

THE GOLDSTONE FITNESS SAFETY STANDARD

The safety of our members has always been our top priority, and we're even more focused on it now. Here are the changes we are making in how we operate—all designed to keep our staff, personal trainers and instructors safe.

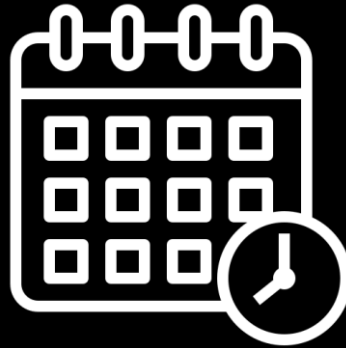
- As we all adjust and learn how to return to some normality, we'll be constantly reviewing our systems as we re-introduce the various services and classes in the club in the weeks ahead.
- We will be updating this page as we are further instructed with new HSE guidelines, implementing new operating procedures and reducing restrictions in the club with safety being the first principal concern – so you can always check back here.



Please note:

We will be enforcing our no cash policy in our efforts to reduce unnecessary contact between staff and members. Only card or contactless payments will be accepted, or alternatively you can sign up for membership on our website.

BOOKING SYSTEM:



Gym slots of **90 minutes** must be booked from 4pm-Close Monday - Thursday on our class timetable.

Bookings are not required during the mornings, afternoons or weekends. This is subject to change depending on Government issued restrictions.

We ask members to take responsibility and enter the club during their booked gym slot and leave within the allotted 90 minutes to allow the members in the next slot to enter.

Slots can be booked up to 3 days before at 9pm. For example to book a slot on Monday the 7th of June, you can book from 9pm on Friday the 4th of June..

This booking system will be strictly enforced and if you have not booked a slot for the specific time you wish to come to the gym, you will not be granted access to the gym.

CLUB ENTRY:

We will have floor markings at the club entry and on the pavement outside with a one-way system in operation on the entry / exit doors.

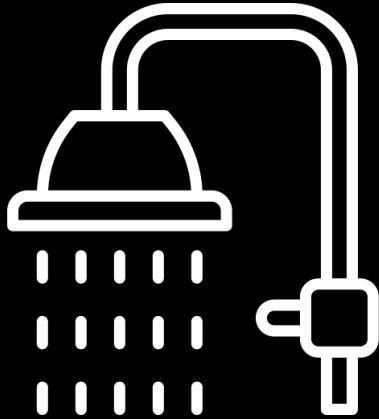


You will scan in as normal using the finger scan.

You will be required to use the touchless hand sanitiser once you enter the doorway.



CHANGING ROOMS:



SHOWERS NOW AVAILABLE FROM:

5:30AM - 9:30PM Monday - Thursday

5:30AM - 7:30PM Friday

8:00AM - 5:30PM Saturday

9:00AM - 4:30PM Sunday

We ask that members are quick and efficient when using the showers. Showers may not run over the time of the gym slot, so plan wisely!

Some points to remember:

- Showers on a first come, first served basis.
- Saunas are available with a limit of 3 members at a time.
- Please continue to shower at home where possible.

LOCKERS & CHANGING ROOMS ARE ALSO NOW AVAILABLE.

Limited to 10 members in the Men's and 5 in the Women's to maintain social distancing guidelines.

It is advised to wear masks in the changing rooms where social distancing is difficult to maintain.

If you are only availing of the lockers, please enter and exit the dressing room in a timely manner to avoid congestion.



FITNESS EQUIPMENT

Weights & Lifting

We are very thankful that over the years of reinvestment in the club, we have a club with a large floor area and space is not generally an issue. Having done a thorough review of all the equipment we can happily report that most of our strength equipment is and has been fixed at a greater distance than the recommended 2 meters. There will be no strength equipment out of service as we re-open.



Cardio Equipment

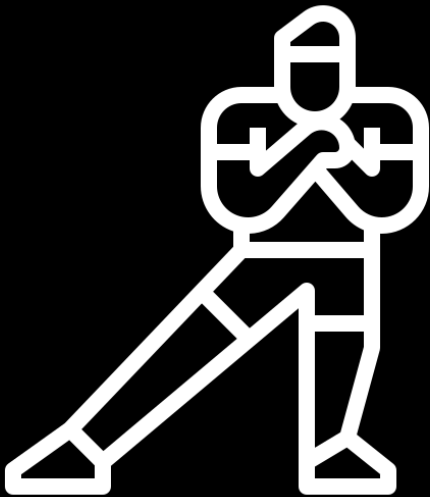
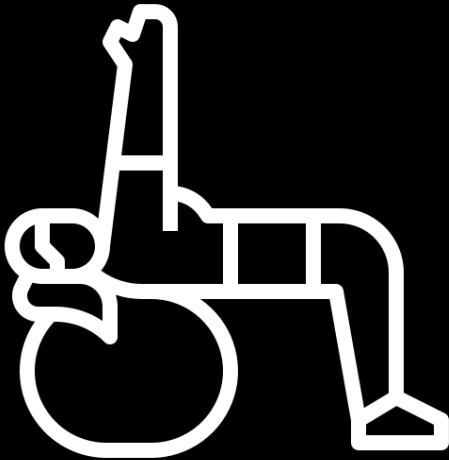
In some instances where equipment is fixed at a closer distance than 2 meters, we will have to restrict its use. This is the case with some treadmills and possibly some other pieces of cardio equipment. We will endeavour to minimise this restriction as much as possible and allow the use of as many pieces of equipment, while keeping safety at the forefront.

