and Yoga Cabin
- Outdoor classes

This plan does not include the Spa treatments which will be subject to a separate plan.

To access any of the facilities or classes, a member must:

- Be an active member
- Bring their membership card (access will not be permitted without)
- Not be in self-isolation
- Not be displaying COVID-19 symptoms

Health Spa/Gym

Entrance

Access/Egress

- For all access there will be a queuing area outside Health Spa, clearly marked with signs
- Entry will be through the main Health Spa entrance, clearly marked with signs
- Exit will be via the fire exit on the way to the Yoga Cabin, clearly marked with signs

Gym

Capacity

- In line with Government guidelines the gym capacity will be limited to 25 people
- We will not be operating a booking system for the gym floor, but capacity will be strictly managed by the Health Spa reception and gym team
- Members should arrive in your gym clothing ready to exercise if possible
- Members should aim to limit their workouts to a maximum of 1 hour

Gym floor

- Entry will be through the main gym doors
- Exit will be via the back stairs
- To ensure the 2-meter distancing, machines will be moved, where not possible, switched off and not used

- Sanitising wipe dispensers are available at various points around the gym for users to sanitise the equipment after each use
- In particular, all touch points on machines must be cleaned before and after each use by the user
- All other touch points on the gym floor will be thoroughly sanitised by the gym team
- Air conditioning will be on to allow maximum ventilation

Health Spa and Youth Club

Changing rooms, showers, and toilets

All customers are strongly advised to arrive in the appropriate clothing for your exercise and to leave immediately after. We will be implementing the following measures throughout the facilities to maintain social distancing and reduce the quantity of social interactions:

- Capacity of the changing rooms will be controlled to reduce overcrowding
- There will be a one-way system around the changing room, clearly identified with signs
- Every 3rd locker will be available, clearly marked for use
- Limited showers will be accessible, these will be clearly marked.
- Hand Sanitiser and cleansing wipes will be available for the users to clean lockers and locker keypads after use
- Towels will not be available. Please bring your own towel for shower and gym use.

Indoor Classes within the Youth Club and Yoga Cabin

Based on the government social distancing guidelines the capacity for classes will be restricted. To control the class capacity, we would ask members to book a class online prior to arrival.

- Please arrive no more than 5 minutes before the class start time to allow for check-in
- A designated queue area will be marked outside the Youth Club and Yoga Cabin for all attending classes
- All class attendees will need to check in for their class at Youth club or Health Spa reception
- Adequate cleaning supplies in place in all areas
- To ensure social distancing, studio floor designated spaces will be marked out for personal space
- Class capacity (including instructor):
 - Youth Club studio – 13
 - Yoga Cabin – 13
 - Spin – 11

Outdoor Classes

Following successful running of classes outdoors, we will endeavour to keep an appropriate number of outdoor classes on the timetable where possible. They will be operated in the same way as they are now:

- Bookable in the usual way online
- The meeting point for outdoor classes will be signposted in front of the clubhouse
- The class instructor will escort you to the class location
- Classes will be organised in a series of formations to comply with social distancing
- Any equipment must be wiped down after use
- In inclement weather the class may be cancelled
- Classes in the Yoga Cabin can be moved outside when weather permits

Swimming pool and wet facilities

- Customers should always maintain a 2-metre distance
- To effect social distancing the government guidance includes a limit to the person occupancy of swimming pools. The pool capacities at Foxhills are:
 - Indoor Health Spa – 15
 - Indoor Youth Club – 12
 - Outdoor courtyard – 12
- To control the pool capacity, we would ask members to book a pool session online prior to arrival
- Members should arrive, "beach style", in your swimming costume under your clothing ready to use the pool if possible
- Each pool session will be for 60 minutes, including shower and changing time
- Air conditioning and ventilation system for indoor pools has undergone recent inspection and is deemed more than adequate

Youth Club

- The children's den will be open with games consoles available, pool table football and air hockey will be out of service until further notice
- Children must always be supervised by an adult, ensuring social distancing and cleaning of equipment after use
- The crèche will be open to member drop-off from Thursday to Sunday initially, 9am – 12:30

Due to government restrictions the soft play area will remain closed at this time.

Cleaning & PPE

- The housekeeping team will rigorously clean changing rooms, showers, toilets, and all communal areas throughout the day every day
- Staff will carry out regular cleaning of high-contact touch points throughout the premises, such as:
 - Handrails
 - Door handles
 - Toilet cubicles and handles
 - Taps
- Specific touch points on the gym floor will be thoroughly sanitised by the gym team
- Free standing sanitising stations will be located at the Youth Club, Health Spa entrance, gym entrance and at the entrance to the Yoga Cabin from the spa building
- Equipment used in classes must be cleaned by the individual after use
- Disinfectant wipes will be located on the gym floor, male and female changing rooms
- A fogging machine will be used each evening to disinfect each building