

1. Before training

- a. Book your slot using the booking sheet provided and stick to the time slots allocated
- b. Numbers are restricted to allow at least 3m² per person in the training areas with no more than 6 at a time to be erging in any one location (locations are - erg room, balcony or boat bay/truck bay)
- c. DO NOT gather in groups prior to your session, arrive in kit ready to train
- d. Ensure you are able to access the club and have confirmed both access and locking up arrangements with your squad co-ordinator
- e. Plan your session to be completed within the 60 minutes time slot
- f. Where possible, sign in using the QR code sheet appropriate to the training area. We have 3 codes, rowing, land training (erg/weights room) and for use of the bar. If you cannot scan the QR code, your name will be on the booking sheet or track and trace form for the bar
- g. Wear face coverings when entering and moving around the building
- h. Use hand sanitizer provided on arrival at the club prior to training

2. When training

- a. To ensure adequate ventilation -
 - Ergo room window to be opened and remain open
 - Ergo room double doors to be opened and remain open
 - Door to stair well to be opened and remain open
 - DO NOT use fans or air conditioning units as these recirculate air
 - Balcony is considered outdoors with adequate natural ventilation but roller shutters may be opened for additional ventilation
 - Boat bays or truck bay are considered to have adequate ventilation but roller shutters may be opened for additional air circulation
- b. Wash down equipment and mats used with detergent/sprays provided
- c. Train within the designated exercise areas
- d. Do not re-arrange or share equipment
- e. Do not play loud music to prevent raising of voices or shouting
- f. Allow time between sessions to complete cleaning process
- g. Dispose of any paper towels used in the bins provided after wiping down equipment

3. After completing your session

- a. Equipment and mats used to be washed with detergent/sprays provided
- b. Surfaces including door handles to be wiped down using detergent sprays provided
- c. If no other users booked, close window, double doors and door to stair well
- d. Ensure that you or another member present has the means to lock up when you leave
- e. When exiting the club, wear face coverings
- f. If you are last to leave, ensure doors are locked, shutters down and alarm is set.
- g. If you notice anything that needs attention or replenishing (e.g. paper towels, sanitiser or equipment), please contact clubmanager@tynearc.com