



GENESIS GYM

REOPENING GUIDELINES

Genesis Gym will reopen on **Saturday 25th July 2020 for non-contact training**. The team has worked hard to ensure we have a safe and positive environment for you or your child/children to train in.

MEASURES WE HAVE TAKEN:

- All cleaning measures adhere to Public Health England guidance. We have increased the frequency of cleaning to meet all approved guidance.
- Sessions **MUST** be pre-booked using our website. For any issues regarding booking please contact a member of the team on 01628 484828 (12-8pm) or reception@genesis-gym.com.
- All sessions will have a maximum number of students – please note this number will change as the phases of returning to contact training change.
- Social distancing will be in place throughout the gym including the private studios and our lounge.
- A one-way flow system will be in place, this will be clearly marked for students to follow.
- Hand sanitiser is available throughout the facility.
- Students will each have their own training area to ensure social distancing is adhered to. Each area will have their own cleaning materials to be used after each training session.
- All returning students must complete an updated Health Indemnity Form. This has been emailed to all students or can be found via <https://forms.gle/WWSHZQU5QBXGtM878>.
- Any students or staff that feel unwell are asked to stay home and follow the respective guidance for that illness.
- Track and trace will be in place following details associated with your accounts. Visitors will be asked to complete our track and trace log upon entry.
- Shower room/changing room will not be in use until further notice.

RECEPTION GUIDELINES

- Upon arrival, please report to reception whereby a member of staff can check you in to your class and perform a temperature check.
- Please use hand sanitiser provided as you enter the gym/reception
- Parents may still spectate from the lounge area but must abide by social distancing.
- Coffee and drinks will be available for spectators in the lounge.
- Children must not be left alone in our reception/lounge area. If you must bring your child with you to your session, they must sit in the main training room on a bench.

REOPENING - PHASE ONE

PHASE I: PRE-SESSION

- Do not train if you display any of the advised symptoms
- Abide by social distancing guidelines travelling to and from the gym
- Ensure your training clothing is thoroughly clean before training
- Ensure your personal training equipment is thoroughly cleaned before training
- Please arrive to your session in your training clothing
- Please arrive no more than 15 minutes early to your session. If you are more than 15 minutes early for your session, we will ask you to wait outside to allow students currently inside to finish their session and leave the building.
- Parents must sign their children out when leaving the site.
- Upon arrival, please wash your hands or use hand sanitiser as provided
- Temperature checks will take place upon entry
- Upon arrival, double check your area is adequately clean. If it is not, please alert a member of staff.

PHASE I: DURING SESSION

- No contact practice unless living in the same household
- Abide by social-distancing measures for non-household members
- Maximum of 12 on the mat area
- Students will have individual areas to train in
- Equipment will not be shared - please bring your own gloves to your session
- Please bring your own drink - water refilling will still be available, however cups will not be available

PHASE I: POST SESSION

- Ensure your area is thoroughly cleaned at the end of your session
- Leave as soon as your session is completed - parents to collect their children and fill in the sign out sheet.
- Abide by social distancing guidelines when leaving the building and travelling home
- Wash all your training clothing ready for your next session
- Shower when you return home – showers will be out of use until further notice
- If you develop any symptoms, please follow Government guidance, self-isolate and inform a member of the team.

RETURN PHASES

As we currently know it, a return to contact sport is unclear. However upon all guidance from appropriate governing bodies we have curated a phased approach to a return to contact. These phases will go into action as and when it is deemed appropriate by the Government and appropriate governing bodies.

PHASE ONE

- All training will be **non-contact** - unless you are training with another member of your household.
- Social distancing is to be adhered to - 2m where possible.
- Maximum number of students on the mats is 12 plus 1 coach.
- Fitness and conditioning based classes for Kickboxing, MMA and Jiu-Jitsu.
- Solo drills in technical classes using personal equipment.
- Equipment will not be shared during a session.
- Each student will have an individual area to train in. Students are responsible for cleaning their area at the end of each session.
- Juniors Zoom sessions will still be in place.
- Non-contact personal training with coaches - social distancing to be adhered to (PPE to be used as necessary).

PHASE TWO

- Partner training can be introduced - your partner can be a member from the same household or a chosen member from another household (this partner must remain the same throughout).
- Social distancing too still be adhered to with students who are not your not dedicated training partner
- Maximum number of students on the mats may increase from 12 - this is subject to a review.
- Fitness and conditioning based classes for Kickboxing, MMA and Jiu-Jitsu.
- Solo and partner drills in technical classes. (Partner must be from the same household or a chosen member from another household)
- Equipment will not be shared during a session with anyone but your training partner.
- Individual areas will still be in place, with students responsible for cleaning their areas after training.
- Limited contact personal training with coaches (coaches must use appropriate PPE).

PHASE THREE

- Small group contact training can be introduced (up to 6 per group - groups ideally need to remain the same for each session to reduce risk).
- Social distancing to be adhered to per Government guidelines at the present time
- Maximum number of students on the mats may increase from 12 - this is subject to a review.
- Technical and conditioning classes for MMA, Jiu-Jitsu and Kickboxing.
- Equipment will not be shared during a session with anyone but your training group.
- Thorough cleaning of your training area to be completed at the end of each session including equipment used.
- Contact training with a personal training - we recommend students to train with only one personal trainer until further notice.

PHASE FOUR

- Medium - larger group training can resume - up to 20 per session dependant on mat space.
- Contact training for all students
- Technical and conditioning classes for MMA, Jiu-Jitsu and Kickboxing.
- Partners and groups within sessions to remain the same throughout entire session
- Thorough cleaning of your training area to be completed at the end of each session including equipment used.
- Contact training with a personal training.