

Reinduction for staff – Covid-19

Most staff will feel quite anxious about coming back to a setting and will need to know they are as safe as possible within the setting. Some staff may have experienced COVID-19 first-hand, some may have experienced family members with symptoms, and some staff may have lost family members or friends to COVID 19. It is important that we support all staff within their own experience of lockdown.

Below are some questions and answers that you may wish to use to help form your discussions with staff:

Questions	Answers
<p>How the Club is going to be run, such as visitor flow, visitor use and how you will rotate around the setting to ensure minimal contact with others?</p>	<p>The Fitness Suite is currently not in use. Sports Centre members and PYG visitors can use the Fresh Gym where, given the size of the building, social distancing can be maintained.</p> <p>All Sports Centre classes must be booked in advance. Classes are limited in number to ensure social distancing.</p> <p>Where possible, classes will take place outside. Staff will be briefed of any changes to class locations.</p> <p>Staff recommend the use of the FitSense App to members to ensure member booking; PYG visitors need to make a telephone booking.</p> <p>Read website FAQs ‘Staying Safe at Fresh Gym and the Fresh Sports Centre’ for further information; plus the links on this web page showing safety protocols for the Gym and Classes - to give a better understanding to members/visitors of the changes implemented and what to expect on their arrival.</p>
<p>Cleaning of the Sports Centre?</p>	<p>Each area of the Sports Centre is identified for staff in the ‘Covid-19 Daily Cleaning Action Plan’ which must be adhered to and signed off.</p> <p>There are six Hygiene Stations in each hall (containing anti-bacterial spray, centre feed and hand-sanitisers). These should always be fully stocked.</p> <p>IT IS CRUCIAL FOR THE SAFETY OF YOU, YOUR TEAM AND VISITORS THAT CLEANING IS CARRIED OUT WITH EFFICIENCY AND REGULARITY.</p>
<p>Class set ups?</p>	<p>You will be advised of each class set up.</p> <p>Instructors will direct each visitor to their ‘station’ within the class and instruct the visitor to stay within their station.</p> <p>There will be no equipment used during class.</p> <p>Visitors are requested to bring their own exercise mat to use in class. We do have mats available for use if needed.</p> <p>At the end of each class, visitors should use the Hygiene Station to wipe down their exercise mat and leave the mat on the floor at the end of each class, for the Staff to sanitise and put away.</p>

	<p>Dance classes – we will follow government guidelines and space attendees 2 metres apart with an additional 1 metre space in between.</p>
<p>Staff arrival</p>	<p>Staff will be expected to arrive at least 15 minutes prior to the start of their shift and should use the Fresh toilet to wash hands on arrival.</p> <p>Staff should then ensure Halls are fully equipped with all materials required for the sessions; and ensure Hygiene stations are always fully stocked.</p> <p>Staff should bring minimal items into to work. Items should be stored apart from each other.</p> <p>Please remember to keep a safe distance should you arrive at the same time as another staff member.</p> <p>Staff should ensure they follow the guidelines they have been given for Implementing Protective Measures and Cleaning and Sanitising Guidance.</p>
<p>What do visitors do when they arrive?</p>	<p>Visitors will be advised to arrive no sooner than 5 minutes before a class start. They will queue outside the Reception doors (which should remain open at all times) and adhere to the social distancing markers in place.</p> <p>When called forward, visitors should immediately use the hand sanitiser provided; swipe their membership card to check-in or register their name and payment with Reception.</p> <p>Visitor guidance recommends visitors are 'class ready' in their gym gear and, where possible, to avoid using the changing rooms and toilets, to limit the time spent in the changing rooms.</p> <p>There are no shower facilities on site.</p> <p>Towels are permitted for personal use <u>ONLY</u> and should NOT be used to wipe down equipment/mats.</p> <p>The water fountain will remain closed. Bottled water is available to purchase at Reception.</p>