

RE-OPEN OF SHOWERS AND CHANGING ROOMS

PLEASE ADHERE TO THE FOLLOWING GUIDELINES:

- Only use facilities if necessary.
- Come to the club dressed for your sport.
- Where possible shower at home.
- Only use changing rooms that are designated to your sport (see notice on changing room doors).
- Small rooms – max 3 at one time.
- Large rooms – max 6 at one time.
- Showers – max 6 at one time.
- Wear face covering at all times when not in the shower.
- Social distance.
- Sign in on the NHS APP.
- **If you are feeling unwell or have any of the Covid-19 symptoms, please stay at home.**

Please follow these rules to ensure we continue to stay open.

Keep Safe.