

Loughborough Boat Club

Covid-19 Specific Guidelines for the use of the gym

Conditions of use:

Individuals must not have any symptoms

Individuals must follow all current guidelines (British Rowing, Legislation etc)

1. Preparation prior to use

- A 1hr time slot to be booked prior to gym use
- Capacity to be limited to 4 people in any one slot
- Gym doors/windows to be kept open to enhance ventilation

2. During gym use

- Users must “workout” in the predefined zones (Taped areas on the floor)
- Users to face away from each other whilst training where possible
- Equipment to be wiped/sanitised before and after use
- Equipment is not to be shared between gym users (eg do not share barbells/ergs etc)
- Any weight being lifted must be well within the individuals capacity
- Users to maintain social distancing at all times

3. After use

- Users must use the provided mop to sanitise their work out area
- Users must sanitise any equipment they have used/touched

4. In the event of an incident

- Mask, gloves and aprons are to be worn if a gym user needs assistance