

COVID-19 procedures: Harrogate Tri Club Strength and Conditioning classes at the Fitness Garage

Coach: Emma David

Coach contact details: ekicks@hotmail.co.uk, 07533288803, or Emma Kicks on facebook messenger.

- Familiarise yourself with the layout at the Fitness Garage by looking at their video on the website: <https://www.fitnessgarageharrogate.co.uk/>
- Please familiarise yourself with the risk assessment for this session, particularly with regard to attendance and Covid symptoms or Test and Trace notifications.
- Please arrive ready for your class as there will be no changing facilities available.
- Upon arrival ensure that you maintain social distancing with anyone else arriving at the same time as you.
- Bring your own water bottles, therabands and fitness mats to the class.
- Please wear your facemask to enter the building and keep it on until you reach your own workout space in the studio room upstairs.
- Upon arrival press the buzzer to alert me to your presence and I will let you in the building. There is hand sanitiser just inside the door to be used after entering the building.
- Follow the one way system up to the studio, collecting a kettlebell from the gym on the way upstairs, and avoid close contact with any other individuals in the gym or attending the Strength and Conditioning class.
- When you enter the studio I will direct you to your personal fitness space and you must remain within that space for the entire class.
- Please use toilet facilities before arriving where possible.
- After the class you must wipe down all equipment used with the disinfectant wipes provided.
- When leaving the building please put your facemasks back on and follow the one way system to the exit, returning your clean kettlebell on the way out.
- Do not socialise outside the building when you have left.

