

# NPL Sports Club

## Keeping you safe and COVID-Secure

The COVID-19 Pandemic has turned the world upside down. We don't need to remind you of that. But we do need to remind you of this: Your health and wellbeing is our no. 1 priority.

As we have reopened, NPLSC will be taking all the necessary steps to keep you safe & socially distanced. We're following the guidance of the government and our advisory body, U.K. Active, but we also need your cooperation. Please review our policies to help us ensure the best possible experience for all NPL Sports Club.

### Before:

- **Follow your sections safe guidelines.** Your chairman should have given you covid safety rules and guidelines. Follow them and do the right thing.
- **Pre-booking any fitness classes is essential.** All classes must be booked online (or direct with your instructor). Please do not show up at the club without a booking.
- **Don't come in if you're ill.** Common sense prevails ! if you're feeling iffy, don't show up. Cancel online or call us on 0208 977 6395.
- **Come in your kit.** Arrive dressed for your activity or class with a few personal items as possible. Any items left behind will be disposed of each night.
- **Arrive no more than 10 minutes early.** For activities or fitness classes members may need to wait outside before each class. If you don't want to wait too long, don't arrive too early.
- **Queue like a legend.** Whether you are getting a takeaway coffee, or waiting to be seated to a table, going in for a class or to use the toilet, please give everyone their space and follow the socially distanced signs.
- **Track and Trace.** On entering the building use the hand sanitisers and NHS QR code or Manual track and trace log. If you are bringing in a guest, please ask them to do the same.

### During:

- **Stay Clean.** Sanitisers are conveniently located at the entrances Trace and Trace table, Hatch and Bar. Please use them.
- **One-way system.** We are operating a one-way system from entrance in the tea room, then into the bar for your table, then exit out through the main door.
- **Get to where you're going.** Whilst spacious, we ask that you do not congregate at the entrances, round the serving hatch or bar. Maintain social distancing at all times.

- **Smaller class sizes.** All indoor classes are restricted to the tea room and to only to 12 students per class. All training mats must be placed 2 meters apart from the middle of each mat.
- **Gym.** The gym is restricted to 1-1 clients or for single sessions bookings. Log on to the booking system for more information. All members new to the gym must have gone through an induction with Alan Ezen. Email: [info@nplsportsclub.org.uk](mailto:info@nplsportsclub.org.uk) to arrange an appointment.

## After

- **Sweat. Clean. Leave.** You are responsible for your own mess. That means wiping down your mat and any equipment used, and floor space. Place any used paper cleaning cloths in the bins provided.
- **No item left behind.** Lost and found ? More like lost and tossed. Don't rely on us holding on to personal items left behind. Please be sure to take all your items with you when you leave.
- **Shower at home.** It's a shame because we have great facilities. But we must ask that you hold off on using the showers for now.
- **Exit though the main entrance.** For take out beverages etc., follow the signs and exit through the main double doors. For classes where the tea room door is the only way in and out, exit giving all fellow students distance when leaving.

We're here to make your return to the NPL Sports club a tip top, tidy and safe experience, and we appreciate your help in making it possible. Any questions ? Contact us at [info@nplsportsclub.org.uk](mailto:info@nplsportsclub.org.uk) or 0208 977 6395.