

## Red Light Setting - Guidelines for Cambridge Fitness

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Please read through these guidelines and by doing so you accept all the terms and conditions that we have put in place.

This document is designed to provide a safe framework to manage the risk of Covid19 in Cambridge Fitness, to minimise any transmission by keeping our members staff instructors and visitors safe. These guidelines need to be followed by every person entering Cambridge Fitness.

### Criteria for Returned Entry to Cambridge Fitness.

Wearing a mask – upon entry to the gym, entering Group Fitness room, going to toilet, moving around the gym, **A MASK MUST BE WORN**. This is **mandatory** by the Government. Once you start your workout, you may remove your mask. Please bring something to put your mask in (ie zip lock bag) or put it in your pocket while you workout. Please don't leave your mask lying around.

Mandatory to scan in and use the QR code upon entry.

### Vaccine Passport

My Vaccine Pass is an official record of your COVID-19 vaccination status for use within Aotearoa New Zealand. It is the only valid document that can be used to access events or venues that require proof of your vaccination status. Businesses cannot accept a purple vaccination card, vaccination confirmation letter or exemption card as proof of your vaccination status.

Please update Cambridge Fitness when you have received your first and second vaccination plus Booster.

### No entry will be given to any person with any of the following:

Tested positive for CV-19 or CV-19 antibodies and not had subsequent medical clearance to come out of isolation.

Currently exhibiting a fever, or any other common symptoms of CV-19.

Currently in quarantine or isolation by the NZ Government.

Knowingly been in recent contact (in the last 14 days) with a person with CV-19.

### Managed Entry will be given to:

Anyone with underlying health conditions eg, asthma, heart disease, diabetes.

Any person who meets the above criteria will be permitted to enter the Cambridge Fitness after a staff member has been notified of their greater individual risk (this can be done by telephone, email, Facebook message to Cambridge Fitness).

## Physical Entry to Cambridge Fitness.

Compulsory contact tracing must be done following Government Guidelines which means that every person must have a current active membership to use our swipe entry system giving us all details including date and time of entry. Please also scan in using the QR code. Please contact us to make sure we have all your details correct on our database: address, email, and telephone numbers.

For non-members, contractors etc, we will have a register to sign, and all these details will be required. Also please use the QR code to scan in.

When you access Cambridge Fitness, we ask that you use the scanner at the front door with entry from Cambridge Road and use the QR code. If you the other entries, please maintain social distancing and scan in at Reception. 24-hour access will be available to our current members, by abiding by these guidelines set out by Cambridge Fitness.

Data collected by other than our member data base will be destroyed after 28 days if not requested by the Government to protect privacy.

Doors are quite a tricky area so we ask that when you need to open one of the doors to enter the gym or use the showers toilets etc. that you use either your elbow or hip even with our toilets; a light kick at the bottom will open them. We ask you physically to not touch handles, we will be placing sanitisers and wipes for anywhere that you have touched so please use these. Hand sanitisers are a compulsory use before entering the gym these will be stationed at each doorway, please use also when exiting.

## Protocol for Members using all Shared Equipment.

Every member using the gym will be asked to bring their own towels, basically **NO TOWEL NO WORKOUT**. Staff will not be handing out any towels for personal use.

Maintaining a high level of cleanliness is our commitment to provide Health and Safety.

We ask that members clean any equipment that they are using before and after use, including any bars, steps and weights used during our Group Fitness classes. We will be supplying ample appropriate disinfectant hand sanitisers and wipes these will be placed all around the areas.

During Red Light Setting, to prevent any cross contamination we will not be handing out boxing gloves mits. If you wish to bring your own, then you may continue to use our boxing area.

Showers we believe are safe to remain open with our twice daily clean and a limit of two people at a time in the shower area.

## Social Distancing.

Government Guidelines are that social distancing will be two metres. We advise as much social distancing as possible. If you are standing next or near someone using dumbbells, bars, or weight equipment, please use your common sense to maintain a space between you and the next person, two metres must apply. Our Group Fitness classes will be applying the rule of two metres. We don't want to take out pieces of equipment, so we ask you to please use your judgment and maintain social distancing of two metres. Please be advised that our Group Fitness can take 20 people so that means the first 20 will be given entry to the class.

This should give enough space in a two-metre square area safely. We also need members to be aware of putting out and putting away any equipment used for these classes so please do not rush to get things, wait slowly for each person to fetch their step, weights, bars etc. If you are waiting for your class do not gather outside the Group Fitness room. Social Distancing applies.

RPM class will take place in the Group Fitness room to maintain social distancing.

We will be advising changes to the timetable. Cambridge Fitness is doing everything we can to make your return as safe and pleasant as possible.