



Here at Stirling Highland we are ready to welcome you back and have worked hard behind the scenes to ensure all relevant safety procedures are in place for your return, based on the most recent guidance from Public Health Scotland and the UK Government.

THE KEY CHANGES ARE SUMMARISED BELOW

Safety Procedures Pool side

- Maximum of 10 people can be on poolside at any one point, therefore we will require you to pre-book your poolside slot. Each slot will be 45 minutes long and will start half past every hour.
- Sauna & Steam room will not be reopened in line with government guidelines
- Spa pool will be open but only 1 household may use this at any one time. We do ask that members are courteous to others and not sit in the Jacuzzi through each 10 minute cycle in there 45 min block.
- We encourage you to arrive with swimming stuff under your clothes so not to spend a lot of time within the changing area. If and where possible shower at home.
- Showers and changing area is only available for people with a poolside booking not gym or classes.
- As there is limited seating on poolside we ask you refrain from moving seats due to social distancing measures.
- Please be mindful of social distancing throughout the club.
- Please wear masks in communal areas where possible, excluding poolside and gym.
- Once your 45 min slot is up, we ask that you leave pool straight away to get changed and leave the club via the front door.
- Lockers will be limited due to social distancing.
- To avoid congestion and allow for safe changeover we ask that you please head straight to the car park upon leaving the club.

Safety Procedures Gym

- Maximum of 8 people can use gym at any one time, therefore we will require you to book your 45 minute gym slot. This can be booked for on the hour every hour, please arrive 5 minutes prior to slot. Once your 45 minute slot is over we ask that you please exit the club via the fire exit door in the gym and straight to the car park.
- We asked that you be courteous to all members and not use 1 piece of equipment for the full 45 minutes if this can be avoided.
- Only people in the same bubble or household may trainer together.
- Please clean down equipment before and after use using the wipes provided in gym and bin these straight away.
- Water machine is available but where possible we encourage you to bring your own water.
- No music will be played in the gym.
- We ask if your using the gym to come in full gym attire as changing areas will be limited to poolside users to avoid congestion.

Classes & Studio

- Due to government guidelines the maximum number we can have in the studio is 9 including the instructor. This leaves 8 spaces per class.
- We asked that you pre book **ALL** classes and please only arrive a maximum of 5 minutes prior to class start time.
- Please come to club with correct attire as changing rooms will be restricted to poolside users only.
- Please ensure your area in studio is wiped clean after class, and all equipment you have used.
- Please wear a mask throughout the club communal areas but this can be removed when in studio.
- We have a limited studio timetable to get us started, please see attached. This will be reviewed every few weeks when we get a better idea of numbers, and certain rules are relaxed a little.
- There will be limited seating in reception area due to government guidelines.