

1. Before training

- a. Book your slot using the booking sheet provided and stick to the time slots allocated
- b. Juniors are permitted to train in organised sessions. Adult members can train independently using club facilities as long as access has been arranged.
- c. 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/biking in any one location (erg room, balcony or boat bay/truck bay)
- d. DO NOT gather in groups prior to your session, arrive in kit ready to train
- e. Ensure you are able to access the club and have confirmed both access and locking up arrangements with your squad co-ordinator
- f. Plan your session to be completed within the allocated time slot
- g. 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.
- h. Wear face coverings when entering and moving around the building
- i. 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 play loud music - to prevent raising of voices or shouting
- e. Allow time between sessions to complete cleaning process
- f. 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 your squad coordinator or clubmanager@tynearc.com