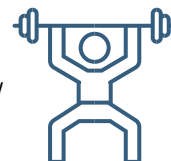




## WELCOME BACK TO COMBERTON SPORTS AND ARTS

COMBERTONSA.ORG | 01223 264 444 | COMBERTON SPORTS AND ARTS

We would like to take this opportunity to welcome back all returning members and clients to Comberton Sports & Arts. We've been extremely busy making our gyms, studios and sports facilities safe for you. Our operations have changed a little and we will need you to assist with a few simple rules to keep yourself and all other users safe. We hope the measures and circumstances don't hinder your experience and enjoyment. We're really looking forward to seeing you again!



### What we are doing to keep you safe:

Hand sanitiser and cleaning stations are available to use at key areas throughout the Centre. We strongly recommend that you use the station upon arrival at the Gym reception.

There will be a one-way system in place from the reception area to gain access to all other indoor venues. Each venue will have restricted access and capacities; with allocated entrance and exit(s) to assist social distancing.

We have installed perspex screens at the CSA reception and socially distanced markers (2 metres apart) on the floor to protect you and our staff.

We have made a 3<sup>rd</sup> Fitness venue – 'The Cardio Foyer' - it comprises of Cardiovascular machines to assist machine access in a safe socially distanced manner.

The CSA staff have been trained to adopt regular advanced cleaning measures.

CSA Opening hours during term – Monday to Friday – are to be restricted initially so to avoid any possible cross contamination between members of the public and CVC students. Our opening hours during the week are **07:00-08:00** and **16:30-20:30**. We are seeking a phased return to normal operational hours in due course. Sincere apologies for the inconvenience caused in the meantime.

At weekends we will need to close between **11.00 – 12.00** to disinfect the activity areas and will close earlier at **16:00**; for an end of day deep clean.

To maximise the ventilation of each facility we will open all the doors and windows prior to your arrival. Fresh air is the safest form of ventilation.

## What we need you to do to keep you and others safe:

If you have any symptoms of COVID-19 – PLEASE DO NOT ATTEND. Stay home and follow the NHS guidance.

Book your gym or class session prior to arrival. Capacities are restricted so you will need to book your gym or class session(s) online – using the FITSENSE APP.

Gym sessions are 50 minutes in duration. You may book a 2<sup>nd</sup> fitness venue upon arrival (subject to availability); should you need to use amenities in other venues.

Customers will be asked to come 'Gym ready' for their workout. The changing rooms are out of bounds.

Bring your own (full) water bottles. Regrettably we have had to close our CSA Café.

If you need to make a payment – bring a card – we can now only accept contactless payments.

Studio class attendees are to use the floor markers for appropriate social distancing.

Please may we ask for all gym and class attendees to depart to the exit swiftly as possible after finishing your exercise session (after having cleaned any of our equipment that you may have used).

Important - All users will be requested to clean any shared equipment/machine before and after use. This is imperative to the safety of one another.

Use the hand sanitiser/washing stations and the appropriate wipes and sprays located within each venue.

Please follow the social distance signs, and all advice displayed around the centre.

Keep to a 50-minute workout.

Each piece of Cardiovascular machine is restricted to 25 minutes each to ensure all gym members can access. Reminders of this are displayed around the facilities.

## General Information

- If you're not ready to come back just yet you have a few options:
  - 1) You have the option to Freeze your account further. Please submit a Freeze membership form on our Website and send it to Chloe Wilson (Fitness Manager) on [CWilson@combertonvc.org](mailto:CWilson@combertonvc.org) by the 19th September 2020.
  - 2) To end your gym membership please submit the 'Notice of cancellation form'. Please remember - 21 days' notice is required.

## Non-members – Pay & Play or Class attendance

Track & Trace System: All non-members will have to complete a 'Personal Details' form or PARQ form to use our facilities in advance of their first gym or class session. Please collect or request a form prior arrival to avoid group gathering at reception.

- Pay & Play Gym use: Book your session over the phone (01223 264444).

£6.50 per - 50-minute session – You will need to bring a credit/debit card for payment, and you will need to complete a PARQ form (even if you have been before).

- Studio Class – Non-members: Book your session over the phone (01223 264444).  
£5 per class - You will need to bring a credit/debit card for payment and a completed 'Personal details' form (even if you have been before).

*We appreciate the changes may provide initial challenges to us all as we adapt to a new normal way of life. However, we would like to thank you all for your continued custom and adherence to these new precautions. Enjoy your exercise and please stay safe!*

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