

Thank You for Keeping Our Community Together

Social Distancing

Thank you for:

- Only attending the site when you have pre-booked a session
- Adhering to queuing and exercise guidance at all times
- Adhering to our one way system at all times
- Minimising time on site (arrive at your start time and leave immediately afterwards)
- Keeping to defined areas during classes and fitness sessions
- Not spectating



Hygiene

Thank you for:

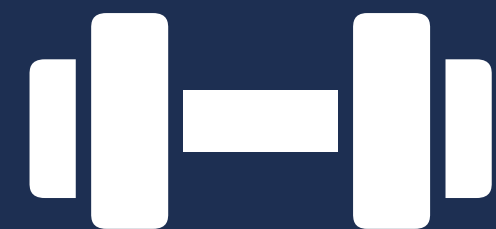
- Wearing clean fitness attire and shoes
- Washing/sanitising your hands on entry and regularly throughout your sessions
- Cleaning down equipment after use
- Bringing your Keele Card to reduce the use of touch-points
- Bringing your own personal equipment for example yoga mats, rackets and balls.



Overall

Thank you for :

- Coming 'Exercise Ready' and leaving as soon as your session finishes.
- Cancelling your session if you can no longer make it
- Checking the location and planning your route prior to attending
- Not moving any equipment
- Not 'spotting' or 'working-in'
- Not bringing sweat towels (sweat bands are fine!)
- Being prepared to adjust your clothes due to the necessary adjustments in air handling.



Care

Thank you for:

- Not attending if you or anyone in your household has symptoms of Covid-19
- Telling us if you become unwell whilst at the Sports Centre
- Being patient, kind and respectful
- Following all guidance

