

The logo for The Spencer Health Club is centered on a dark square background. It features the text "THE SPENCER HEALTH CLUB" in a white, sans-serif font. "THE" is in a smaller font size above "SPENCER", and "HEALTH CLUB" is in a larger font size below "SPENCER".

THE SPENCER HEALTH CLUB

Dear Members,

During these days of social distancing we have had to alter our operating procedures to maintain a safe environment for all.

We have made the following changes to ensure maximum safety of the Health Club Members and our colleagues:

- We have posters displayed in public bathrooms to inform of good hand hygiene practice, respiratory hygiene and cough etiquette and we ask our guests to follow the guidelines.
- We have a dedicated sanitation team who use certified anti-virus products to ensure the highest standards of hygiene and sanitisation.
- We have a fogging machine and the pool, gym floor and studio will have every nook and cranny electrostatically sanitised three times per day.
- We have implemented additional cleaning & sanitisation of all touch points including gym equipment / door handles / reception desk /changing room areas.
- High touch areas are sanitized every 60 minutes however we also ask that members wipe down equipment and benches when they are finished to ensure maximum safety.
- There are hand sanitisation stations at the Health Club entrance, both changing rooms and the studio.
- Our reduced club & class capacities are based on 2-meter physical distancing – any change in government restrictions will result in change of our capacities.
- Our maximum capacity on the gym floor at any time is 24. These must be pre-booked by phone on 01 433 8877. Bookings will be taken 24 hours in advance or less. We also accept walk ins if slots have not been filled. Work out slots are for one hour each. Booking slots will be every 30 minutes.
- Our maximum capacity on the pool is 8 at a time. These must be pre-booked by phone on 01 433 8877. Bookings will be taken 24 hours in advance or less. We also accept walk ins if slots have not been filled. Swim slots are for 45 minutes each. Booking slots will be every 30 minutes. The sauna, steam room and Jacuzzi will remain closed until such time as social distancing restrictions are lifted.

- Our maximum capacity for a class is 6 at a time. These must be pre-booked by phone on 01 433 8877. Bookings will be taken 24 hours in advance or less. We also accept walk ins if slots have not been filled. Class slots are for 45 minutes each. Booking slots will be every 30 minutes.
- As part of our Covid compliancy, The Spencer Healthclub can no longer provide towels as they are high touch items that are a high risk for both members and health club team members.
- We will enforce social distancing in reception and on the gym floor, but it is up to members themselves to carry out self-distancing when in the changing rooms. We would advise, where possible, that you shower in work or at home after your workout. We do understand that this is not possible for everyone. Changing room capacity in the ladies is for 10 and for 12 in the gents and up to the individual to adhere to this and wait in turn if needed.
- **Please note that our preferred method of payment is by credit or debit card.**
- Please do not attend the gym if you have a high temperature or are feeling unwell.
- All direct debit memberships will be free until July 13th to allow for the 14-day credit we owe from when we closed in March.
- Any upfront payments will have the time added on to their renewal date from March 18th to June 29th.
- More information is available by contacting: info@thespencerhealthclub.com

We hope you understand all the safety measures we have adopted for your wellbeing and look forward to welcoming you back to the club.

The Spencer Health Club Team.