

COVID-19
A framework for the re-opening of
Sandown Sports



SANDOWN
SPORTS

1. Overview

This document sets out the framework for the safe re-opening of Sandown Sports Club facilities following the full closure due to COVID-19.

This document provides a basic framework of our operating guidance for customers, staff and supply chains once the Government has said facilities, or parts of facilities, can open.

The framework has been developed under guidance from all major governing bodies in the relevant sectors and from international partners who are at different stages of managing the COVID-19 crisis.

This document is a live document and will be updated accordingly together with all our Covid-19 risk assessments and plans. This document will be posted on our website.

2. General

- Posters will be on display informing customers and staff of social distancing measures, cleanliness and hygiene protocols throughout the facility.
- Staff and customer health and wellbeing will be at the top of our priorities, and anyone with suspected symptoms of COVID-19 will be sent home immediately and advised to follow Government isolation guidelines.
- Staff will ensure that social distancing is adhered to by all within the facility, based on the guidelines for each area.
- PPE (rubber gloves and surgical masks) will be available to staff should they wish to wear it however this will not be mandatory.
- Individuals will primarily be responsible for themselves when taking part in physical activity and will be expected to adhere to the advice outlined by the club.
- Any contractors on site must follow all social distancing, cleaning and hygiene guidelines set out by the club.
- Customers over 70 and/or those with underlying health conditions will be advised to stay home and take extra precautions until a time it is deemed appropriate for them to resume normal activities by the government.
- People flow and directional instructions will be apparent from the car park into the main building and one way systems will be put in place where practicable.

3. Cleaning

- Cleaning procedures will be carried out by on duty staff at 2-hourly intervals throughout the day of high contact touch points, and checklists will be signed off as record.
- Anyone using the facilities will be expected to clean all equipment after use with the cleaning products provided.
- Rigorous cleaning procedures will continue each day specified by contracted cleaners (Cleaning Solutions).
- PPE (rubber gloves and surgical masks) must be worn by staff when cleaning as a protective barrier.

4. Reception Area

- Queue management will be put in place to avoid crowding from the walkway, to the front door and leading up to the reception desk, in the form of 2m spaced lines on the floor. All staff and customers must follow the social distancing guidelines when at the club.
- No personal items may be placed on the front desk, and customers will be encouraged to stand back at a safe distance.
- Contactless payments will be encouraged where possible.
- The number of customers coming in/out will be monitored to ensure maximum capacity (tbc) is not breached.
- A plastic sneeze screen will be placed on top of the reception desk to protect staff, and only 1 staff member may be behind the front desk at one time to avoid crowding.
- Staff rotas will be adapted accordingly with breaks staggered to avoid congestion.
- Staff will keep a 2m distance in the office space, and not enter unless suitable space is available.
- Hand sanitiser and cleaning equipment will be available and staff and customers encouraged to use it upon arrival and throughout their visit.

5. Corridors/ General Areas

- A one-way system will be implemented where possible to avoid crowding, which staff and customers will be expected to enforce and follow. This will be clearly outlined through floor stickers, arrows and/or signage. ([click here for one-way system floor plans](#))
- Where a one-way system is not possible, customers will be expected to 'give way' to one another whilst keeping at a safe distance of 2m where possible.
- Specific entry and exit points will be marked clearly with the use of posters.
- Where possible, customers will be asked to park in alternate bays to help with social distancing.

- Entrances will be clearly marked with Entrance and Exit signs, and must only be used as instructed.
- Queuing will be enforced in 2m distances to enter the club when necessary.
- All water fountains will be switched off, therefore customers will need to bring their own.

6. Changing Rooms and Toilets

- There will be extra signage in these areas promoting hygiene and social distancing measures, pushing customers to wash their hands thoroughly before and after facility use and suggesting maximum capacity in each area.
- Benches will be marked with 2m sections for members to stick within.
- Limited lockers will be available to keep social distancing, with antibacterial spray/ wipes present for customers to clean after use.
- Limited toilet and showering facilities will be available to ensure social distancing is followed (every other unit will be closed).
- All personal belongings must either be left at home or placed securely inside a locker. Only a phone/music device and water bottle may be taken into the gym or studio.

7. Gym

- The gym will run on 90-minute time slots, which members may book online in order to monitor capacity. Max capacity for the gym will be 20 per slot.
- The facilities will be cleaned by staff between every 90 minute slot.
- A maximum capacity will be enforced for each area of the gym floor (Blue room, DB room, Cardio area and Resistance Machine area)
- Every other piece of equipment will be out of use in order to maintain social distancing, or where possible they will be moved 2 metres apart.
- Areas will be marked on the floor in more open areas (such as the weights area) for customers to work within to maintain social distancing.
- Sanitising stations will be available, including hand sanitiser, antibacterial spray with tissue and/or wipes.
- Customers will be expected to thoroughly clean their equipment after use.
- Sweat towels will not be permitted on the gym floor, tissue should be used and thrown away straight after use into the bins provided.
- Personal Training will be carried out from a safe distance, and clients will be instructed to collect and clean their own equipment where possible.
- No personal belongings other than a phone/music device and a water bottle may be permitted into the gym.

- Virtual classes will continue where possible until it is safe to return to normal capacity classes.

