



TEAM BATH GYM AND FITNESS CENTRE CUSTOMER GUIDELINES – UPDATED APRIL 2021

We are very much looking forward to welcoming you to the Team Bath Gym and Fitness Centre. This document sets out the measures we have put in place in the with safety in mind. We seek your full cooperation in following them to give everyone peace of mind to enjoy their workout.

These complement our general Customer Guidelines which all visitors to the Team Bath Sports Training Village should follow. [Please click here to read them in full.](#)

Opening Hours (please book in advance)

We are open:

Monday to Friday: 6.30am-10pm

Saturday and Sunday: 8am-7pm

Exercise classes are scheduled to resume on May 17th 2021.

Cleaning and hygiene/infection control

We have instituted a twice-daily cleaning regime to supplement our main overnight clean. If you are concerned at any time that an area is not clean, please tell the duty staff.

We are also asking you to play your part:

- Please don't come to the STV if you are experiencing any symptoms of COVID-19 or have been asked to self-isolate.
- Please observe good hand hygiene at all times. Use soap and water or the hand-sanitiser dispensers around the building.

- Please be responsible for cleaning any gym equipment that you wish to use before and after your session – this includes free weights, hand grips of bikes, steppers and other equipment etc. Anti-bacterial wipes and sprays will be provided.
- Please be responsible for cleaning all areas of the changing cubicles and lockers that you have touched in the changing area. Anti-bacterial spray will be provided.
- Please remember that everyone (except under-12s and people with medical exemptions) is required to wear a face covering in the Sports Training Village apart from when exercising or in the changing rooms.

Changing rooms and toilet areas

Our toilet facilities and changing rooms are operational with social distancing and cleaning measures in place but, especially at busy times, we would ask you to arrive ready to be active and then depart and shower and change at home.

Lockers and water fountains

Our lockers are available to all customers but we are encouraging you to be extra vigilant about social distancing when using the lockers as many are in tight corridor areas. A water fountain that is operated by foot pedal is available outside Gym 2 but please bring your own water where possible.

Social distancing to help keep you active and enjoy your workouts

We want to maintain safe numbers in the gym at all times while also providing a quality experience when you work out, so we have put a flexible density-booking system in place – see below for full details.

While social distancing guidelines are in place, no spotting will be permitted in the gym areas (so please work out with appropriate weights for you as an individual) and some items of equipment will be temporarily out of action – again to create space for clear training zones. However, we're delighted to say that we still have a great gym, with lots of diversity of opportunity and friendly staff to guide you and help you with personalised training plans.

Booking

You will need to book in advance and say which of the two gyms you wish to train in for the duration of your workout. This is easy to do online and can be done up to 10 minutes before you want to train. You can book multiple training sessions per week (one a day) which will be in 60-minute slots*. If you realise that you can't use your slot for any reason, please cancel it so that someone else can use it.

The booking system can be found on the Team Bath website (www.teambath.com/bookonline) or you can use the Team Bath Active App which is free to download.

Twice a day, the gym will have changeover cleaning slots so that our staff can clean the main areas of the gym. Remember to always clean any surface that you touch and any kit and equipment you want to use throughout your session so that you are satisfied that it is safe for you to use. We also ask you not to bring a towel or kit bag into the gym areas and exit the gym swiftly after your booked slot.

If you are a new member, please ensure that you have read and understood the [Health Commitment Statement](#) and that you have viewed the gym induction video in full which can be found here: <https://youtu.be/HJ-zH3tAYf4>

Entrances and Exits to the Team Bath Gym and Fitness Centre

The entrance to Gym 1 (next to Reception) is through the turnstiles as normal. Exit is through the middle side doors, which are clearly marked. This will take you into the Sports Hall corridor from where you will be able to join the one-way system to exit the facility. Entrance and exit to Gym 2 is via the turnstiles as normal. Please take it in turns to enter and exit so that you maintain the all-important social distancing at all times.

Emergency evacuation procedures

In the event that the emergency alarm should sound, please follow normal emergency evacuation procedures. Listen to the announced instructions and follow the direction of our staff members.

Listening hard

Whilst we feel we've thought things through, you may have a better idea for how to allow everyone to enjoy their sport and activity whilst observing safe guidelines. If that's the case, we'll be delighted to hear from you. Either approach a member of staff on site or email us at teambath-memberships@bath.ac.uk.

All the best

Sam Holmes
Health and Fitness Manager, Team Bath