

WELCOME BACK!!



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. 
- ✓ Change into your training kit - including hand wraps. *Your coach can't help you with this.*
- ✓ 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 your coach 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

- Listen to the coaches and do what they say 
- ✓ **Don't touch equipment** - unless asked to
- ✓ Keep 2 metres apart - the floor will be marked with tape 
- ✓ **Cover your mouth** if you sneeze or cough - then sanitise your hands 
- ✓ If you injure yourself - your coach will help you 
- ✓ **WORK HARD and ENJOY IT!**