8. Studio

- Social distancing measures will be put into place via floor markings for each participant to stand on.
- There will be a reduced class number to ensure 2 metre distancing is possible.
- Equipment will be thoroughly cleaned with wipes/ sprays provided after each use.
- One person may enter the equipment cupboard at one time, and people may not pass equipment to one another, or share equipment throughout a class.
- The instructor must request each participant to collect their own equipment, and not set up for them.
- Sweat towels will not be permitted in the studio.
- When possible, doors will be left open to help circulate the air, and air con will be switched on.
- There will be a minimum of a 10-minute window between classes, and no queuing outside the studio will be allowed. Customers must queue outside (whilst keeping a 2m distance) the building until instructed to enter.
- Instructors will not have hands on contact with participants and will keep a 2m distance unless needing to administer first aid (see First Aid section below).
- No personal belongings other than a water bottle may be permitted into the studio.

9. Squash Courts

- When deemed appropriate by the government, customers may play squash on their own, or with one member of their household.
- Players must wipe down touch points (such as doors, handles etc.) after playing with wipes/ sprays provided.
- Personal belongings must be left at home or in the changing rooms and will not be allowed in the corridor. Players may take a water bottle with them.
- Coaching may take place from outside the court, whilst following social distancing measures.

10. Spin Studio

- Bikes will only be used 2m apart, with others either removed or taped off.

- No personal belongings other than a water bottle may be permitted into the spin studio.
- Customers shall be required to thoroughly clean their bike and surrounding areas before leaving.
- A queue may be formed outside with 2m distancing before the class starts, and the bikes filled from the furthest away first.

11. Personal Training

- 1:1 Personal Training sessions will run, with strict adherence to social distancing.
- Semi-Private sessions will not continue until advised safe to do so.
- A strict area will be marked in the gym for Personal Training sessions to take place.
- Equipment will not be passed from trainer to client, and both parties will ensure proper hygiene is maintained through the use of hand sanitiser and/or anti-bac spray and wipes.

12. Ski Hut and Slopes

- A one-way system will be implemented within the Ski Hut, with doors clearly marked 'Entrance' and 'Exit'.
- There will be a maximum capacity for the Ski Hut, which will be monitored and enforced by staff and using 2m lines on the floor.
- Contactless payments will be utilised wherever possible.
- A plastic sneeze screen will be placed on top of the reception desk to protect staff, and only 1 staff member may be behind the front desk at one time to avoid crowding.
- Staff rotas will be adapted accordingly with breaks staggered to avoid congestion.
- Staff will keep a 2m distance in the office space, and not enter unless suitable space is available.
- Hand sanitiser and cleaning equipment will be available and staff and customers encouraged to use it upon arrival and throughout their visit.
- Check-in iPads will have wipes for cleaning down after use by each customer.
- Once equipment has been selected and checked, it will be left on the counter for the customer to come and collect with staff member a safe distance away.
- All equipment will be cleaned thoroughly by customers and/or staff upon return with antibacterial sprays/ wipes.
- Queue management will be implemented by staff on the ski slopes to ensure social distancing is maintained.
- There will be a limited number allowed on each slope at one time to avoid crowding at the top/ bottom of the slopes.

- Re-opening strategy will be communicated to Skywalk Adventure to ensure no crossovers in social distancing and hygiene procedures, and to avoid crowding where the two businesses may overlap.

13. Birthday Parties – Ringos etc

- Parties will re-open pursuant to government advice.
- Party sizes will be reduced.
- All equipment will be cleaned thoroughly by customers and/or staff upon return with antibacterial sprays/ wipes. Helmet liners are to be thrown away in bins provided.
- Gloves and full covered clothing is already a requirement for ringo party customers.
- Parents watching children will be limited to allow for social distancing.
- Party duration will remain one hour, but there will be a 30 min break in between bookings for cleaning purposes.

14. The Terrace Bar

- Will re-open when government restrictions allow and will operate under any guidelines issued by PHE or other national health authorities.
- Government guidance for food and drink establishments will be followed.

15. Exceptions and Miscellaneous

- Social distancing may be broken in the event that first aid must be administered. The first aider on duty must wear appropriate PPE, and in the case of CPR being delivered, staff must follow the specific guidance outlined by the Resuscitation Council UK.
- Exceptions on personal belongings allowed into the gym, studio and squash courts may include; medical belongings such as inhalers/ asthma pumps, EpiPen's for allergies, heart rate monitors if advised to wear one.

16. First Aid

- Staff must wear PPE (gloves and face mask) to administer first aid, and keep a distance if possible. These will be available within the First Aid Box.

- CPR may be administered if necessary following the Resuscitation Council UK's guidelines which can be found through the link at the bottom of this document.
- Hygiene standards will be prioritised, with staff administering first aid ensuring to wash and/or sanitise their hands both before and after delivering the necessary aid.

Governing Bodies and References

UK Active - <https://www.ukactive.com/covid-19/#covid-19-coronavirus>

England Squash - <https://www.englandsquash.com/news/england-squash-coronavirus-statement>

Government - <https://www.gov.uk/coronavirus>

Resuscitation Council UK - <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

Suggested Floor Plans/ One Way System



