

WD50+ CLUB OF FYFIELD - REOPENING 21 MAY 2021

COVID-19 GUIDELINES FOR ATTENDING WD50+ CLUB EXERCISE SESSIONS FROM 21ST MAY 2021

COVID-19 RESTRICTIONS ARE DUE TO BE LIFTED FURTHER ON 21 JUNE 2021

PLEASE READ AND FOLLOW THESE GUIDELINES CAREFULLY

TIME: Fridays, 11.45 – 12.45pm. *Please arrive wearing mask by 11.35am latest* to allow for Sanitising hands, Registration/payment and Track and Tracing Registration. Mask to be removed during exercise and replaced after the session ends. We will be using both halls and the Disabled Toilet in the Monica Couling Room, but NOT the Kitchen or main toilets.

ENTER via Monica Couling Room door and use Hand Sanitizer provided on table. Register and Pay and complete Trace and Trace requirements by signing List provided or scanning the QR code if you have your NHS QR code downloaded on your phone. *Coats, jackets or other outer clothes should be folded and put under your chair along with your bag.* Please do not hang coats on the backs of chairs as this could be a safety hazard.

EXIT via double doors in main hall at end of session.

Members: Please bring your own water in a flask or plastic container (not glass) plus cup/beaker, snack, packed in a washable or disposable bag* along with any individual equipment you wish to use (see Equipment, below). *Tea/coffee and snacks can be taken outside using benches on the patio.*

Registration: At desk, payment in cash in envelope marked with your name please, if possible. Liz Bird (Membership Secretary) can give change if necessary. A supply of face masks will be available for those who need them at minimum cost. Everyone must complete contact details for Track and Trace purposes.

Spacing: Chairs will be set out singly to make a large oval. Choose a Chair to use for the entire session and put any equipment, water, in your bag under your Chair along with any other clothing. Wipe metal parts of chair with sanitising tissue provided and put in disposal bin. *Seat covering:* This is not essential, but people may bring their own covering for seat and back of chair.

Masks: Masks are not required during exercise, but may be worn if desired.

Exercising: Some exercises will be done whilst walking around hall, so please maintain 2 metre distance in front and behind. Listen to and follow Clare Smith's instructions at all times.

Equipment: Most exercises will be done without equipment. People should bring their own stretch band if possible. Other personal equipment (eg hand/leg weights) can be brought and used at discretion of Clare Smith, but must **not** be loaned to anyone else and it must be taken away afterwards.

Toilet: The disabled toilet in Monica Couling Room is available; Hand wash, Sanitiser & tissue are provided.

After Session: Metal parts of chairs to be wiped down again with sanitising tissues, chairs put on Carrier. Toilet to be cleaned and sanitised if it has been used. Door handles, partition doors and winder and window ledges to be wiped. Floor to be wiped over with large broom, sprayed with sanitiser. Any rubbish to be bagged and put in waste bin.

*A simple cloth bag that is easily washed is best.

Please abide by these Guidelines to safeguard the health and safety of everyone, and comply with the requirements of the Village Hall. Thank You. Please contact Liz Bird (01277 899324 or Patti Nicholson (899504) if any of the above Guidelines are unclear.

Guidelines updated 3 May 2021