

SPRINGFIT

— Play - Learn - Thrive —

Your Guide to Classes After Lockdown



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0203 478 0203

We want you to feel as safe and comfortable as possible when returning to classes, so we have put our best advice for personal safety, and the measures we have in place at our Venues in this handy booklet.

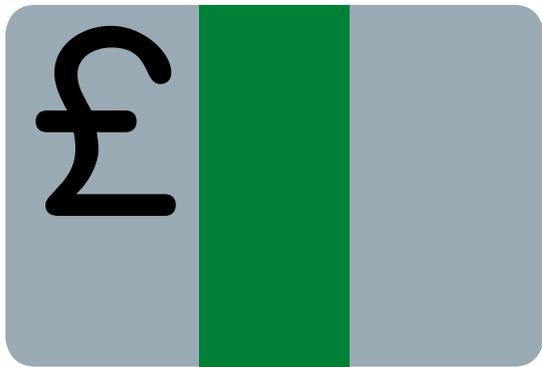
We also ask that you please respect any additional requests by the Venues themselves and follow any requests they may make to also add to everyone's safety!

We look forward to seeing you in classes!



Full Subscriptions.

- If you have continued to pay your Full Subscription throughout, any classes paid for will be available as Catch-Up Credits.
- Further details on using your Catch-Up Credits is available on the website now!



Online Subscriptions.

- Springfit Online will continue to run while we begin to return to classes.
- Our Team will call you to arrange returning to class.
- Your subscription amount won't change until you are ready.

Cancelled Subscriptions.

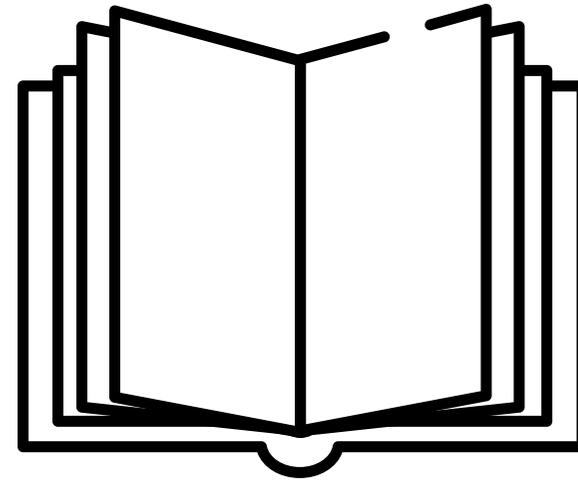
- Government Guidelines mean we may have to return with a limited capacity - this will help with keep everyone safe!
- The Springfit Team will contact you when class capacity allows you to return.
- If you aren't ready to return yet, don't worry! We will be more than happy to contact you at a later date to arrange a return suitable for you.

Memberships.

Government Rules.

Guidelines released on 1st July mean classes are allowed to begin returning. Some things in class will be slightly different to before:

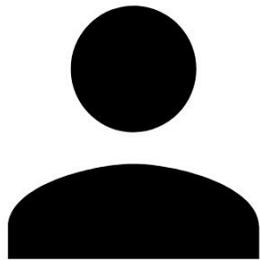
- Class capacity may be initially limited
- Adults must wait outside the venue
- Groups should remain the same - 'bubbles' may be used
- Walk or cycle to class where possible and do not use car-sharing to travel
- Anyone who shows symptoms must stay home and get tested
- Maximum of one adult per child for drop off and pick up
- Arrive at clubs ready to participate - don't change at the venue



Guidelines.



Stage 1



Members on their Full Subscription will return first. We will contact you when your class is going to begin!



Stage 2



Online-Only members will then be contacted and invited back to their classes when capacity allows.



Stage 3



When safe, those who have cancelled will be contacted to arrange starting classes again!

Phased Return.

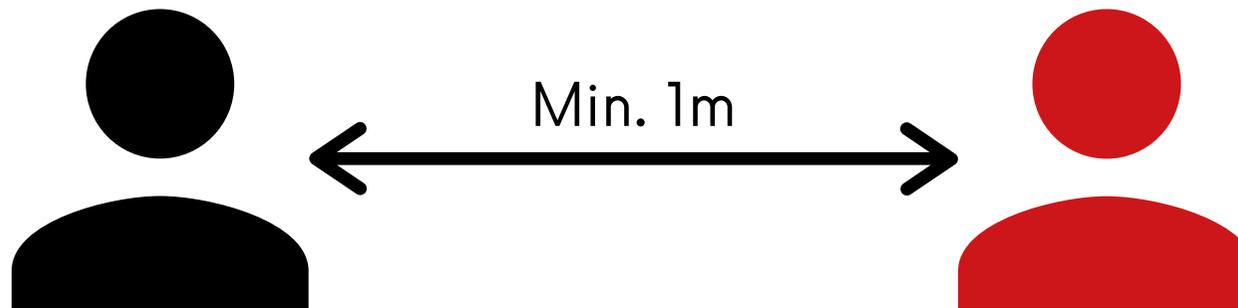
Physical Contact.

