

HOW TO BE A HERO

DURING A COVID-19 TRAINING SESSION

TO ENSURE EVERYONE CAN EXERCISE SAFELY AND RESPONSIBLY
WITH US PLEASE ENSURE YOU ABIDE BY THE FOLLOWING
GUIDELINES FOR YOUR SAFETY AND THE SAFETY OF OTHERS.

FULL DETAILS WILL BE SENT VIA EMAIL, IF YOU HAVEN'T
RECEIVED ONE PLEASE CONTACT INFO@HEROSFITNESS.CO.UK

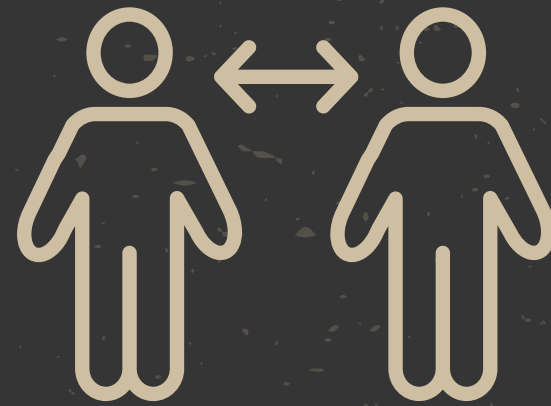
RULE ONE



**SANITIZE YOUR HANDS BEFORE YOU ENTER
AND WHEN YOU LEAVE THE CLUB.**

HEROS

RULE TWO



ALWAYS AVOID PERSONAL CONTACT WITH STAFF AND OTHER GYM USERS, UNLESS YOU ARE TRAINING WITH SOMEONE FROM THE SAME BUBBLE.

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RULE THREE



**ALL VISITS MUST BE PRE BOOKED
VIA THE FITSENSE APP WHICH YOU CURRENTLY USE
TO SWIPE IN WITH OR BY CONTACTING THE CLUB VIA
PHONE. FAILURE TO DO SO MAY RESULT IN YOU BEING
DENIED ACCESS TO THE CLUB.**

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RULE FOUR

**MEMBERS MUST ATTEND WITH 2 CLEAN HAND TOWELS
SHOWING THESE TO THE RECEPTIONIST ON ENTRY,
ANYONE FAILING TO DO SO WILL BE REQUIRED TO
PURCHASE ONE FROM RECEPTION.**

**ONE TOWEL WILL BE USED FOR PERSONAL
HYGIENE AND THE OTHER FOR WIPING DOWN THE
EQUIPMENT AFTER USE USING THE ANTIBACTERIAL
SUPPLIED BY US.**

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RULE FIVE



**PLEASE ARRIVE AT THE GYM READY TO TRAIN,
I.E. IN GYM ATTIRE AS CHANGING FACILITIES WILL BE
LIMITED AND SHOWERS TEMPORARILY OUT OF USE.**

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RULE SIX



**KIT MUST BE WIPED DOWN PRE AND POST WORKOUT.
PLEASE USE THE ANTI-BACTERIAL SPRAY PROVIDED,
FAILURE TO DO SO MAY RESULT IN YOU BEING
REMOVED FROM THE CLUB**

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RULE SEVEN



**TOILETS SHOULD BE USED BY NO MORE THAT TWO
PEOPLE AT ANY ONE TIME, ENSURING SOCIAL
DISTANCING IS ALWAYS UPHELD**

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RULE EIGHT



**NEW OPEN LOCKER SPACES HAVE BEEN INSTALLED
FOR STORING BAGS/JACKETS IF REQUIRED, AND
LOCKERS WITH DOORS INSTALLED SHOULD ONLY BE
USED WHERE ABSOLUTELY NECESSARY**

HEROS

RULE NINE



**PLEASE MAINTAIN SOCIAL DISTANCING IN ALL AREAS,
ADHERE TO STAFF GUIDANCE AND THE COVID-19
MEASURES SET OUT BY THE GOVERNMENT.**

HEROS