



WEIGHTS ROOM

Covid-19 Guidance

- **Pre-booked users in the weights room only**
- **Maximum three users at any one time**
- **Respect social distancing rules (keep 2m apart whenever possible)**
- **Sanitise hands upon entry and exit**
- **Wipe down equipment (including weights, barbells, etc.) with sanitiser before and after use**
- **You must stick to your time slot, so leave enough time to clean afterwards**
- **NO spotting**

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



Thank you!