We completely understand that you will want to hug your friends, especially if you haven't seen them for a while!

However, we need to make sure that we follow the rules to keep everyone safe:

- Safe distancing of 1m minimum
- Follow distanced queues where they are marked out on the floor
- Wait for your Coaches to give direction on what equipment to use and when

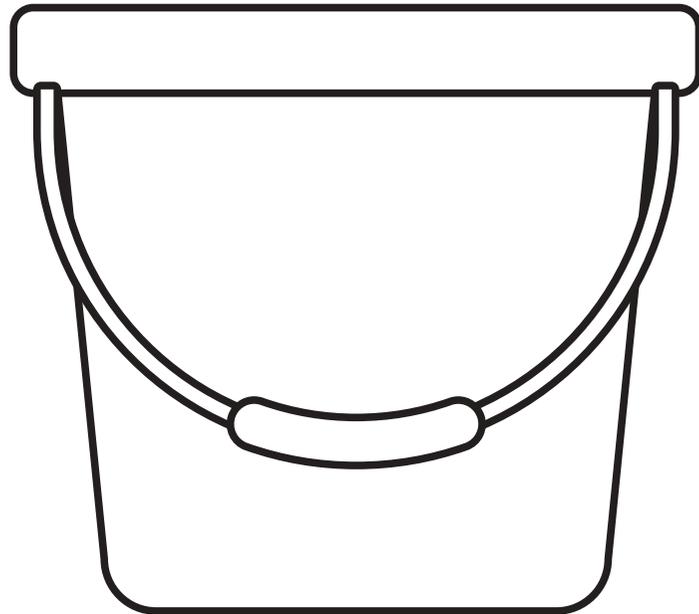
Coaches will plan activities that require minimal physical contact but will step in to help to avoid any injuries. Your safety is still our number one priority!



Safe Distancing.

Personal.

- Wash your hands
- Hand Sanitiser is available to all members
- Wash your clothing straight after classes
- Safely distance while waiting outside of classes



Venue.

- All equipment will be cleaned before class begins
- Antibacterial wipes and sprays are available to Coaches to help keep your equipment clean
- Safely distanced queues will be marked on the floor
- Door handles will be wiped before classes
- Coaches will show members in one at a time
- Lessons will be carefully planned to avoid physical contact where possible

Hygiene.

There are some simple things we can all do to stay safe:

- Follow your Coaches instructions for where to stand and when you can use the equipment
- Members please wait outside the hall until your Coach lets you in
- Adults, please stay outside the hall
- If spotting in a class, you will need to follow the same hygiene as members (this includes mobile phones staying away throughout)
- Foot traffic through the halls should be one-way, directed by the signage

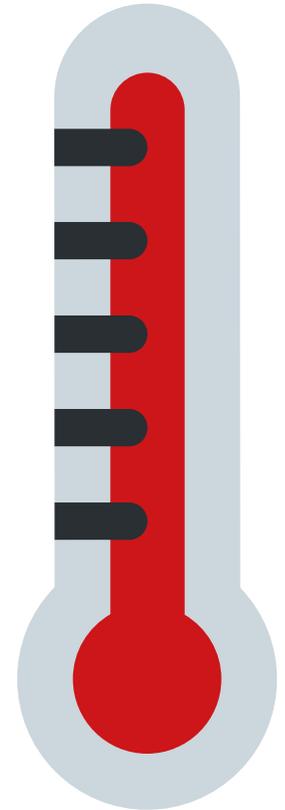


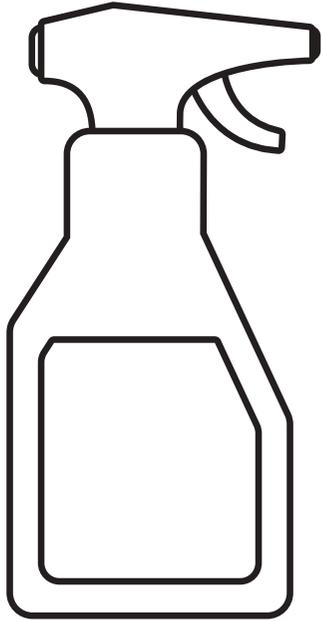
**Remember:
If you aren't feeling well,
please stay home and seek testing**

Safety.

If you, or anyone in your household, develops symptoms, remember to self-isolate for 14 days.

Arrange a test at your local test facility by visiting [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) and let the Springfit Team know so we can keep everyone safe.





Test Response.

In the event that someone tests positive, Springfit need to know as soon as possible.

We will then:

- Arrange deep cleaning of the facility
- Steam clean and disinfect any equipment in that room
- Inform any members in that 'bubble', including any Coaches

Precautions.

We look forward to seeing you back in classes!

You can keep up to date by following us on Instagram and Facebook, as well as our website. Details are below!

Also, some useful websites to keep an eye on are:

nhs.uk/coronavirus - check symptoms and book a test

gov.uk/coronavirus - see the latest Government updates and safety advice



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