

GYM

Gym usage will be returning to the Club on Saturday 25th July, however, please read the following information detailing how it will be delivered at CRAFC.

Social distancing must be observed at all times, to assist, the Club is introducing a booking system for the gym and subsequently limiting the attendance to 8 persons at a time. The Club is also erecting a small marquee on the outdoor gym area to enable some equipment to be located outside for additional gym space.

I apologies in advance but unfortunately a few pieces of equipment will be closed to enable distancing.

The bookable sessions are 50 minutes long running every hour. There is a 10-minute window between every session to enable a safe changeover and for cleaning of the gym equipment.

As advised by UK Active, there will be no music in the gym to avoid loud voices and shouting in the gym. Please bring your own music with headphones if you require music during your workout.

Gym Hours;
Weekdays – 7am – 9pm
Weekends – 9am – 6pm

BOOKING – available 7 days in advance via the following link –
<https://crafc-gym-booking-system.as.me/>

Before use

- Please book in advance, do not come to the Club without booking
- **DO NOT** attend the Club if you or anyone in your household is feeling unwell, however mild
- Changing Rooms will remain closed, please come prepared to workout.
- Fill water bottles up prior to arriving at the Club, water fountains will remain turned off
- Please **DO NOT** wait in the lower corridor outside of the squash courts. Please arrive on time and go straight into the gym once you have ‘checked in’ at reception.
- Please use the hand sanitiser on arrival
- Arrive with minimal belongings as no storage is available in or outside of the gym

During use

- Please wipe down the equipment before **AND** after use
- Always maintain social distancing
- Please be considerate and do not spend a prolonged time in 1 area or on 1 piece of equipment
- Please follow the floor arrows and observe the one-way system
- All doors and fans must always remain open and on for increased air flow, please **DO NOT** turn off the fans or close any doors

After use

- Ensure you have wiped down the last piece of equipment you were on and exit the gym.
- Please observe the floor arrows and follow the one-way system, either to exit the Club or for the outside refreshment service. Always exit the lower corridor by the stairs beside squash court 5.