

Covid-19 Members Management Plan - Stage 2 From 29/07/2020

With the re-opening of Your Life Fitness Centre on the 13/6/20 we have put together the following guidelines for Your Life Fitness Centre members to diligently follow during stage 2 restrictions in order to increase infection control and keep the safety of our community a high priority. This is based on Fitness Australia's guidelines and the NSW Government. We have also put our own policies in place based on our own risk assessment for your safety.

- 1 person every 4m² is allowed inside the centre. Signs are displayed in each area with maximum numbers allowed in each area.
- 20 participants are allowed per class. This will be controlled via an online booking system.
- No members are to attend Your Life Fitness Centre if they are experiencing any flu-like symptoms including, but not limited to, fever, cough and/or sore throat. Should you have any symptoms please get tested. We are offering free time holds over the phone for members who have symptoms to encourage good habits of staying away when sick.
- No members are to attend the centre if they have returned from overseas within the last 14 days.
- No members are to attend the centre if they have been in contact with anyone with flu-like symptoms, anyone who has been overseas within the past 14 days or anyone who has tested positive for Covid-19.
- If a member is tested for Covid-19 they must not attend the centre until they return a negative result and this will need to be provided to the centre before attending again.
- If a member or someone a member has been in contact with has tested positive for Covid-19, they must advise Your Life management ASAP and advise the days and times they attended the centre.
- Your Life highly recommends that members have the Covid Safe App downloaded on their phone with the Bluetooth turned on while at the centre.
- All members are to use their own or the provided hand sanitiser on entry and exit of the centre.
- Members are also encouraged to wash their hands with soap & water for 20 seconds during their training sessions.
- Where possible, sign ups and member requests will be touch-less. iPad stands have been installed at 1.5m apart at reception for members to safely complete forms. Online sign ups and sign ups via member's own phone/device are also available if preferred.
- Members are to practice 1.5m social distancing between other members and staff. Social distancing reminder stickers and signage have been installed around the centre and on digital treadmill screens.
- Members are to cough and sneeze into their elbow or a tissue if they happen to do so.
- Bubblers will not be available to members during stage 2 restrictions and until advice changes from the state Government.
- Most shower facilities are open for use.
- Creche is now open with limited numbers. Bookings are essential at reception or over the phone 6581 0059.
- Members are encouraged to use x2 towels. One full size towel to be used on the equipment and a small towel for the face.
- Members are to disinfect used equipment with the bamboo disinfectant wipes provided.
- Members are to exercise personal responsibility with their infection control.
- Members are encouraged to minimise touching their face and the mouthpiece of their drink bottle.
- Members are encouraged to handle their own equipment during Personal Training and group sessions to avoid sharing equipment whenever possible.
- A limited timetable & on demand virtual classes are available to Your Life members during stage 2 restrictions to reduce staff and member interaction. Our timetable can be found on our website. www.yourlifefitnesscentre.com.au

- It is suggested that members bring their own personal equipment for use at the centre including floor mats, water bottles, towels and gloves.
- Members must follow the direction of staff members at all times.
- We have posted maximum numbers per area for the centre, these maximum number signs must be adhered to as they are in line with the 4m2 rule for social distancing.
- Some machines and waiting areas have been turned off to maintain social distancing.
- It is encouraged to workout and leave. Do not hang around, should you wish to chat with a mate please do so outside.
- All of our staff have completed the Government's Infectious Disease Training Course for Covid-19.
- All deliveries, contractors & in person enquiries must sign in the visitors book for tracing, members must keep their personal contact details up to date.
- Eating food inside is discouraged.
- Our high touch areas are being cleaned multiple times a day and we have extra cleaning services happening daily around the centre.
- Equipment is being cleaned in between classes.
- We prefer cashless and contactless payments whenever possible. Payments are available over the phone or on our website.
- We have available disinfectant wipes, cleaning spray bottles, increased hand washing areas and sanitizer dispensers.

Should you have any concerns around our policies or suggestions please email admin@yourlifefitnesscentre.com.au

Kind Regards, The Your Life Fitness Centre Team.

