

WELCOME BACK TO CROYDON HIGH SPORTS CLUB!

Please read the following guidance for using Croydon High Sports Club safely. These rules have been designed to keep all our customers and staff as safe as possible, following Government and fitness industry guidance for reopening leisure centres after lockdown.

Extra cleaning processes have been put in place, including breaks in-between sessions for staff to clean and sanitise the building and equipment. An advanced booking system will help manage the capacity of the building.

GENERAL

Please do not visit the sports club if you or anyone in your household have been feeling unwell; or if you have recently come into contact with someone that has tested positive for COVID-19.

Please do not visit the club if you have not pre-booked a session. Please do not turn up too early for pre-booked sessions and classes. Try to stay socially distanced wherever possible. Please be considerate to all members and staff, when exercising, queuing and moving around the building.

Membership cards must be swiped at reception, as all attendances have to be recorded.

The only drinking water machine available is in the kitchen area on the 1st Floor. There will be no cups provided; we advise that you bring a drink with you.

Lockers are only available for swimmers. 1st Floor changing rooms are only to be used by swimmers. All other members please use the ground floor changing rooms and toilets and only if it is essential.

Contactless card payments only please. No cash. Please follow signage for the one-way system around the club. The staircase by the sports hall should be used to go to the first floor. The central staircase by the fitness suite is only for going downstairs.

FITNESS SUITE

The free-weights, medicine balls, kettle bells and one rower have been moved to the Dance Studio on the 1st floor for now. Members that have booked for the fitness suite may use either area.

Sanitiser spray and hand towel are provided in the fitness suite and dance studio - please use it to sanitise touch points of equipment after use. Exercise stations will also be sanitised in between sessions by staff.

Please regularly use the hand sanitiser provided, or your own if you have some.

Non-members or guests will not be allowed to use the fitness suite. Members only please.

SWIMMING POOL

Please do not leave shoes outside of the changing rooms - wear overshoes or take them off and take them into the changing rooms.

Showers with cubicles are still available in the changing rooms - only two showers will be available in the communal area.

A small number of lockers will be available.

Adult swim sessions - two wide lanes, one slow, one medium/fast. Please maintain social distancing in the pool.

General swim sessions - no lanes, please maintain social distancing where possible. No floats or toys will be available to borrow. You can bring your own floats.

Spectators should only stay in the facility if essential please.

At this time, non-members or guests will not be allowed to swim. Members only please.

CLASSES

Please bring your own exercise mat if possible. A small number of mats will be available at reception.

Any sports club equipment used throughout the classes should be placed in the allocated container for sanitising after use. The Instructor will advise at each class.

Group cycles will be sanitised by staff before and after use.

There will be sanitiser spray available for members.

Please enjoy using the facilities at Croydon High Sports Club. If you have any comments or would like confirmation on any of our procedures please email croydonhighsportsclub@cry.gdst.net

