



# Hyndburn Leisure Policy Document

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Enhanced Standards -  
What Are We Doing To Keep You Safe?

## **We are in this together**

As we think about the future of health and wellbeing, we recognise that we are part of a larger community, who are all taking immediate, necessary steps to care for our health & well-being.

Whilst we practice safe distancing staying active and connected remain more important than ever.

The Safety of staff and members is paramount to Hyndburn leisure. We are working hard to deliver the ever evolving covid -19 measures that will dramatically reduce the risks faced from covid-19.

We've completely redefined our cleaning and safety standards. When you come back you'll notice your centre will look a little different. But you'll still get everything you need for an enjoyable visit.

### **Hyndburn Leisure centre:**

- Deliver the highest standards of cleanliness and disinfection
- Limit capacity throughout our facilities
- Inform customers and enforce a safe environment for our community
- Ensure we can all keep a safe distance when in the centres
- Ensure customers gain safe access & exits to the centre

## **Our objectives**

Working alongside Public Health and leisure industry bodies, Public health England, Swim England & UK active we have set 5 objectives:

1. Prevent
2. Limit
3. Reduce
4. React
5. Inform

### **Prevent**

- Informed customers not to attend Hyndburn leisure facilities if feeling unwell with the any of covid-19 symptoms.
- Require the use of hand sanitisation at point of entry.
- Provide hand washing and/or hand sanitisation all around the facility.
- Additional staff directing customers and maintaining safe distancing.

### **Limit**

- Limit the number of people within a facility to reduce 'density risk' of transmission

- Limit total attendees, and those within an area to a minimum number per square metres
- Pre-book all activity via our Online Bookings platform or by telephone
- Distribute visits across the week and within the day to avoid peaks and large queues.

### **Reduce – Surfaces and air transmission**

- Respace our gym & group exercise equipment and redesign layout to keep people apart
- Individual training only spotting not allowed. Customers will have to reduce their loads appropriately.
- Staff to wear masks when carrying out cleaning duties and close proximity work
- Close down/manage any tight spots (changing rooms, showers, toilets and lockers) if necessary
- Regular deep cleaned & enhanced air-extraction to appropriate levels
- Reduced contact points
- Ensure regular cleaning and disinfection regimes
- Enforce member to take responsibility to wipe kit down pre and post workout
- Undertake deep cleans at close of business each day
- Ensure staff wear disposable gloves for all deep cleaning activity

### **React – Vulnerable staff and members**

- Reduce the risk of transmission to ‘vulnerable’ staff or customers
- Define ‘vulnerable’ people clearly and communicate directly where possible, and with anyone in contact with them
- Guide vulnerable groups on their options such as freezing membership or using digital options
- Restrict access of known vulnerable members/groups
- Change roles for vulnerable staff out of the frontline

### **React**

- Set risk indicators and establish data and reporting processes in detailed protocols
- Be aware of and incorporate (hyper-local) data on infection rates and risks and communicate to members and staff
- Be ready to increase or reduce risk management measures in line with local risk level  
Encourage customers and staff to follow Government guidelines on track and trace etc.
- Staff working in set bubbles following track & trace government guidelines
- Consider closing facility if local risk levels are in the ‘red zone’

## Inform

- Prepare and publish risk assessments
- Provide appropriate training on understanding and identifying the COVID-19 disease to staff
- Train staff to required standard for all risk management activities including colleague/member screening, disinfection regimes and new actions
- Communicate clearly with customers before attendance, on arrival and at all relevant points around the facilities to guide actions and activities
- Update & brief covid-19 information to staff and customers on a regular basis

## Your safety in your favourite spaces

### Welcoming you through the Doors

- All members to check in at reception
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- Entry will be those pre-booked only and via specific time slots
- Hand sanitisation will be expected upon arrival
- Check in via reception & contactless only payments
- Flexi-glass protective shields will be added to our reception desks

### Your Changing Rooms

Whilst some of the changing rooms will be open, we would encourage customers to come Gym or Pool ready and shower/change at home. If you do need the changing rooms then:

- Lockers will be available but on a limited basis
- Shower restrictions will apply
- Sauna and steam rooms will not be available
- A heightened cleaning and disinfection regime will be in place throughout the day
- Deep cleaning at the end of the day

### Your Gym

Measures have been taken to help practice safe distancing. This means that our gyms are now spread around the facility with limited numbers in each area.

- Equipment will be spaced or marked for social distancing
- Customers should clean each piece of equipment pre and post workout
- Sanitisation stations will be located throughout for access to sanitisation and equipment cleaning supplies
- Staff will be available for cleaning and to ensure all customers and employees are following proper safety protocols
- Customers are expected to keep their distance from other customers & staff
- Cleaning intervals are scheduled regularly

## Your Group Exercise

Group Exercise is a vital part of who we are and what we do. We have created ways to maintain connection, energy and inspiration from others whilst ensuring social distancing.

- All classes must be pre-booked
- Capacity in our group exercise spaces will be modified
- Sanitisation stations will be located throughout for access to sanitisation and equipment cleaning supplies
- Customers should clean each piece of equipment pre and post workout

## Your Pool

Activity within the pool areas will be phased back into normal operations. In the initial phase:

- Lane swimming will be available
- Capacity restrictions will be in place with all activity pre-booked
- There will be no equipment available for use. If you wish to use a woggle or float, then customers must bring their own
- Cleaning intervals are scheduled regularly
- Sanitisation stations will be located throughout for access to sanitisation

All other areas/activities will be unavailable initially, including:

- Junior Gym
- Children's courses
- Sauna and Steam Rooms
- Cafes
- Adventure city

### Following

- Squash
- Badminton
- Table Tennis
- 3G
- Wilsons

## Your Questions Answered

### Can you pass COVID-19 via Sweat/perspiration?

No, there is no current evidence that the virus can be spread by perspiration (sweat).

This is supported for non-respiratory fluids by the Centres for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html> however, limited data is available on sweat/perspiration.

### **Does physical activity increase resilience to COVID-19?**

WHO (World Health Organisation) recommend regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all health conditions that can increase susceptibility to COVID-19.

Physical activity leads to improvements in immune health and metabolic health, both of which are linked to COVID risk. Furthermore, physical activity is central in weight management and positive changes in body composition, both of which are linked to COVID-19 risk.

Physical activity keeps the body strong and healthy and can improve mental health by decreasing symptoms of depression, anxiety, pain and loneliness.

Physical activity can also improve, focus, and work performance, sleep and energy levels.

Further questions and answers can be found at [www.hyndburnleisure.co.uk](http://www.hyndburnleisure.co.uk)