

SPA CLUBS VICTOR HARBOR OPENING GUIDELINES FOR ALL OUR MEMBERS

Thank you for your continuous support through this pandemic and we appreciate your support and we are excited to announce we will be **opening our doors on Monday 1st June at 11am.**

Spa Clubs will be connecting member regarding re activating membership, which will be done via phone or when you visit the club for the first times, and we understand that if you are not ready to return due to you being in the governments high-risk individual as defined by the Australian Health Protection committee.

Spa Clubs staff have completed an Infection Control Training and doing their best to support you through this time. There will be changes as we move forward, and we will inform you via email, social media and or website throughout this period.

ENTRY TO FACILITY: We require you to scan your disk at the front desk and also fill in our registration form to record your visit, once again this is a government guideline we need to have your co-operation so we can have this facility back open.

Once you have entered no matter if you are going to the gym floor or heading up for a class; Pick up your own spray bottles available at the front area and use this spray on all equipment you have uses as you go or after your class once you have finished your work out return your spray bottle to the sink area at reception, so the staff can wipe it over top it up for the next person. We have 30 spray bottles which allows everyone to have their own bottle, so hygiene stands are kept to guidelines.

We do ask if you are feeling unwell or showing any signs of sickness, we do ask for you to please stay at home.

Our **Basic Rules** to keep your facility open will need to be followed.

1. You must use a towel
2. Sanitise equipment as you go
3. Please stay home is you are unwell
4. Respect all gym members and staff
5. Please maintain the social distancing
6. If you think someone is doing the wrong thing, please have a chat to the staff member or if you have any feedback. This is going to be a slow process back to normal and we will be doing our best to keep you all up to date.
7. Be kind to each other
8. Do not be offered if we ask that you use your towel, ask you to leave if you appear unwell this includes children, or ask that you remember the time limit is.
9. 9 Please use our hand sanitiser stations, and spray bottles for keeping yourself safe with hygiene and please remember to wash or hand rub your hands.

GYM USE: As the government states we are allowed 20 members excluding any staff in our gym floor if the number does not exceed the 1 person per 4 square meters. We are not anticipating that this will be an issue so we will not be doing a booking system for the gym floor, BUT this relies on your co-operation meaning if you arrive and we are at capacity for the gym floor you may need to wait until entering. As this environment is staged, we do ask that you limit your gym time to 1 hour and to leave immediately after your workout to allow other members to enter the gym floor.

At this stage there is no 24/7 access to begin, so we have opened our staff hours more than normal and we will be watching how this works and any feedback we receive. We also expect that you have a towel to be used during your workout as we will ask you to leave if you do not have a towel. Our shower and Water fountains will be out of order at this time which will be following the government guidelines.

CLASSES: As the government has allowed we can offer class with a capacity of 10 members per classes as long as we keep to the social distancing rules of 1 member per 4 square meters (this number doesn't include our instructor). We are putting out a temporary class timetable and we will keep an eye on feedback as we are a little in the unknown on what members will be ready to come back. We are also updating times to allow a 10-minute break between classes so members can exit and enter without crossing paths. Punch classes will see some changes which will include shadow boxing as we can not use our gloves, so we ask if you have your own gloves, or wraps to please bring them in or alternately you can purchase gloves from Sports Power in Victor Harbor this will allow us to continue with this class option.

As the timeframe we have had to put this all together at this stage we have not had the time to put a booking system in for classes, however we will be monitoring this very closely over the first week, we will also be looking at class attendance as well.

KIDS CLUBS: Currently we will open our **Kids Clubs Monday to Friday 9am to 11:30am**, and you will be required to sign your children in and out. Currently we are not having a booking system due to the number of children we will see over this week, however, if we see we need to bring in a booking system we will do so. We also ask if your child shows any sign of being unwell, we ask you keep them at home. We will be watching this process closely and if any changes need to be implemented, we will inform you via email, social media, and our web site

Spa Clubs does encourage all members who are attending the facility to download the COVIDSafe app can be downloaded on the app store or get it on google play. If you have any trouble, there is a helpline you can call on 1800 020 080.

Staffed hours you can now come to the club, please keep in mind these could change in the future and when we can have 24/7 access.

- Monday 9:00am to 7:30pm
- Tuesday 9:00am to 7:30pm
- Wednesday 9:00am to 7:30pm
- Thursday 9:00am to 7:30pm
- Friday 9:00am to 12noon & 3:00pm to 7:00pm
- Saturday 9:00am to 12noon

High-risk individual as defined by the Australian Health Protection committee.

Your risk of serious illness from coronavirus increases if you are:

- Aged 70 years or older
- Aged 65 years or over and have a chronic medical condition
- An Aboriginal and Torres Strait Island person aged 50 year and over who has chronic medical condition
- Immune suppressed

Thank you for your support and allowing us to continue this support with you, if you have any questions or concerns please speak to our staff in the clubs, via our phone number 08 8552 9021 or via email on sales@spaclubs.com.au

Thank you

Spa Clubs Team