



CARDIO ROOM

Covid-19 Guidance

- **Pre-booked users in the cardio room only**
- **Maximum two users at any one time**
- **Respect social distancing rules (keep 2m apart whenever possible)**
- **Sanitise hands upon entry and exit**
- **Wipe down equipment with sanitiser before and after use**
- **You must stick to your time slot, so leave enough time to clean afterwards**
- **Certain items of equipment may have been switched off or disabled to help maintain social distancing**
- **Open doors to increase ventilation**
- **Close doors if you are the last to leave**

Use this QR code to
book a slot (if you
haven't done so
already)



Thank you!