



# COVID GUIDELINES

THESE GUIDELINES ARE NECESSARY TO COMPLY WITH GOVERNMENT GUIDELINES AND TO KEEP EVERYONE SAFE WHILST TRAINING.

IT'S IMPORTANT YOU ALL ADHERE TO THESE GUIDELINES.

INSTRUCTORS RESERVE THE RIGHT TO REFUSE ENTRY TO ANYONE REFUSING TO FOLLOW THE GUIDELINES.

**Do not attend if you have any of the Covid symptoms**

- All students and visitors will be temperature checked prior to entry.
- All students and visitors will sign our track and trace register.
- All students and visitors will use the hand sanitiser at the entrance.
- No spectators allowed.
- The main door is locked during a class session. No Entry before or during class sessions. Wait for your instructor to collect you, sign you in and temperature check you.
- If you're running late please call your instructor who will come and let you in.
- Please line up outside maintaining correct social distancing measures.
- Minors receiving a private class are allowed one parent/guardian to stay in order to comply with our child protection policy. A mask will be required for the parent/guardian unless exempt.
- All students will arrive changed and ready for class.
- Changing rooms are out of bounds except to use the toilet.
- Toilets are a one in one out policy.
- Please use the hand sanitising soap after using the toilet and after training.
- Please follow the distancing markers and arrows to comply with the one way system.
- There is one entrance and one exit to ensure social distancing.
- Please keep to your designated training zone inside the gym.
- Do not touch equipment unless told by your instructor.
- New beginners are by pre-booked appointment only.

Thanks for your cooperation. **Safety is our priority.**

MMAX GYM Instructors

[www.mmaxfitness.co.uk](http://www.mmaxfitness.co.uk)

