



Work through the good practice checklists below and consider ways in which the club could; **1.** make changes to facilities to help prevent the spread of Covid-19; and **2.** open facilities safely & efficiently

PREPARE THE BUILDING



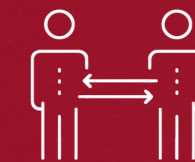
- Check to ensure all safety systems and alarms are fully functioning eg fire alarms, CO2 alarms, warning systems in accessible toilets
- Check the emergency lighting and fire alarm are operational and that the fire panel is not flagging up any problems
- Check all evacuation routes are clear, unlocked and operational
- Visually check fire extinguishers - look for leaks, ensure gauges are pointing to full and check certification dates
- Check mains fuse board for tripped RCDs, both before and after turning on bulk of electrical appliances
- Check door locks and windows for signs of forced entry
- Check heating is fully operational
- Check building for signs of water leaks - especially older clubhouse buildings
- Check for signs of rodent or insect infestation
- Ensure any combustible materials that may have been moved near the equipment during shut-down are removed
- Ensure equipment and machinery servicing is up to date

HYGIENE



- Clean touch points of equipment after use in addition to an enhanced cleaning schedule
- Do not allow 'sweat towels' to be taken into the gym area
- Ensure hand-sanitiser is available at appropriate points and that stock levels are sufficient to regularly replenish
- Use signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency, avoid touching your face and to cough or sneeze into your arm
- If maintenance equipment or machinery is used by multiple operators ensure appropriate cleaning procedures are in place after use.
- Maximise ventilation either through adjustments to ventilation systems themselves and/or using natural ventilation.
- Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.
- Operate the ventilation system 24 hours a day.
- Increase the frequency of filter changes on ventilation systems

SOCIAL DISTANCE



- Identify a maximum gym capacity based on 100sq ft per person.
- Regulate entry into the facility to prevent overcrowding
- Inform members of access restrictions and distance regulations by appropriate signage
- Move equipment so that it is at least 1m apart
- Where appropriate, mark every other piece of equipment in the gym out of order to facilitate social distancing
- Equipment should be positioned so users are not working out face to face.
- Use extra signage about social distancing and hygiene around free weights areas
- Use markings on the floor to identify areas for individual activity
- Implement a booking system to avoid overcrowding

ADVICE, REGULATIONS, AND INSURANCE

[Club Support Centre](#)

[England Rugby Coronavirus Hub](#)

[Guidance on the Phased Return of Sport](#)

[Sport England Guidance](#)

[HSE Making Your Workplace Secure](#)

