

Bonnington Leisure Club

Re-opening Guidelines

As you are aware gyms and swimming pools were given the go-ahead by government to reopen their doors as of Monday the 29th of June.

We here in The Bonnington Leisure Club have decided to reopen our club on a phased basis starting with the *Gym on Monday 6th of July* (Studio Classes will resumes at a later stage) followed by our *Swimming Pool on Monday 13th of July* (Sauna, Steam Room and Jacuzzi will remain closed until further government guidance has been issued).

The reason for this is to make sure that all relevant health and safety measures are in place before we welcome you back.

Like all businesses there are strict guidelines and protocols that must be followed to ensure the health and wellbeing of all visitors to our club. Our number one priority is the health and safety of our members and our staff.

We have implemented some changes to help us get used to the new way of working and this will mean that we will initially be operating slightly reduced opening hours of **7am – 8:30pm** Monday to Friday and **9:30am – 6pm** Saturday and Sunday (& Bank Holidays) .

Re-opening Guidelines:

- **Bookings:** You will need to pre-book your visit to the club so that we can keep control of numbers attending and ensure we stick to government guidelines. Each visit will be 60 minutes in length starting from 7am Monday to Friday and 9:30am Saturday and Sunday. This will be followed by a 15 minute interval in order to allow members to exit the facility and the cleaning of equipment.
- We are currently working with our member management system provider to develop an app to make this booking process easier and this should be available for download shortly. In the meantime you will need to contact us here in the club on 01-8522222 with your preferred time slot. Please be advised that showers and changing areas will not open during this initial phase so please arrive to the gym ready to train and shower at home.
- Unfortunately during our initial opening phases members will not be permitted to bring in outside guests until we receive further guidance from government and the HSE.
- **Health & Hygiene:** For your safety we've introduced new and updated safety measures including; increased cleaning times, upgraded staff PPE, additional perspex screens to cover our reception counters, new social distancing guides and increased hand sanitising stations.
- All returning members will have their temperature taken prior to starting their workout. Should you display a temperature of 38 degrees or over you will not be permitted to train.
- We would ask you to please adhere to the following in the interest of the health and safety of us all:

- If you are feeling unwell, please do not attend the club.
- If you have travelled outside of Ireland, it is the current government guideline to self-isolate for 14 days. Please do not attend the club during this time.
- If at any point you are feeling unwell or displaying symptoms of Covid-19, please self-isolate, contact your GP or the HSE on 1850 24 1850 and advise the club.
- **In the gym:** Gym equipment has been spaced out accordingly and certain cardiovascular machine have been put out of use to allow for social distancing. Other hard to clean items like our mats, battling rope, suspension trainers and power bags have also been removed for the time being.
- All members must use the sanitising station before entering the gym and wipe down each piece of equipment before and after usage.
- If you have your own mat from home, bring it with you. Sweat towels are necessary for wiping your own body but not for wiping down equipment, please use the sanitising spray and blue paper towels instead – this must then be put into the bins provided.

Just remember this is an ever changing situation and we are all in it together so if you have any questions, please email the club on leisureclub@bonningtondublin.com and someone will be in touch as soon as possible.

Looking forward to seeing you all soon.