



The Social Innovation Centre,
59 Grosvenor Road,
Dagenham,
RM8 1NL

Box Up Gym Covid Health & Safety

These procedures have been written in line with UK Active and Government guidance.

Gym

- Gyms are open for members and non-members. Sessions will run hourly as per the gym programmes and users must pre-book in advance of their visit on the app.
- Maximum capacity for the gym is **30 people max** (15 people downstairs and 15 upstairs). This is worked out by the guidance of 100 square feet per person for ventilation and the number of equipment available.
- Gym users should come '**gym ready**' and showers will not be available.
- Each gym user will be responsible for sanitising the area and equipment used.
- Equipment will all be socially distanced and to increase gym equipment capacity equipment will be spread out in other areas- **6 punch bags downstairs and 4 upstairs** in order to allow space between users.
- Gyms will be supervised at all times.
- Every user will sign in at the **front desk and temperature will be checked** at the doors.

Ventilation

- Minimum of 100 square feet per person sustains ventilation flow and will increase the typical current. 10 l/s/p flow rate of ventilation to at least 20 l/s/p as fewer people are being served by the ventilation system.
- Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.
- Review ventilation rate by fully opening dampers and running fans on full speed and operate 24 hours a day. Increase frequency of filter changes.

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Cleaning

- Touch points of equipment should be cleaned after use- either by the customer or staff using spray and blue roll provided. This is in addition to the cleaning schedule.
- The gym will have an hourly closure each afternoon for a deep clean.
- Staff to be present on gym floors at all times and visibly cleaning equipment regularly.
- Antibacterial fogging is done 3 times a week alongside everyday general cleaning.

Young People

- Temperatures of every young person will be taken prior to entry into the building.
- All young people will be provided with **latex gloves** to reduce contact and cross contamination with gym equipment.
- All members of staff within the gym will be required to wear **face shields** at all times.
- Gym sessions will be socially distanced, keeping ample space in between users and coaches.
- All users must pre-book their session through our app, and new consent forms will be given to sign upon arrival.
- Due to smaller class sizes, we have decided to space out and host 2 sessions a week in Ilford. Our first session will be on 10/9/20, and starting consistently afterwards on the following week and beyond we will be running sessions **every Tuesdays and Thursdays** - 5:30-6:30pm for 7-12yrs and 7-8:30pm for 13-19yrs.

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