



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools



CORONAVIRUS

Safe Place to Work and Train

The gym industry is making dramatic changes to reduce the risk of transmission of the Covid-19. Gym facilities face specific risks which require targeted objectives and subsequent actions in order to reduce the potential incidence of contamination, transmission and infection.

What specific provision are you making in the gym for Coronavirus?

At Q Gym the welfare of our members is of the utmost importance to us. We are reviewing the coronavirus situation regularly and are following the advice and guidance of Public Health England (PHE) and Health Protection Scotland (HPS).

- We continue to maintain our robust cleaning and sanitation schedule across all our gym facilities and equipment, with a particular focus on fob keypads, door handles, storage, drink fridges and high use gym equipment.
- We will provide extra cleaning equipment on gym floors to enable you to clean equipment after your workout.
- We have also increased the frequency of checks to the hand wash facilities and will ensure that we have plenty of soap available, with checks taking place every 30 minutes.
- We have placed down safe distancing guideline stickers.
- We have added hand sanitiser stations throughout the gym and before you enter.
- We have added screens in between cardiovascular equipment to ensure safety when training.

If you have any concerns or questions about our cleaning schedule, please make a member of the gym team aware and they will be happy to assist you.

What can you do to help?

As a member you can help reduce the spread of the coronavirus infection by following the guidance from PHE and HPS):

- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell
- Do not touch your eyes, nose or mouth if your hands are not clean.

QGym objectives for when we re-open?

- 1) To ensure adaptations are made to prevent people entering the gym with any signs of the illness. We will use temperature guns on all members prior to entering classes and personal training. We will conduct spontaneous checks on gym users.
- 2) Ensure members are washing hands to prevent the infection.
- 3) Keep a restriction on the amount of people in the facility at one time.
- 4) Complete daily deep cleans to prevent the infection spreading through services.
- 5) Ensure the safety of all staff members, checking their temperature on each shift and ensuring they wear masks throughout their shift.
- 6) Ensure all procedures are continuously updated along with the government guidelines.
- 7) Complete regular risk assessment, to ensure the safety of all within the gym.

What actions are QGym doing to help achieve our objectives?

1) To ensure adaptations are made to prevent people entering the gym with any signs of the illness. We will use temperature guns on all members prior to entering classes and personal training. We will conduct spontaneous checks on gym users.

- Temperature checks routinely on gym users, continuously for class users and personal training clients. Staff will also be checked prior to every shift.
- Not admitting members and staff who show possible symptoms or live with someone who has.
- Require self-certification of well-being for staff and members if necessary.

2) Ensure members are washing hands to prevent the infection.

- Require use of hand washing and hand sanitiser at point of entry.
- Provide hand washing and hand sanitiser stations throughout the facility

3) Keep a restriction on the amount of people in the facility at one time.

- Reduce classes to a certain number of participants.
- Distribute visits across the week and within the day to avoid peaks and queues.

4) Complete daily deep cleans to prevent the infection spreading through services.

- Enforce physical separation of equipment and change to layouts to ensure distancing.
- Prevent group training.
- Follow government guidance on wearing masks for staff and members if necessary.
- Use required cleaning products to ensure daily deep cleans, to prevent spreads.

5) Ensure the safety of all staff members, checking their temperature on each shift and ensuring they wear masks throughout their shift.

- Ensure members and staff who are defined vulnerable have a direct point of contact through the gym.
- Enable vulnerable groups options to freeze membership and have homebased-digital training options instead.

6) Ensure all procedures are continuously updated along with the government guidelines.

- Regularly check guidelines and ensure all risk assessments are then updated and actions taken from the risk assessments.
- Be aware of incorporate data on infection rates and risks and communicate to members and staff.
- Encourage members and staff to use trace and test apps and share data, for early warning.
- Consider closing facility if local risk levels are in the 'red zone'.
- Be ready to close and deep clean when members or staff test positive.

7) Complete regular risk assessment, to ensure the safety of all within the gym.

- Prepare and publish risk assessments.
 - Provide adequate covid-19 training to all staff.
 - Train staff to required standards for all risks identified.
-
- Communicate with members before attending the gym, on arrival expectations and guidelines.

What can members do to help reduce the risk of infection?

As a member you can help reduce the spread of the coronavirus infection by following the guidance from PHE and HPS:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell
- Do not touch your eyes, nose or mouth if your hands are not clean.

More information on coronavirus can be found on the NHS, PHE and PHS websites.

NHS: www.nhs.uk/conditions/coronavirus-covid-19/

Public Health England: www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

Public Health Scotland: www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/

What is Q Gym doing to keep members safe and well?

Your welfare is of the utmost priority to us. We want to assure you that we have taken the necessary steps to reduce the spread of the coronavirus infection.

We continue to maintain our robust cleaning and sanitation schedule across all our gym facilities and equipment, with a particular focus on fob keypads, door handles, storage, drink fridges and high use gym equipment. We have also increased the frequency of checks to the hand wash facilities and will ensure that we have plenty of soap available, with checks taking place every 30 minutes. If you have any concerns or questions about our cleaning schedule, please make a member of the gym team aware and they will be happy to assist you.

Q Gym remain vigilant to government updates and we continue to monitor the situation and adjust any measures accordingly.

As a member you can help reduce the spread of the coronavirus infection by following the guidance from Public Health England and Health Protection Scotland:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell
- Do not touch your eyes, nose or mouth if your hands are not clean

If you think you might have coronavirus, or you've been in close contact with someone who has please contact NHS 111. Do not go to a GP surgery, pharmacy or hospital.

Can I freeze my membership for free?

Yes, you can freeze your membership for free within by contacting the gym directly. Your health and safety are our number one priority and so we have waived the usual fee to freeze a membership for all current members for 1 month during the outbreak of the coronavirus. This means that you do not have to cancel and won't need to pay a re-joining fee when you return.

Are the gyms open and operating normally?

Yes, all our gyms continue to operate as normal. If the situation changes, we will contact members and provide updates on our website.

Can I get options to train remotely?

Yes, we have currently and will continue weekly to add programmes to train from home in your member portal. For more information on how to access this, please contact info@q-gym.com.