



Download the **NHS Test and Trace App** onto your phone.



Use it to scan the QR code

GUIDE FOR MEMBERS

Read this guide carefully before coming back into the gym



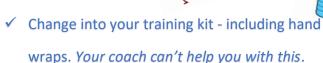
If you feel unwell

- Tell your parent or carer.....or
- ...if you're over 18 get a test, stay at home until you get the result, don't have visitors

BEFORE LEAVING HOME

YOUR NAME

✓ Go to the toilet.



- ✓ Bring your own gloves and a skipping rope if you have them.
- ✓ Bring your own water bottle (filled) plus hand sanitiser - both with your name on them.
- ✓ Wash your hands with soap
 and water for 20 seconds.



 Only travel with people from your household.



AFTER TRAINING

- Collect your things from the safe area
- Text your parents to let them know you're ready to leave



Wait until y EXIT ach takes you down the EXIT stairs

ARRIVING AT TRAINING

- If you haven't set up a direct debit you can pay when you arrive. Please use a card or have the exact money if possible.
- Your coach will tell you where to put your belongings so that they're safe.
- Sanitise your hands.
- TEST and TRACE. If you're over 18 scan the NHS QR code.

If you are unable to do this please give your contact details to your coach.

DURING TRAINING



to the coaches and do what they s



- ✓ **Don't touch equipment** unless asked to
- ✓ Keep 2 metres apart the floor will be marked
 with tape
- PLEASE KEEP A SAFE DISTANCE OF 2 METRES PLEASE KEEP A SAFE DISTANCE OF 2 METRES A PLEASE KEEP A SAFE DISTANCE A PLEASE KEEP A SAFE DISTANCE A PLEASE KEEP A SAFE DISTANCE A PLEASE KEEP A PLEASE KEEP A SAFE DISTANCE A PLEASE KEEP A PLEASE KEE





✓ WORK HARD and ENJOY IT!