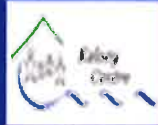


NEW UPDATE



Please review the guidelines in full.



Key points within the guidelines are as follow.

*** Masks must be worn at all times, including while exercising indoors. Masks are not required for outdoor exercise, but appropriate physical distancing must still be maintained outdoors.**

- Contact information for all patrons will be retained for 30 days
- Staff must be onsite to provide supervision.
- Increase ventilation is to be provided where possible. (open windows, increase HVAC settings).
- Over heated exercise classes are not permitted (e.g. aerobics & aquacise).
- One way traffic flow will be imposed where possible. (marked entry and exit doors)
- Change rooms and showers must allow for 2m distancing.
- All shared equipment will be cleaned and disinfected between uses.
- High touch surfaces will be cleaned and disinfected twice per day.
- No drop in attendance is permitted. All sessions will be scheduled in advance with health checks performed upon arrival.
- Music is to be kept below speaking volume.
- Patrons must arrive in exercise/swim suits and bring their own towels.
- Hand hygiene is encouraged before and after entering the facility (supplies provided)