

Leyburn Community Leisure Club

From Saturday, 1st August, 2020

Members' Induction Covid-19 Statement

A big thank you to everyone for your patience and understanding during our enforced shutdown. The Committee would like to express their gratitude to members for their continued support through this challenging time.

Please be assured that we have done everything possible to create a 'Covid-19 Safe' environment for your return to the club. A full Risk Assessment (in line with UK Government and England Squash guidance) has been compiled and implemented (Risk Assessment available <http://leyburncommunityleisureclub.co.uk/index.htm>). We will continue to keep up to date with UK Government advice and alter our policies if and when necessary.

We need to bring to your attention a 45 minute Court rest time, this has been set between Court Bookings to allow cleaning and air to settle (free from players). We need to highlight that this is longer than the 20 minutes recommended by Squash England Guidance because our courts do not comply with guidance for ventilation.

Please read this document carefully. The following procedures and rules have been put in place to ensure the safety of everyone using the club.

Club Rules and Procedures for all members

To have your Key Fob Access enabled for 1st August and thereafter, you must:

- Set up your Standing Order and the monthly payment made. (no cash payments or direct payments).
- Have sent an email to: leyburncommunitylc@gmail.com confirming you have received, read and understood this LCLC Induction Statement.

The Key Fob system, Online Bookings and CCTV are central to our ability to 'Track and Trace' anyone who subsequently reports symptoms of Covid-19. The Key Fob System logs all entries into the club by time and date. It is essential that you:

- Bring your Key Fob (or Family membership Key) for entry – do not use the buzzer to be let in.
- Do not 'shadow' the member in front and enter on their key fob.
- Do not let anyone in with you under your key fob entry.

Before you visit the club:

- Be aware of any symptoms that you or anyone in your household have regarding Covid-19. If so, stay at home and follow NHS guidelines.
- Ensure you have booked your session via the online booking system..
- Have your Key Fob with you.
- Arrive at the club no earlier than 5 minutes before your booking time to avoid congestion at the entrance.
- Use the hand sanitizer provided on entry.
- Arrive wearing your sportswear in preparation for your activity (you can change into clean court shoes at the Club).
- Bring your own equipment (e.g. rackets, balls, grips, and shoes), a towel and a bottle of water/refreshments. Do not share.
- Have a basic first aid kit in case of injury.

Members DO NOT have access to the following areas:

- Showers
- Changing Rooms
- Bar
- Seated Areas
- Water Fountain
- Utility Room
- Sauna

We would encourage members to use the toilet before coming to the club to reduce risk and minimise additional cleaning of these facilities. The downstairs toilets will remain open for members to use, access is 1 at a time and you must clean any touch points.

No guests or spectators allowed in the Club.

Squash Members Additional Rules/Information

- All courts **MUST** be booked via the online system – **no 'walk-ins'** permitted.
- If two players are using the court, the player booking the court must enter both names onto the system. If you have family membership, book under your own name.
- Hand sanitizer, disinfectant spray and blue roll will be provided for each court
- A chair within a taped off area outside the court will be provided for each player to change into their court shoes. You can either place your bag under the chair or take it on court with you.
- DO NOT wipe your hands on the glass or walls.
- Maintain social distancing.

- All 'touch points' (door handles, chairs, court light switches etc.) must be sprayed with disinfectant and wiped clean before and after use.
- Players must leave the court after their allocated 45 minute session and leave promptly once all cleaning duties have been completed.
- Courts 1 and 3 will have staggered booking times. A 45-minute gap between court usage is necessary for your touch point cleaning and to allow the air to settle.
- Court 2 will be closed to ease congestion and facilitate social distancing.

(Please note that squash rackets/shoes will not be on display for you to borrow as before. Should you need a longer-term loan of equipment, contact Lee at l.hallam@yahoo.co.uk or on 07874 712834)

England Squash have issued 'Return to Play' guidance which permits the following use of squash courts:

- Individual play (solo practice with or without coaching)
- Two members from the same household or social bubble (unrestricted play)
- Two members from different households (modified games/drills)

Full information, along with ideas for drills and practice, will be posted on each court.

Gym and Cardio Room Additional Rules/Information

All gym/cardio session must now be booked online. You will be sent login details and instructions via email so that you can access the system. Please note the following changes:

- Gym sessions will be a maximum of 1 hour 30 minutes.
- 3 booking slots will be allocated for each gym session.
- Hand sanitizer, disinfectant spray and blue roll will be provided on entry to the gym and on the window ledge.
- Please ensure that you spray all surfaces with disinfectant that you have touched during your session.
- Opening the window is encouraged to improve airflow, but please ensure that it is closed (and the handle sprayed with disinfectant) before you leave.
- Only lift weights that you can manage safely – no 'spotting' allowed.
- Maintain social distancing at all times and be considerate of others.
- Leave promptly either before or at the end of your allocated session.
- A 30-minute break between each session has been implemented to allow the air to settle before the gym is used again.
- **Cardio Room** sessions will be a maximum of 40 minutes.
- 1 booking slot will be allocated per session (or 2 if from the same household)
- All cleaning products will be provided, to be used as above.

Members must be healthy and symptom free from Covid-19 before accessing the Clubs Facilities and must agree to the following:

- If a member has recovered from a Covid-19 infection, where symptoms required hospitalisation, they should consult their GP before returning to play or access the Gym.
- Members are not permitted onsite if they have been in contact with anyone who has been unwell with suspected or confirmed Covid-19 during or in the two weeks prior.
- Members are not allowed onsite if they feel unwell or show any Covid-19 symptoms.
- Any member who becomes unwell or shows Covid-19 Symptoms after visiting the Club must follow the relevant guidance (NHS), declare this to the Club and also consult their GP immediately.

Cleaning

Members will be responsible for their touch point cleaning whilst using the facilities. All cleaning materials will be provided. We have a Cleaning Company who will continue with the cleaning of the Club's facilities, in line with current guidance.

Important Reminder

Any misbehaviour and abuse of the rules in place will be acted upon. It is important that members follow the guidance for their own safety and the safety of others. If you have any concerns regarding the actions of others, please contact a member of the Committee by email (leyburncommunitylc@gmail.com). Your concerns will be dealt with confidentially. The LCLC Committee members will also be doing spot-checks and monitoring CCTV to ensure compliance with all new rules and procedures.

What to do next

Please send an email to leyburncommunitylc@gmail.com and state, along with your name:

'I have received, read and understood the LCLC Induction Statement.'

Your key fob may then be activated.