**HYGIENE POLICY**

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At AOF Champions Gym we have implemented the below hygiene policy to help stop the spread of Covid-19 at this point.

We would ask that all members, instructors and other visitors to the club to abide by the below policy at all times. Failure to do so may result in removal from the club with any future attendance suspended without a refund.

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| **PERSONAL HYGIENE**  | * Wash hands with soap and water often for at least 20 seconds. This should be done as a minimum on entering and leaving the building, after going to the bathroom and after coughing or sneezing. Handwashing stations are marked on the gym floorplan.
* Use hand sanitiser gel if soap and water are not available
* Cover your mouth and nose with a tissue or your arm when you cough and sneeze
* Put the used tissue in the bin immediately and wash your hands
* Wear a face covering in situations where it is not possible to continually socially distance
* Avoid touching your eyes, nose and mouth while at the studio
* Avoid any close personal contact (hugs etc…) and follow our social distancing policy
* Avoid touching any ‘high contact’ areas where possible such as door handles
* Please use the white tissue to wipe your sweat. No towels are allowed in the gym.
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| **EQUIPMENT**  | * Only use the equipment you have been assigned to for the on your workout plan
* No working in or sharing equipment
* Avoid touching any other equipment unnecessarily
* Use the cleaning products provided and clean your piece of equipment after use
* Maintain social distancing by patiently waiting your turn for equipment
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| **COMMON AREAS**  | * Common areas including toilet facilities will be cleaned and disinfected thoroughly periodically during the day. This also extends to door handles, light switches and other high contact areas
* Please avoid using common areas where possible, wait outside or in your vehicle before class until your allocated workout time
* Be courteous and wait for space in the locker area to be clear before going in
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| **WASTE**  | * Please ensure all waste is disposed of safely in the bin
* Please wash your hands after disposing of waste
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| **VENTILATION**  | * Fans will be on and doors/windows open for the duration of your class. Please do not touch these. Please let an instructor know if you would like them adjusted
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| **STORAGE**  | * Please leave all non-essential items in your car, or your home – only bring to the club exactly what you need for your session
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| **CV****EQUIPMENT** | * Please clean the touch areas and sweat from the machines after use using white roll and spray
* Wait patiently for equipment to maintain social distancing
* There will be a 20 maximum time use at busy periods on each piece of equipment
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| **HYDRATION**  | * Please ensure you bring your own water bottle with you for your work out and not share with others
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