

Guidelines for returning to training



1 PERSONAL HYGIENE & WELLNESS

Please wash your hands & use the sanitizer provided prior to commencing your session. If you are not well, please stay at home.

2 SOCIAL DISTANCING

Please maintain a distance of 1.5m while attending training, before, during and after. Stations will be set accordingly.

3 DON'T SHARE EQUIPMENT

Please use only the equipment you have been supplied. If you require alternatives, please let me know.

4 TOUCH POINTS

Please secure your keys, phones etc in your bag & carefully place your bag in the tubs. The tubs will be sprayed / wiped after each session.

5 SESSION SIZE / PARTICIPANTS

Session size limit of 20 members & 1 trainer until further notice.

