

# ALL MEMBERS MUST OBEY BARTON ATHLETIC CLUB'S CORONAVIRUS RULES AND REGULATIONS

THE CLUB HAS IMPLEMENTED THE FOLLOWING RULES IN LINE WITH THE GOVERNMENT COVID 19 GUIDELINES.

GOV.UK 19<sup>TH</sup> JULY 2021

THE SAFETY AND WELFARE OF OUR MEMBERS AND FAMILIES IS OF THE UTMOST IMPORTANCE

IF YOU FEEL ILL WITH A HIGH TEMPERATURE, CONTINUOUS COUGH, LOSS OF TASTE OR SMELL,

DO NOT ENTER THE CLUB

**IT IS NOW DOWN TO EACH AND EVERY ONE OF US TO FOLLOW THE GUIDELINES; -**

FULL RISK ASSESSMENT HAS TAKEN PLACE

**GOVERNMENT GUIDELINES STATE YOU COME TO THE GYM ALREADY CHANGED INTO YOUR SPORTS WEAR AND SHOWER AT HOME**

**SANITISE** YOUR HANDS BEFORE ENTERING THE GYM/CLUB

**SIGN IN** – ALL MEMBERS MUST SIGN IN BOOK. PRINT FIRST NAME AND SURNAME AND MEMBERSHIP NUMBER (INSURANCE PURPOSES AND TRACK AND TRACE)

**SPORTS TRAINING GEAR AND SHOWERING** – GOVERNMENT RECOMMENDS THAT YOU STILL COME DRESSED TO TRAIN AND SHOWER AT HOME

**CHANGING ROOMS AND SHOWER FACILITIES MEN AND LADIES; -**

SHOWERS IN USE; - TO USE SEPARATE FOOTWEAR I.E. FLIPFLOPS / SLIDERS

WHEN IN USE; - ALL MEMBERS USING SHOWER FACILITIES TO CLEAN BEFORE AND AFTER EACH USE WITH PRODUCTS IN THESE AREAS

MENS SHOWERS 1 AT A TIME

LADIES SHOWERS – 1 AT A TIME

ALL MEMBERS USING **CHANGING FACILITIES** TO CLEAN BEFORE AND AFTER EACH USE WITH PRODUCTS IN THESE AREAS

**MENS CHANGING** - MAXIMUM 3 PEOPLE 1 PER BENCH

**LADIES CHANGING** – MAXIMUM 2 PEOPLE 1 PER BENCH

**TOILETS** – MALE AND FEMALE TOILETS OPEN. SOCIAL DISTANCING WHERE POSSIBLE. CLEAN BEFORE AND AFTER EACH USE WITH PRODUCTS IN THESE AREAS. SANITISE HANDS BEFORE ENTERING GYM AREA

**CHANGING ROOMS, SHOWER FACILITIES MENS AND LADIES, TOILETS MENS AND LADIES;** IF YOU FIND THESE FACILITIES ARE NOT UP TO STANDARD, PLEASE SPEAK TO A COMMITTEE MEMBER

**WATER/ WATER FOUNTAIN;** - **OUT OF USE UNTIL FLUSHING OF SYSTEM HAS BEEN COMPLETED BY QUALIFIED ENGINEER**

WHEN IN USE;- ONLY FOR THE FILLING OF YOUR OWN WATER BOTTLE NOT FOR ANYTHING ELSE

AND NO SPITTING OR RINSING OUT YOUR MOUTH, NO SHARING OF WATER BOTTLES

**GYM AREA:** - ALL MACHINES AND WEIGHTS MUST BE CLEANED BEFORE AND AFTER EACH USE

DO NOT SPRAY CLEANING PRODUCTS DIRECTLY ONTO ANY MACHINE, WEIGHTS OR PIECE OF EQUIPMENT.

(PLEASE SPRAY ONTO THE BLUE ROLL PROVIDED THEN DRY OFF)

THERE ARE SIX CLEANING STATIONS LOCATED IN THE GYM AREA PROVIDING CLEANING PRODUCTS

**WEIGHTS** – RECOMMENDATION DO NOT SHARE. THE CLUB PROVIDES PLASTIC GLOVES AND SANITISER

**WRESTLING MAT AREA**; - RECOMMENDATION USE YOUR OWN SEPARATE GYM MAT ON TOP – CLEAN THE AREA YOU USE BEFORE AND AFTER EACH USE

NO OUTDOOR SHOES TO BE WORN ON THE WRESTLING MAT

RULES FOR USE OF THE WRESTLING MAT ARE UP ON THE NOTICE BOARD IN THE GYM

**COMBAT SPORTS:** - ALL HIGH-RISK ACTIVITIES. ALL PARTICIPANTS MUST BE AWARE.

FOLLOW THE GUIDELINES OF THE GOVERNING BODY FOR THE APPROPRIATE SPORT

**BOXING:** - ALL EQUIPMENT THAT IS USED MUST BE DISINFECTED BEFORE AND AFTER EACH USE

ALL BOXERS MUST BE AWARE THE SPORT INVOLVES CLOSE RANGE AND SUBSTANTIAL CONTACT WITH OTHER PERSONS

EQUIPMENT – YOU MUST PROVIDE YOUR OWN PERSONAL EQUIPMENT – GLOVES, SKIPPING ROPE, HEAD GUARD, GUM SHIELD

HEAD GUARDS – MUST BE DISINFECTED BETWEEN EACH USE

**WEIGHTLIFTING:** - ALL EQUIPMENT THAT IS USED MUST BE DISINFECTED BEFORE AND AFTER EACH USE

ALL WEIGHTLIFTERS MUST HAVE THEIR OWN CHALK AND CHALK BAG/BOX

**WRESTLING:** -

ALL WRESTLERS MUST BE AWARE THE SPORT INVOLVES CLOSE RANGE AND SUBSTANTIAL CONTACT WITH OTHER PERSONS.

WRESTLING MAT MUST BE DISINFECTED BEFORE AND AFTER EACH USE

NO OUTDOOR SHOES TO BE WORN ON THE WRESTLING MAT

TAKE PART SAFELY – FOLLOW GOOD HYGIENE PRACTICES.

YOU SHOULD NOT; -

1. SPIT OR RINSE OUT YOUR MOUTH
2. NO SHARING OF WATER BOTTLES
3. FACE COVERINGS SHOULD CONTINUE TO BE WORN WHERE POSSIBLE
4. YOU SHOULD AVOID SHARING EQUIPMENT WHERE POSSIBLE
5. BOXING HEAD GUARDS SHOULD BE DISINFECTED BEFORE USE
6. ALL EQUIPMENT IN THE GYM AND FACILITIES TO BE CLEANED BEFORE AND AFTER EACH USE
7. GYM MEMBERS TO FOLLOW GOOD HYGIENE PRACTICES SUCH AS USING HAND SANITISER AND WASHING OF YOUR HANDS REGULARLY WHILE IN THE GYM

29<sup>TH</sup> September 2021