FITNESS CLASSES & STUDIO:

STUDIO SLOTS ARE BACK!

Studio slots are individual training slots in our studios led by an instructor.

You can find our updated class timetable [here](#).



- Time will be allocated at the start and end of the slots for members to disinfect their equipment.
- Once the studio door closes and slots start, members who are late will not be permitted entry for health and safety concerns. Members who have not booked may be refused entry if the class is full. No exceptions will be made. If you do not book your space you may be refused entry.
- Our members play a significant role in aiding the continuation of live classes in Goldstone Fitness. By respecting and following the guidelines set out in the club this aids our ability to continue the live classes whilst keeping all members and staff safe.

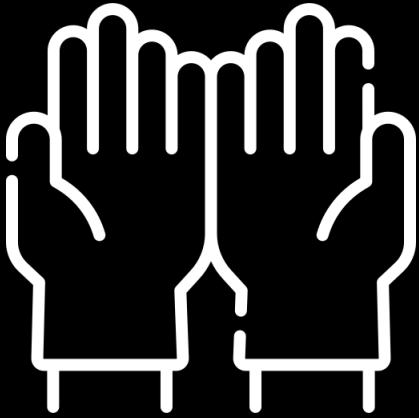
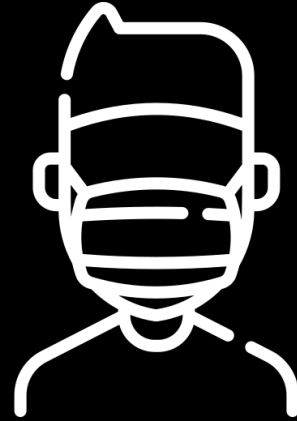
INSTRUCTORS & STAFF

Staff health check.

Every staff member and instructor will have their temperature checked and recorded in our staff safety log before their shift. When necessary, we'll follow our elevated temperature protocol.

Staff face masks & gloves.

Staff will be required to wear masks and gloves during their shift. After deep cleaning, hands will be washed following HSE hand washing guidelines and washed regularly throughout the day.



Our staff are here to help, from a safe distance. Protective screens have been installed in areas with higher volumes of face to face contact for the safety of our Fitness Instructors, Personal trainers and members. We've put a protocol in place that limits face to face contact with members. Staff and personal trainer stations have been installed with protective screens for their safety and the safety of our members. We will minimise any close interaction with staff where possible and when absolutely necessary, staff will (safely) assist members as needed.

CLEANING & DISINFECTING

Hand Sanitising Stations.

A motion-activated station will be installed inside the main entry and use will be mandatory once members enter the club. This will dispense sanitiser with a high alcohol concentration. We'll have another station at the lobby, and one by each of the studio doors, and others strategically placed throughout the club.

More Frequent Cleaning.

Staff will use a disinfectant (proven to kill viruses like COVID-19) in all common areas on a regular basis throughout the day—with a heightened attention to all high-touch surfaces. We'll also be cleaning the studios from top to bottom twice as often per week.

Disinfecting high-touch surfaces.

We'll disinfect doorknobs, handles, rails, light switches, sanitizing stations, bathrooms, sinks, toilets, benches, the staff desk, keyboards, computers, phones, and instructor equipment.

All bikes disinfected.

