



J & S Fitness

Updated Health and Safety Protocol June 2020

All J & S Fitness members ("Members"), guests and visitors (together "you") must comply with these Protocols. Compliance with these Protocols is important both to ensure the health and safety of our Members and Staff. Any person who does not comply with these Protocols may be ejected from or denied access to the gym or may have their Membership terminated by J & S Fitness if the non-compliance is serious.

We reserve the right to make reasonable amendments to these Protocols at any time. If we do this, we will give Members reasonable advance notice (by placing the new Protocols on the notice board).

FACILITY CAPACITY & SCHEDULING

1. A maximum of 20 persons will be allowed to workout in the facility at one time. