

Email sent by TWC committee to members 18/8/2020

Dear Members.

We hope that you are all enjoying your time on the water during this wonderful weather that we are having. Thank you for your patience and understanding during the last few months when we had to limit boating and close the inside facilities.

We are now writing to you with an update on various COVID related matters at the club. Changes in Government guidance has led to the possibility of more of the site being able to be reopened. We met on the 10th August to discuss and approve the risk assessments associated with each area.

Site as a whole

Hand sanitizer has been put at the entrance to both the island and mainland clubhouse; you must use it before entering the facilities.

Due to restrictions we can only allow a certain number of people to boat at peak times. Please be mindful to observe social distancing and respect other people.

Kitchen Bar and Clubroom

The kitchen, bar and clubroom are open only when a pre organised event is taking place. Due to restrictions the number of people allowed in at any one time is restricted. The kitchen, bar and clubroom will remain closed and locked at all other times. No members should be in the kitchen under any circumstances other than for an organised event.

Changing rooms

These remain closed apart from for access to the toilets. Do not use the showers or changing facilities. You must continue to arrive changed or change outside.

Toilets

These are open and are being cleaned more regularly. When using paper towels do not put them in the toilet, put them in the bin.

Gym

We are putting in the final protocols to reopen some of the gym facilities, starting with the marquee. Please remain patient; we will update you with the details when these are ready [now done – see follow on email below]. There will be reduced capacity and an online booking system will be introduced.

We would like to take this opportunity to thank all those involved in putting together the risk assessments which will allow you to use the facilities again.

Regards

TWC Directors

Email sent by TWC committee to members 22/8/2020

Dear Members

I am pleased to inform you that the site is able to open the Marquee with effect from **Monday 24th August** under COVID guidelines.

All members wishing to use the Marquee facilities must book a slot prior to use. An online booking system has been put in place in line with government and NGB (National Governing Bodies) guidance, to ensure social distancing can be maintained and provide a Track & Trace function. User numbers are therefore restricted to a maximum of 4 people in the Marquee per session, for the safety and wellbeing of all members. Usage will be monitored regularly.

The link for the booking system is contained in the COVID-19 Marquee Gym Guidelines attached. **IT IS ESSENTIAL THAT YOU OPEN, READ AND FOLLOW THESE GUIDELINES.**

Session slots are limited and restricted to 50 minutes, followed by a 10 minute gap between sessions to allow cleaning, ventilation and leaving the area. Members can book one slot per day, subject to availability, and are requested to cancel a session if not going to use it. Booking a slot means you have read and accepted the Guidelines, and agree to comply with them.

Failure to follow the Guidelines and respect other members could lead to disciplinary action, and could also lead to a re-closure of the Marquee.

At this time, all changing rooms and showers remain closed, as are the Paul Gilbert Gym and the Wells Room on the island.

Much work has gone into ensuring appropriate measures are in place to open this facility and keep members safe when using it. Thank you in advance for your co-operation in keeping it open.

If you borrowed some equipment to train at home during the Lockdown, could you please return it without delay. It is now needed and we are pieces of equipment missing.

Regards

TWC Board and Co-ordinating Committee

Attachment:

COVID-19 USE OF MARQUEE GYM – INSTRUCTIONS AND GUIDANCE

Update 19th August 2020

The following guidance updates all previous documents sent to members. As the situation changes we will amend this information to keep you up to date with our advice. These instructions are in addition to the normal club gym operating procedures and safety advice.

Please read these instructions carefully

Our priority remains the health and wellbeing of our members. We are committed to ensuring that the return to usage of the TWC gyms takes place in as safe environment as is possible and that we all continue to help suppress the spread of the Covid-19 virus. We will take all reasonable precautions against the Covid-19 virus and act in accordance with our Duty of Care to you as a Club member at all times. We will also ensure we act in accordance with all relevant legislation and government guidance in this area. However, some risks will remain and it is up to the user (or parent if under 18) to accept the potential risks of using the gyms at the current time.

The Island Gyms remain closed and should not be used under any circumstances. The Marquee is now ready to be reopened

All members must book to use the Marquee and will indicate when booking that you understand that there is an increased risk of exposure to Covid-19 when exercising in the TWC gyms and that by taking part in such activities you are accepting this increased risk. Also, that you have read the following instructions and agree to abide by them. Failure to do so will result in club disciplinary procedures being invoked and a potential ban on gym usage.

Please note that all activity at the club must be consistent with the government guidance regarding health, social distancing and hygiene. <https://www.gov.uk/coronavirus>.

You are required to abide by the following regulations when using the Marquee. Please be considerate to other gym users and respect the session timings

IMPORTANT

If you feel sick please stay at home. Anyone who has recently been at the club and develops symptoms or suspects they have been in contact with someone who has the virus **must** notify their Club Chair and stay at home for 14 days. We will inform other potential member contacts and ask them not come down to the club for 14 days

Flow of people and ventilation

- Social distancing must be observed at all times ie when waiting or moving around the gyms please ensure there is 2m between you and the next person. If this is impossible then you should wear a mask.

Marquee

- Ensure front flaps are open when using equipment. Last user to shut all flaps.
- Wait to go into the marquee by the plastic canoes on the AstroTurf but away from any members rigging boats.

Booking and Session Times

- All members must book sessions before using the Marquee by using the official on-line booking system. **Do not arrive if you have not booked a session.** Only members may use the marquee due to the limited number of places available. Please do not bring any guests.
- The booking system can be found at <https://cal.smoothbook.co/5f1d2c7431d2c404e1929a97#/service>
- Session times are subject to review and as Government advice changes. Each session is 50 minutes with 10 minutes allowed at the end for cleaning, ventilation and to exit.
- Booking can take place up to one week in advance.
- Please cancel a session if you are not going to use it, to free it up for another member (via your appointments list).
- Members can only book for 1 session each day in advance and then may book other sessions if there is a space on the day.
- A maximum number of 4 people are allowed in the Marquee per session.
- Please arrive in kit and leave directly after your session. The changing rooms and showers remain closed.

Use of the Gyms and Equipment

- Spotters should use Visor **or** face mask
- Not sure about the mandatory washing of equipment pre-use – where heavy weights are concerned, a wet bar could be a safety risk – think the ‘pre’ should be advisory (it is the individuals risk) and the ‘after’ remains mandatory.

The following cleaning regime is mandatory.

- Wash or sanitize your hands before entering the gyms. (You are advised to do the same at the end of your session).
- Cleaning of weights and equipment must be done with the anti-viral cleaner and paper towels provided pre and immediately after use and before moving to another piece of apparatus. This will include anything that you have touched (eg mats, benches, bars,

apparatus, weights, light switches and controls). If you have sweated heavily and the floor is wet then this too should be cleaned.

- The doors/flaps to the Marquee MUST remain open at all times to help flow of air.
- A personal towel MUST be used on benches, mats and especially the bench pull. In addition, a vest or T-shirt must be worn at all times to help absorb sweat.
- To avoid shouting/raised voices, no music is allowed other than via personal ear phones.
- Spotters who are not household members MUST wear gloves, a visor and face mask.
- Stretching and abdominal exercises should be done outside. Please bring your own towel or mat.
- Any communication of session type should be communicated in advance. Do not use the walls to pin a session to or write on.
- No station to station circuits or supersets are allowed till further notice

Each Club will be monitoring the use of the Marquee by its members. The health of all our members is extremely important and anyone found not abiding by these rules will receive an official warning from its club with the possible exclusion from use of the gyms.