

CHAMPNEYS

HEALTH SPA

CHAMPNEYS SWIM SAFE STAY SAFE GUIDELINES

The health and wellbeing of our members and staff is our number one priority. We have therefore introduced new procedures to keep everyone safe, well and active.

BOOKING & ENTRY

First of all, please stay home if you have any concerns whatsoever that you may have contracted, or been in touch with anyone infected with COVID-19.

In order to use the pool, you must PRE-BOOK your session via our new club members App or member's website. This enables us to control the numbers at any given time so it never gets too busy. Unfortunately, entry into the Club will not be permitted without a booking. Emails will not be an acceptable form of booking.

Please arrive 'swim ready' and bring your own towel for now.

HAND SANITISING STATIONS

We ask that you also sanitise your hands on entering the club and the changing rooms and before leaving the changing rooms and the club to keep yourself and others safe.

CHANGING ROOMS

Please adhere to social distancing at all times. We have created the space you need to get changed while keeping a safe distance. Entry to the changing rooms will be monitored so that it never gets too busy. However, please be mindful of time spent in the changing room to ensure everyone can enjoy maximum time in the pool. We have allocated a maximum of 15 minutes between the current group and the next group of swimmers coming in. Please ensure that you vacate the pool and the changing room by the end of your booked session time. For the arriving group of swimmer's access to the changing room will be at the start of your pre booked time. To reduce the risk of infection we would ask you to observe good hygiene practice by showering before you come and quickly after using the pool.

KEEPING A SAFE DISTANCE

Following Government and Swim England guidance, lanes have been introduced and clearly marked out in the pool. Lane swimming will remain in place until further notice.

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To ensure everyone enjoys lane swimming, here are some guidelines to get the most out of your time in the pool:

- Entry and exit into the pool is clearly marked. Please ensure you use as indicated.
- The swimming lanes are marked at 4m distances.
- Please swim in a lane appropriate to your swimming ability/speed.
- Please follow the direction of the lane boards and swim in single file. This will help to prevent accidents and ensure participants can maintain a safe social distance.
- Allow faster swimmers to pass you at the end of each length. Move to the edge of the lane and turn your head away.
- If you are continually being passed please consider moving to a slower lane.
- If you need to take a rest, please exit the pool and rest poolside.

When aqua classes are taking place lane swimming will be reduced to one lane.

Whirlpools, Jacuzzis and Thalassotherapy pools will potentially be open with restricted access and times.

SELF-CLEANING STATIONS

Anti Bac Wipes are available so you can clean your locker before and after use, for added peace of mind.

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CHAMPNEYS GYM SAFE STAY SAFE GUIDELINES

The health and wellbeing of our members and staff is our number one priority. We have therefore introduced new procedures to keep everyone safe, well and active.

BOOKING & ENTRY

First of all, please stay home if you have any concerns whatsoever that you may have contracted, or been in touch with anyone infected with COVID-19.

In order to use the gym, you must PRE-BOOK your session via new Club Members App or member's website. This enables us to monitor the numbers so that it doesn't get too busy. Unfortunately, entry into the Club will not be permitted without a booking. Emails will not be an acceptable form of booking.

Please come 'training ready' as the changing rooms will initially be restricted to swimmers only and will be out of use for non-swimmers with the exception of toilets. Please adhere to social distancing at all times. Please bring your own water filled bottles. Gym towels will not be available initially.

HAND SANITISING STATIONS

We ask that you also sanitise your hands on entering the club and the gym and before leaving the gym and club to keep yourself and others safe.

KEEPING A SAFE DISTANCE

please adhere to social distancing at all times. We have created the space you need to work out while keeping a safe distance. The gym has been rearranged and/or clearly marked out for you to use safely, so it is easy for everyone to follow. We will also monitor the numbers at any given time so it never gets too busy.

PERSONAL TRAINING

Personal Training is available and trainers will provide you with safe, socially distanced training sessions. Training can be on site or remote at home via zoom. Please contact your Personal Trainer or Fitness Manager.

EXTENSIVE AND FREQUENT CLEANING

Our Clubs are deep cleaned every night with high-grade anti-viral disinfectant. In addition, electrostatic cleaning technology is used. The team will also clean every piece of equipment and surface throughout the day, from dumbbells to treadmills and everything in between, so you can train with confidence.

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SELF-CLEANING STATIONS

Anti Bac Wipes available so please clean your equipment before and after use to keep yourself and others safe.

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CHAMPNEYS CLASS SAFE STAY SAFE GUIDELINES

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BOOKING & ENTRY

First of all, please stay home if you have any concerns whatsoever that you may have contracted, or been in touch with anyone infected with COVID-19.

In order to join a class, you must PRE-BOOK your session via the new Club Members App or member's website. This will enable us to monitor the numbers at any given time so that it doesn't get too busy. Unfortunately, entry into the Club will not be permitted without a booking. Emails will not be an acceptable form of booking.

Please come 'training ready' as the changing rooms will initially be restricted to swimmers only and will be out of use for non-swimmers with the exception of toilets. Please adhere to social distancing at all times. Please bring your own water filled bottles. Equipment for classes will be minimal. Please feel free to bring your own mats.

HAND SANITISING STATIONS

We ask that you also sanitise your hands on entering the club and studio and before leaving the studio and club to keep yourself and others safe.

KEEPING A SAFE DISTANCE

Please adhere to social distancing. We have created the space you need to work out while keeping a safe distance. The studio has been clearly marked out for you to use safely, so it is easy for everyone to follow. We'll also monitor the numbers at any given time so it never gets too busy.

EXTENSIVE AND FREQUENT CLEANING

Our Clubs are deep cleaned every night with high-grade anti-viral disinfectant. In addition, electrostatic cleaning technology is used. The team will also clean every piece of equipment and surface throughout the day, and allow up to 30 minutes between classes to clean down so you can work out with confidence.

SELF-CLEANING STATIONS

Anti Bac Wipes available so you can clean your equipment before and after use, for added peace of mind. Your assistance in this will be gratefully received.