



WHITE SPA  
at White House

## COVID 19 Policy

### Reopening following Firebreak Lockdown 9<sup>th</sup> November 2020

Following Welsh Government guidelines gyms and leisure centers **can re-open on Monday 9<sup>th</sup> November** however, all our classes will now be run virtually on zoom.

We have followed the guidelines from the Welsh Government.

#### ***Which sport, leisure and recreation facilities are now open?***

*All sport and leisure facilities are now allowed to be open. The operators of these facilities must take **all reasonable measures to manage risk and maintain physical distancing**.*

#### ***What measures are in place to make it safe for leisure centres and swimming pools to be open?***

*The Welsh Government published guidance to help facilities operators prepare for the safe management of indoor and outdoor facilities in June. Since then we have worked in partnership with **Sport Wales**, the Welsh Sport Association, governing bodies such as Swim Wales and the sector, to ensure that guidance will support the safe reopening of leisure facilities and swimming pools in Wales. Leisure operators have also agreed to share best practice and lessons learned with each other when they reopen, to benefit everyone who works in and attends their facilities.*

*All facilities eligible to re-open will have to ensure these guidelines are followed and must conduct risk assessments to ensure their facilities and the activities they offer are safe. We expect all **reasonable measures** to be taken to minimise the risk of exposure to the virus. This means physical distancing and limiting face to face interaction, and **improved hygiene** (cleaning and sharing of equipment, hand washing and respiratory hygiene etc.). As a result some training activities may not be able to resume at present and saunas and steam rooms should not open. You will also be expected to provide contact details.*

#### ***Am I able to work with a personal trainer, including in gyms?***

*Yes. As part of the re-opening of indoor leisure facilities including gyms, personal training can take place, but the client and trainer must obey the same rules as everyone else. We expect all **reasonable measures** to be taken to minimise the risk of exposure to the virus. This means physical distancing and limiting face to face interaction, and improved hygiene (cleaning and sharing of equipment, hand washing and respiratory hygiene etc.). As a result some training activities may not be able to resume at present.*





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### **Can spas open?**

*Spas are allowed to open, but certain treatments may not be available, and saunas and steam rooms will be closed.*

## Face Coverings

Please see below latest guidance from the Welsh Government on Face Coverings

### **Do I need to wear a face covering when I exercise in a leisure centre or gym?**

*As gyms and leisure centres are indoor public places, you will need to wear a **face covering** when you go there and you will need to keep it on depending on what you are doing. If you are preparing to exercise, changing or undertaking any activity that isn't strenuous, especially when in close contact with other people, you will need to wear a face covering.*

*However, there may be circumstances where the layout of the premises and the nature of the exercise you are doing mean that it would not be reasonable to expect you to wear a face covering. The World Health Organisation advises against wearing a face covering when exercising as sweat can make a face covering become wet more quickly, making it difficult to breathe and promoting the growth of microorganisms. It advises the important preventive measure during exercise is to maintain physical distance from others.*

*As part of the measures the operator of the gym or leisure centre will need to put in place to minimise the risk of exposure to coronavirus, they will need to consider when wearing a face covering would not be appropriate and what mitigating action may be needed. They will be expected to give you further information about the systems put in place and what you will be expected to do.*

### **Do both staff and the public have to wear coverings in a leisure centre or gym?**

*Yes. Staff working in areas of indoor premises which are open to the public are also required by law to wear **face coverings** while they are in those areas, subject to the same exceptions which apply to customers.*

Please see below link for further information.

<https://gov.wales/coronavirus-regulations-guidance#section-46351>





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## What we are doing to keep you safe

Keeping you safe and healthy is our number one priority. That is why we have introduced new cleaning procedures and social distancing measures, which have been guided by the experts at UK Active, Swim Wales and the Welsh government.

Current guidelines state that all areas of the spa can be opened other than the Sauna and Steam Room, so they will remain closed for the time being.

## Opening Times

Day	Time	Children Swim times
Monday - Friday	6:30 to 21:30	15:00 to 17:00
Saturday	7:30 to 20:00	8:00 to 10:00 16:00 to 18:00
Sunday	10:00 to 17:00	10:00 to 12:00 15:00 to 17:00

## Cleaning and disinfecting

New cleaning procedures have been developed to ensure all areas are always clean and all equipment will be sanitized regularly throughout the day. Members will be encouraged to sanitise their hands at reception and additional hand sanitizer units have been positioned at key areas.

## Social distancing

**Please be aware of your personal space and the personal space of other**

New social distancing signs have been placed around the spa and we are also limiting the numbers of members in each area, initially:

- 4 Members can use the gym at any one time
- 6 Members can use the swimming pool and outdoor pool





WHITE SPA  
at White House

- 3 Members can use each changing room at one time (unless from same households)

To ensure that we can control the number of members onsite and to avoid disappointment you **will need to book**. A gym slot and swimming can be booked consecutively, but we do ask that you are in and out of the facility within your allocated time.

**To book a please call on 01745 530 000 between 9am and 5pm, booking will only be allowed one week in advance**

## How you can keep yourself and others Safe

To keep the gym as safe and clean as possible, we need your help. We ask that you follow a few simple rules when you visit:

- **Stay home if you're unwell.** Please don't come to the gym if you feel sick or have COVID-19 symptoms
- **Pre-Book.** We will be limiting the number of members onsite to ensure social distancing can be achieved, **please call to book.**
- **Plan your workout.** Please plan your workout and be mindful of others wanting to use the equipment.
- **Arrive ready to work.** Please come in your workout gear to avoid using the changing rooms. We advise against wearing face masks as they can hinder your breathing while exercising, and gloves are not recommended as they cannot be cleaned easily – Please use the hand sanitiser provided.
- **Bring your own.** If you're doing yoga or Pilates, bring your own mat if you have one. Only bring one towel if you're showering and don't bring a sweat towel.
- **Travel light.** We will only be using the green coloured lockers for the time being, so please think about how much you're bringing with you.
- **Check in at reception.** For each visit please sign in at reception.
- **Use hand sanitising stations.** You will find one at the reception and throughout the gym. Make sure you follow proper handwashing if you use the changing rooms.





## WHITE SPA at White House

- **Clean your equipment and mats.** You can do this before and after use, please use the cleaner and sanitiser provided.
- **Only shower if you're swimming.** We are limiting showers and changing rooms to our pool users, so please shower at home otherwise.

### Memberships

As we were forced to close on the 23<sup>rd</sup> October 2020 and allowed to reopen on the 9<sup>th</sup> November, your membership will resume on the 9<sup>th</sup> November 2020.

- If you are a pre-paid annual member your membership will be extended for the length of time that the club was closed.
- If you pay by Direct Debit will we take your next monthly payment on or around 1<sup>st</sup> December 2020.

### We will keep you updated on any changes

We are monitoring the situation closely and we hope to make the rest of our services and facilities available again soon, dependent on government guidelines.

### Feedback

As a member club your feedback is important to us and if you have any suggestions or concerns or if you have any questions please call 01745 530000 or e-mail [info@whitehouserhualt.co.uk](mailto:info@whitehouserhualt.co.uk)

### Thank you, the SPA team.

NEW	03082020
Face Coverings	14092020
Local Lockdown	30092020
Firebreak Lockdown	20102020
Re opening after firebreak	05112020

