

BURNHAM-ON-SEA SWIM & SPORTS ACADEMY SAFETY PLAN TO PROTECT OUR COMMUNITY:

The safety of staff and users is the primary objective of gym operators across the UK. This will be carried out through a combined and consistent range of measures in line with Government regulations and our own strategy to protect our staff and users.

We are committed to making this facility a safe place to work and workout. We require your commitment to each other as staff and facility users – we are all in this together.

THE SIX KEY MEASURES WE HAVE COMMITTED TO AT MINIMUM ARE:

1 Avert the number of infected people visiting the facility – both staff and users	2 Prevent people ‘carrying’ the infection into or around the facility e.g. on hands
3 Limit the number of people within the facility – reducing the risk of transmission	4 Social distancing – to reduce the risk of viral transmission through the air
5 Reduce the risk of viral transmission from surfaces and equipment	6 Reduce the risk of transmission to vulnerable or high-risk staff and users

Guidance on actions being undertaken at this facility to meet and achieve these six key measures.

At all times, we will follow the national and local authority instructions and regulations. We have a moral and legal obligation to consider and carry out a wider range of actions to reduce the risks of transmission in our facilities, to make them a safe place to work and a safe place to workout.



Avert the number of infected people visiting the facility – both staff and users

No admission of staff or users who show possible symptoms (temperature, persistent cough, difficulty breathing) or live with someone who has

Commitment from staff and users that they are fit and well to enter the facility

Those sent home will be encouraged to follow Government regulations



Prevent people ‘carrying’ the infection into or around the facility e.g. on hands

Require the use of hand washing and/or hand sanitisation at point of entry

Provide hand washing and/or hand sanitisation throughout the facility

Display signage to encourage people (staff and users to wash/sanitise their hands regularly whilst in the facility)



Limit the number of people within the facility – reducing the risk of transmission

Limit total attendees and those within a given space - e.g. classes, studios and gym floor, to a minimum number



Social distancing – to reduce the risk of viral transmission

Ensure physical separation at the point of entry into the facility to maintain social distancing

Ensure physical separation of equipment and change layouts to keep people in adherence with social distancing regulations

Manage 'pinch-points' effectively e.g. internal doorways, stairs or corridors

Where required put areas out of use to enforce physical separation in accordance with social distancing e.g. changing rooms, toilets and showers where necessary



Reduce the risk of viral transmission from surfaces and equipment

Ensure rigorous cleaning and disinfection regimes throughout the facility

Ensure regular cleaning of high-contact touch points throughout the facility during opening

Provide access (for staff and users) to antibacterial wipes, sprays and sanitisers

Enforce equipment wipe-down pre and post workout (and during where required) this is in addition to the cleaning schedule



Reduce the risk of transmission to vulnerable or high-risk staff and users

Ensure we are working in accordance with the Governments regulations and advice for both staff and users who fall within the clinically vulnerable people group, identified at – <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing#clinically-vulnerable-people>

Operators to maintain a commitment to the Equality Act 2010 and legal obligations to ensure that the decisions made in response to Coronavirus (COVID-19) do not discriminate against customers or staff with protected characteristics

If at any time you feel this facility is not upholding its commitment to these minimum standards, in the first instance please report this to the Duty Manager or General Manager of the facility. If this does not get effectively resolved, please request further support from ukactive, by contacting us at clientservices@ukactive.org.uk. Please provide the name of the facility, its address (including postcode), the nature of the violation and the activity you have taken directly with the facility to resolve the issue, including the facility's response.



SWIM & SPORTS ACADEMY



BURNHAM-ON-SEA



ADDITIONAL MEASURES PUT IN PLACE BY THE ACADEMY FOR YOUR SAFETY

1. AVERT THE NUMBER OF INFECTED PEOPLE VISITING THE SWIM & SPORTS ACADEMY

Daily Temperature & Health Checks for all staff

No General Public Open Swims

Track & Trace system in place for all users.

Reduced operating hours

Temperature check for all visitors if requested.

Members Only Pool "Family" Sessions (Academy Swim/Tri/Health Club)

No Visitors (Drop-in members) permitted in the Gym

Adult only swims

Payments taken over the phone

2. PREVENT PEOPLE CARRYING THE INFECTION INTO OR AROUND THE FACILITY

Academy closure each day from 1:30 – 3:30 for Deep Clean from dedicated professional cleaning staff.

Towels & personal items not permitted into the Gym (except water bottles)

Perspex Screens implemented at Café area

Restriction of One Adult per Child in Changing village for Swimming Lessons

3. LIMIT THE NUMBER OF PEOPLE WITHIN THE FACILITY – REDUCING THE RISK OF TRANSMISSION

Reduced timetables for Pool & Health Club.

Restricted numbers in Swimming Pool to ensure distancing of 6 m² per user

Users requested to arrive "gym" or "swim" ready (i.e. swimsuit under regular clothes) to avoid congestion in changing village.

Pre-Bookings for all Swim Academy & Health Club Classes.

All Academy Health Club Classes have restricted numbers

- Cardio Studio = 12 + Instructor
- Spin Studio = 12 + Instructor
- Aqua Aerobics = 15 + Instructor
- Gym = 8 members

Swim Lessons have been staggered to enable a 50% reduction in changing villages

Academy shop limited to 1 user or "family bubble" at any one time.

4. SOCIAL DISTANCING – TO REDUCE THE RISK OF VIRAL TRANSMISSION THROUGH THE AIR

Perspex Screen at reception

Distance marker signage for reception

Café tables & chairs reduced

Swim Academy Check-In – designated areas for the varying Stages
One-Way System in place for the Wet-Side Changing Village
Gym equipment reduced, with additional spacing between machines
Markers in Cardio Studio to enable social distancing
10 Mins changeovers introduced between classes to avoid “pinch-points”
Communal Showers temporarily out of order (However individual cubicle showers are available)
During Lane Sessions, No “Social” Lane. 2 X Slow lanes by the wall and a Med and Fast Lane will be in operation.

5. REDUCE THE RISK OF VIRAL TRANSMISSIONS FROM SURFACES & EQUIPMENT

Academy Closed for additional Deep – Clean between 1:30 – 3:30 pm each day
Payments by card encouraged
Café condiments & all food kept behind Perspex screens
Hand-off Starbucks station

6. REDUCE THE RISK OF TRANSMISSION TO VULNERABLE OR HIGH-RISK STAFF & USERS

Staff Daily Temperature & Health Screening Checks
Customer temperature checks if requested
Perspex screens in Reception & Café Area
Social Distancing
Staggered Staff Operational Hours
Continuous Staff training for Managers, Lifeguards, Receptionists & Swim Teachers to understand & comply with the latest Covid-19 regulations.



**COVID-19
RESPONSE
APPROVED**