



**Bridlington Links Golf and Leisure Estate will be welcoming back our Gym users from Monday 27<sup>th</sup> July. In order to maintain a safe environment for all, we have put into practice the following procedures to ensure we are Covid-19 compliant and also to make sure we have set up a fair & safe system of operating.**

Hand sanitiser will be located upon entrance to the gym and inside the gym, please use this. Sanitising spray will be for use in the gym, please sanitise your machine before and after use.

Sessions for the gym must be pre-booked, there will be no turning up without booking for a gym session. Machines and equipment will be sanitised between sessions.

Changing and locker facilities will not be available for gym sessions, please come ready to use the facility.

The maximum occupancy of the gym will be 12 users at any one time.

Gym use will be in sessions, these will be in 45 minute sessions throughout the day and will need to be pre-booked in advance. Members will be able to book 1 week in advance.

Initially Gym sessions will limited to 4 sessions per week for each user.

To comply with social distancing rules some gym equipment has been taken out of use.

Windows and doors will be opened for maximum ventilation, please do not close these.

Gym opening times will be strictly 8am to 5pm (Closes at 5.45pm). The sessions of 45 minutes per person will allow us 15 minutes between clients to sanitize and ensure the room is clean.

To book your time slot please call us on 01262 401584

We would like to thank you for your continued support and patience during this time.