**Rame Gig Club - Tony Jago Fitness Suite**

**Fitness suite user responsibilities**

**With the Fitness Suite not being manned for safety reasons a member is not to use the Fitness Suite if they are on their own and if they do, IT IS ENTIRELY AT THEIR OWN RISK**

**By booking a session you agree to:**

1. Only book sessions for yourself.
2. No Mixing of families or single members unless they are from an existing support bubble.
3. Not use the fitness suit if you within the last 7 days or any of your contacts within the last 14 days have any of the following symptoms:

*A new continuous cough, A high temperature, A loss of, or change in, your normal sense of taste or smell.*

1. You should carry with you as little as possible, wear the clothes in which you intend to exercise in. Do not bring a towel use the paper towels and dispose of them in the bins provided. Use your own water bottle to keep hydrated.
2. Maintain a 2 metre distance from other users.
3. Not to arrive early or stay late at your session.
4. Use the hand sanitiser provided on entry and exit from the fitness suite.
5. Not to move equipment or use quarantined equipment.
6. Keep windows and doors open to maintain maximum ventilation.
7. Clean equipment before and after use with the antibacterial / antiviral spray and paper towels, dispose of waste in bins provided.
8. Abide by the notices displayed in the fitness suit.
9. Avoid load music making it necessary to shout to be heard.
10. If you develop symptoms, having visited the fitness suit during the previous 7 days you must Inform RGC using fitness@ramegigclub.com and immediately request a Covid-19 test, Informing RGC of the results
11. The last person to leave is to switch off all electrics with exception of the rowing machine charging cables. Sanitise the door handles and stair handrail with the antibacterial / antiviral spray and paper towels, dispose of waste in bins provided.