



**Ireland
Active**
Leisure, Health
and Fitness
Association



Fáilte Ireland   Státas na hÉireann
Government of Ireland

Glenview Health and Leisure Club

Updated Covid Plan – December 2021

Due to the recent Government announcement we the following changes have been made to our Covid-19 Plan.

- 1. Children aged 9 years and older must now wear a mask in the following areas of the club. When entering and exiting the club, in reception and in the changing rooms (except when showering).**
- 2. All members over the age of 16 will now be required to present their Covid Certificate when entering the club.**
- 3. Please have your Covid Certificate ready to be scanned when entering the club and only Covid Certificate that can be scanned will be accepted.**

Members will have to have their cert scanned on each visit for the first week or two until we have recorded all certificates on each member's account.

Members who do not have a Covid certificate should contact our membership team ASAP to discuss their membership.

We ask you to be respectful to the Leisure Club staff and be patient whilst we scan the Covid Certificates. We will be as fast and efficient as possible and please remember that we are only following the Current Government Public Health Guidelines.

As always stay safe and if you have any questions or queries you can contact Declan Crean the club manager on 012740078 or email dcrean@glenviewhotel

COVID PROTOCOLS CURRENTLY IN PLACE

Membership

Due to the restrictions still in place spaces in the pool and in the gym will continue to be limited. This means that we will continue to renew current members however we will only take a limited amount of new memberships.

- This will ensure that we only maintain our current membership numbers and that we do not increase our membership over the coming months.
- The club will be **open to members only** and members will not be able to bring guests into the club until further notice.

These rules are not in place to make your swim or gym session less enjoyable but to keep you, our staff and your fellow members safe and well. Please remember that the leisure club staff are only adhering to the current guidelines to ensure that the club can remain open and safe.

Member Guidelines

Entering and Exiting the club

- Masks/face coverings must be worn by anyone **over the age of 9** when entering and exiting the club, in the reception area, to and from the gym in the changing rooms (except when showering).
- When entering the club using either the steps or ramp we urge everyone to stay to **their** left.
- Inside the sliding doors there will be a sanitising station where we ask everyone to sanitise their hands.
- In the hallway we ask members to stay to their left when entering and exiting.

Reception

- Members must scan their key fob at the end of the reception desk as they enter the club.
- If you need to ask a question at reception or purchase a takeaway tea/coffee please follow the queueing system that is in place and you will need to queue being aware of the clearly marked 2m social distancing markers.

- Members will need to ensure they have pre booked their swim or gym session or fitness class. This can easily be done through the FitSense Booking App.
- We would request that all members come prepared for their swim or gym session and where possible leave immediately after their session has finished and shower at home.

Changing Rooms

- There will be a hand sanitising station before you enter the changing rooms from reception and the pool area and we request members sanitise their hands before entering the changing rooms.
- There will be access to the changing rooms with a limited number of lockers available for use.
- Toilets and showers will be available however we request that members only use the toilets and showers where necessary and shower at home where possible.
- Hairdryers and hand dryers will not be available in line with the current Covid-19 guidelines.
- Children must be supervised and stay in one area of the changing rooms at all times.
- The changing rooms will be sanitised regularly and deep cleaned every 90 minutes.

Swimming Pool

- There will be a maximum of 34 people (including children) allowed to use the pool during any swimming session to ensure we adhere to social distancing guidelines.
- Members are requested to pre-book their swimming session through the FitSense Booking App.
- Sessions can be booked a maximum of 2 days in advance.
- Children's can use the pool from 9am and must be out of the pool at 7.00pm. Please ensure you have a copy of the current pool timetable.

Sauna, Steam Room, Jacuzzi and Out Door Hot Tub.

- The Sauna, Steam Room, Jacuzzi and Outdoor Hot Tub are open however we request that members/guests follow the relevant Covid restrictions in place for each area. These restrictions are clearly displayed for each area.
- Maximum of 2 people using each area at any time.
- Maximum stay of 10 minutes during busy times.
- You must sit opposite other users in the designated areas.

Gym

- There will be a maximum of 20 people allowed to use the gym during any session to ensure we adhere to social distancing guidelines.
- Members are requested to pre-book their gym session in line with the gym sessions timetable. Sessions can be booked through the FitSense Booking App.
- Sessions can be booked a maximum of 48 hours in advance.
- There will be a hand sanitising station before entering the gym as well as plenty of bottles of sanitiser and paper towels and we request that all members clean each piece of equipment after use.
- The gym will be sanitised regularly.
- There gym equipment will be spaced out and some machines will be clearly marked as out of use to ensure that there is adequate social distancing.
- Members must use a gym towel and wipe down equipment after use.

Fitness Classes

- The current fitness class timetable will run until the 23rd December. There will be a Christmas Fitness Class Timetable in place from the 23rd December until the 4th January.
- Classes must be pre-booked using the Fitsense Booking App.
- Fitness classes will take place in the studio with limited numbers in each class to allow for "Social Distancing"
- You should wear your mask/face covering until the class is about to begin and you should then replace mask/face covering when as soon as the class has ended.