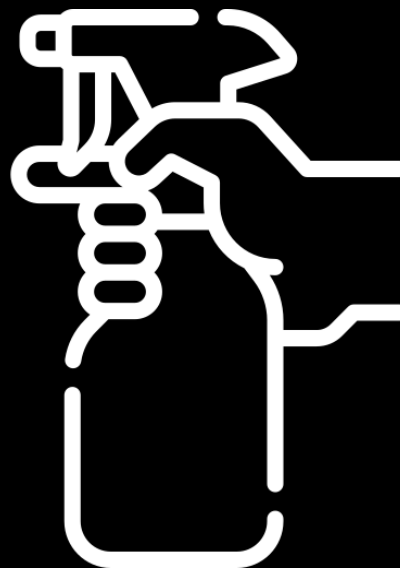
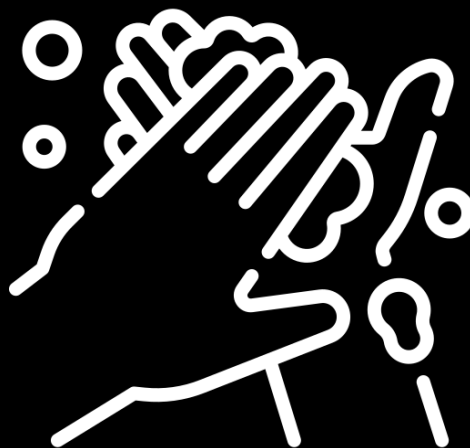
After every class, we ask members to take responsibility for their bike and clean it with disinfectant spray and paper towel available, staff will also be responsible for disinfecting every bike in the studio, even if not in use.

All weights disinfected.

After every class, we ask members to take responsibility for their weights and clean them with disinfectant and paper towel available, staff will also be disinfecting all weights thoroughly, even if not in use./

Disinfectant, with electrostatic distribution.

The new disinfectant allows us to spray more evenly, gets hard-to-reach crevices, clings to every surface it coats, and is proven to kill viruses like COVID-19. Staff will use this on surfaces in all common areas every day, with special attention to bikes, weights, machines, and all high-touch surfaces each day.



SOCIAL DISTANCING PRACTISES

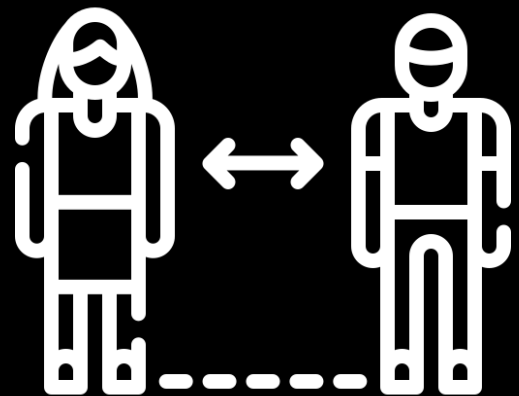
Our staff will work to assist members where possible, while maintaining social distancing practices. To help, floor markers will indicate safe distances in some areas of the club and at the entry. We ask that you avoid waiting in high-traffic areas. Studio slot bookings will be available, so if you have a booking your place will be available.

Face coverings and gloves.

Masks or face coverings and gloves are optional for members but are highly encouraged to be worn while in the club, and optionally during class. Please bring your own, as we will not be supplying these. If you're more comfortable wearing a mask we're with you!

Bike setup.

Learn how to set your bike up, thereby avoiding contact with staff. If you still need assistance, staff will demonstrate setup from the podium bike, 10 mins prior to each class. Bike set up is **ESSENTIAL** for beginners so please don't be late.



Late entries.

Once the studio door closes and class starts, members who are late will not be permitted entry for health and safety concerns.

MEMBER RESPONSIBILITY

Keeping each other safe.

- The way our new safety process will be most effective is - if we all make sure to do our part in it.
- If you have a cough, fever, or symptoms of COVID-19, please do not come to the club until

- We ask that all our members clean all equipment they use when they are finished with it. This plays a key role in the successful re-opening of Goldstone.
 - Aside from respecting the safety guidelines put in place by our government, we ask that each member coming to the club does so with the cooperative approach our entire country has taken to this crisis in the past months and go above and beyond for each other.
 - Please make sure to practice social distancing when in close, shared spaces like toilet areas.
 - Follow the staff's guidance and instruction around the club and in class to maintain a safe distance.
- you are symptom-free and fever-free for three days.
 - 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. We'll welcome you back when you're healthy and feel comfortable coming back to the club.
 - We're encouraging members and staff to limit person-to-person contact, and after a long absence from the place we all love, we will discourage handshakes, hugs & fist bumps for now.

We ask all members to respect the guidelines set out by us here at Goldstone. This will lead to a safer environment for all staff and members and allow us to ease our restrictions at a faster pace in the club. There will be a zero-tolerance policy in place if these rules are not adhered to as this may affect the staff and members health and hinder successful opening of the club.

It might be a bit overwhelming at first. But trust us: As soon as you get going, you'll find yourself in that familiar place you know and love. That feeling of exercise in whatever form you practice will bring even more benefits in these sometimes-stressful days. The efforts by all of us will make exercise in the club (now) safer now more than ever – and we can't wait to welcome you back.

Moving forward, we're continuing to monitor the situation.

While we're taking every precaution to keep our community safe (and encourage you to do the same), we're acutely aware of and highly prepared for the possibility of a second wave.

With no way to predict what will happen, the best way we can prepare is to respond and evolve as the situation develops—with only your safety in mind.

Thanks for all of your continued support,

Team Goldstone.