



**PLAS MADOC LEISURE CENTRE**  
**COVID RESPONSE**

**WELCOME BACK!**

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**COVID RESPONSE**

*Here we tell you about all the changes  
we've made around the building to  
keep you and all our customers safe!*

## **ARRIVAL - ALL CUSTOMERS**

The health and safety of both our customers and our staff are of the utmost importance, so in order to re-open, ensure our centre is a COVID secure environment for you to exercise in, we've had to make several large changes to how the centre operates. We'll be supporting the NHS Track and Trace scheme which means we'll be sharing information with them as and when it's requested to ensure the safety of our customers, employees and community.

On arrival at the centre please follow all queuing guidance and any instruction from staff, only move forward into the reception area when the counter is free of other customers. Face masks are now required on entering the centre.

All sessions (Gym/Swim/ Classes) must be booked in advance. Please if possibly pay using a contactless card, members should download the Fitsense app which allows a digital check in rather than membership cards.

Once past reception, we have introduced a one way system, so whether you visit us for a swim, gym session or fitness class, you will have your own pathway through the building which avoids clashes with other users and enables us to maintain safe social distancing (Facemasks can be removed once you start you session). This may mean you have to access & leave your activity via a different route to normal, so please follow the signage and instruction from staff.

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## THE POOL

In order to give you the space to enjoy our great pool while staying safe, we have reduced our maximum bather numbers at any one time from 170, to 30.

Your time in the pool is up to 60 minutes, however we've introduced controls on entry and exit in order to reduce congestion in our changing rooms, and are allowing no more than 15 people to enter every half hour

We are asking customers to arrive 'Beach Ready' (swim costume under your clothing) and prepare for modified changing routine.

Changing cubicles are limited and lockers are not available, so bring a secure holdall /zipped bag in which to place your clothing and other possessions. This bag then travels with you onto poolside to a drop-off area, from where you will collect it after enjoying your swim.

Following our one-way system, you will leave via the opposite half of the changing rooms. There are no exit showers or hair drying facilities available.

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## FITNESS CLASSES

Our class timetable, while reduced, still offers a great range of options with something for everyone.

Some of our classes have relocated please check in advance or ask at reception, these new locations give us great capacity for every class and plenty of safe space for everyone.

Hand sanitising station has been installed, and additional cleaning sprays & towel provided for customer use. We are asking our customers to wipe equipment after use, helping to maintain a healthy, hygienic class space for everyone.

Your instructor will guide you through the changes. You will exit directly from these areas out via the fire doors. New class users can arrive 5 mins early to speak with the instructor about the session structure.

Toilets and hand washing facilities are provided throughout the building, however there are no changing or shower facilities available, and so we ask customers to arrive 'class-ready'. Please also bring a drink with you and a gym mat if required for the class.

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## THE GYM

Sessions are now limited to 1 hour, booked at quarter past the hour, with gym capacity limited to 30. Our Reception staff and Gym team will guide you through these changes.

A central hand sanitising station has been installed, and additional cleaning sprays & paper towels are provided for customer use. We are asking our users to wipe equipment after use, helping to maintain a healthy, hygienic gym for everyone.

Toilets are available but there are no changing or shower facilities, and so we ask customers to arrive 'Gym-ready'. Bring enough water for your full workout as water fountains will not be in use. Please minimise personal possessions as lockers will not be available.

Please arrive on time for your session, but to help us maintain social distancing, try not to arrive too early as we have very limited waiting space.

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