

# CHAMPNEYS

HEALTH SPA

## CHAMPNEYS TRAIN SAFE STAY SAFE MEASURES

The safety of our staff and members is our number one priority, but **while things will look a little different, our clubs will continue to provide a premium health and fitness experience.** We're striving to offer the **most complete club experience possible**, so whether you're a keen swimmer who's missed the water, or a gym or class lover tired of exercising in the living room, we'll be sure to have something for you.

And of course, we will be **incorporating extensive cleaning protocols and social distancing practices** throughout our clubs to keep you safe and at ease.

Here are some of the measures we are taking:

- 1. Keeping Your Distance**
- 2. Cleanliness & Hygiene**
- 3. Looking Out For Each Other**

### KEEPING YOUR DISTANCE

To ensure you remain safe whilst getting your fitness routine covered, we have implemented a number of procedures to maintain careful social distancing.

We will be following advice from the Government and will review our social distancing procedures regularly - keeping safety as our number one priority.

Please do help to keep yourself, our staff and your fellow members safe, by using a sensible approach to personal space. We will expect you to take responsibility in this area too.

#### **Social Distance**

We have redesigned the gym floor where necessary and possible, to provide you with effective and safe workout areas. Where possible we are also introducing one-way routes. Studios will have allocated 2m markings for each participant and the pools will have lane swimming.

#### **Protective Screens**

We have added Perspex protective screens to our receptions.

#### **Class sizes**

We will continue to deliver amazing classes in our studios, and will utilise larger conference spaces and outdoor areas, where possible. Class sizes have been reduced in our studios. Classes have also been re-choreographed to ensure safer participation.

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## **Pool-side**

The swimming pool will be open, and we will actively manage bather numbers and introduce lane swimming until further notice. Aqua will be available.

## **Changing rooms**

In our member changing rooms a number of lockers, shower cubicles, toilets and wash basins may have to be temporarily taken out of service to enable necessary social distancing. Swimmers will be able to use the changing room but expected to come 'swim ready' and with their own towel. Towels and robes will not be available initially. Showers will be available for swimmers only but time must be restricted to allow maximum use for everyone. Gym and studio participants are expected to come 'training ready' so as not to use the changing rooms.

Our residential resort guests are asked to come gym or pool ready and to shower afterwards in their own private bedrooms.

Our day guests will access the changing rooms as per swimmers and where possible have their own changing rooms.

## **Temporary Closures**

Unfortunately, as per government guidelines the sauna, steam and laconium will be closed during the initial reopening phase. We review this regularly and will reopen these facilities when safe to do so.

Whirlpools and spa pools will potentially be open with socially distancing guidelines, restricted access and times. This may be subject to change depending on guidelines.

## **Booking system**

A simple booking system is in operation to control usage levels on the gym floor, pool and in classes.

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## **CLEANLINESS + HYGIENE**

To deter the spread of the virus, we have improved our cleaning routines and adopted advanced hygiene standards.

### **More cleaning, more often.**

Our team will use cleaning products that are proven to kill viruses like COVID-19 in all areas, with particular attention being paid to bikes, weights, and all high-touch surfaces after every class. We have invested in state-of-the-art, new cleaning equipment that uses **Electrostatic Technology**. This revolutionary cleaning system provides an even distribution of cleaning products and total disinfectant of every surface it coats.

Extra time is being allowed between classes so we can fully clean the studios ahead of the next class and the gym will be closed after every session to allow further cleaning.

### **Handy products when you need them**

We are providing hand gel and antibacterial wipes for members to use. Please use the wipes before and after your workout. Wipes are also available for use in the changing rooms. Please use these products to deter the spread of the virus - protecting both yourself and other users of the gym.

### **Going contactless**

Please help us stay safe by using contactless payments when possible. If you wish to settle your accounts please contact your Club Administrator by phone or email.

### **Class / Pool / Gym Booking**

Please make your booking via our new Champneys Club Member app or book from the member's area on the Champneys website. Emails will not be an acceptable form of booking.

### **A breath of fresh air**

We have invested in a clean air solution called 'Aera Max IV' (from the phs Group) to ensure the steady flow of clean air. This chemical-free solution uses activated carbon filters that are proven and certified to absorb 99.9% of airborne viruses and contaminants within just 35 minutes of operation.

### **Towels**

Towels will not be available for use to begin with so please bring your own towel for swimming. Sweat towels in the gym will also not be available

### **Equipment**

We understand that you may wish to bring your own mats, bands etc. If you wish to bring your own equipment please ensure that you sanitise before and after bringing it to the Club.

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If you want to buy your own, we recommend the below two yoga kits:

Jordan Fitness: Receive 20% off with the code “ITRAINWITHJORDAN” as well as free delivery on any orders over £100.

Purchase here: <https://www.jordanfitness.com/collections/yoga-rehabilitation>

YOGACHAMP: <https://www.yogamatters.com/yogamatters-standard-yoga-kit.html>

### **No equipment rentals**

Bikes or any sports equipment will have limited use subject to resort. You are welcome to bring your own rackets or balls.

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## LOOKING OUT FOR EACH OTHER

### We ask all members to...

- Always respect social distancing rules when in the Club and Hotel or Resort - especially when in close, shared spaces like changing rooms or group classes.
- Wash your hands frequently
- Wipe down the gym kit before and after use
- Please do not use sweat towels.
- Please do not remove cleaning materials or hand sanitiser from the Club
- Be patient and observe all health and safety guidance and advice, and if you have any feedback please do contact a member of our team.

### Staff training

All staff will receive COVID-19 training, to reassure them about the new initiatives and processes we have introduced. In addition, staff will receive health & safety operating training upon their return to work.

### Staying protected

Before starting work each day all team members will complete a health screening, including temperature check, to ensure they are fit for work.

Team members will wash their hands at the start of their shift and will be encouraged to frequently do so during their shift too.

At Club Reception we have fitted a protective screen to keep our staff and members safe.

### Safety first

If you have any COVID-19 symptoms, please do not come to the Club and be sure to follow the latest up-to-date Government advice.

If you have tested positive for COVID-19, or have knowingly come into close contact with someone who has, we ask that you do not come to the Club for 14 days or until you've tested negative for COVID-19.

If you feel unwell or have any concerns about coming into The Club, please stay home and stay safe.