

# ALM FITNESS COVID-19 MEMBER GUIDANCE

To protect all members and the team during COVID-19 we have had to make some adjustments to your ALM Training experience. Your wellbeing is our priority.

Please courteously follow the set out guidance identified below:

## **SESSION ATTENDANCE:**

Only attend sessions following completion of ALM COVID Screening Questionnaire.

Attend session only if you are clear of COVID-19 symptoms for **+14 days**.

Attendance can only be authorised if you are **booked on using Team Up**.

Sessions are to be attended by **members only**.

We **cannot accommodate spectators** at this time – **no family, partners or children**.

## **PRACTICE GOOD HYGIENE & PERSONAL PROTECTIVE EQUIPMENT:**

Clean hands by using **hand sanitiser** on entrance & exit to the session.

We will **provide** sanitiser – we also encourage you to bring & use your own.

**Face Masks & Gloves** can be worn should you wish to. They are not compulsory.

**Toilet & Changing Facilities** are not available during sessions.

## **SOCIAL DISTANCING:**

Please adhere to the **1-2 metre social distancing** – before, during and after the session.

Before the session is due to start, please stay within **designated welcome area**.

**Individual workout areas** will be provided – please stay within throughout the session.

Ensure you follow the **one way system** for the session.

## **GOOD HOUSEKEEPING:**

Please **arrive early** – ready for our session to start smoothly & on time.

Please **keep all personal items and drink with you** at your own designated area.

Please **leave sessions promptly** – respect the safety of the community.

## **TRAINING EQUIPMENT & WEIGHTS:**

ALM will not be using any of its **training equipment or weights**.

We welcome you to **bring equipment** – to be used only by you in your designated area.

## PLEASE STAY HOME IF:

- You display any COVID symptoms:  
High Temperature – Continuous Cough – Loss of Sense of Smell or Taste
- You fall into the category of shielding
- You have a family member at home that is showing any symptoms of COVID 19

We're here to support you. If you need further information or have any questions, please let us know and reach out to us at anytime:

**support@almfitness.co.uk**