



Gym reopening guidance for limited access use

- You should not use the gym if you feel unwell or if you think that you may have been exposed to COVID-19.
- Access to the gym is booked through RMS under the meetings tab.
- Bookings are limited to 1 hour at a time, in 1 of 3 separately bookable areas.
- Each booking has a 30 minute margin to allow for air exchange and sanitiser efficacy.
- The three areas of the gym that can be booked are:
 - Two cardio bays are available (Cardio 1 & Cardio 2) each have a running machine and other cardio-vascular equipment, floor mats and access to shared kettlebells and dumbbells.
 - One strength bay is also available (Gym 3 Strength) and gives access to the weights machines and squat rack.
- Only those with active bookings should be in the gym at any time. This limits the maximum capacity to 3 gym users.
- Please wear a face mask as you arrive and when you depart.
- Access and exit are via the single key card operated door on the the Lower Fountain Court Corridor. Please be “COVID courteous” to others when entering or leaving the gym.
- You must sanitise all the equipment you intend to use before you start exercising **and** when you have completed your session.
- In the cardio bays in particular please sanitise the shared dumbbells and kettlebells before **and** after use.
- Ventilation is achieved by keeping all the windows fully open. Further ventilation will be provided twice daily when the Housemen sanitise the equipment and hand contact surface between bookable sessions.
- The built in audio equipment has been removed. Please use personal head or ear phones for your music. Please do not bring Bluetooth or wired speakers to the gym.
- Please dispose of your sanitising waste and any tissues carefully and be mindful of the safety of staff who remove the waste.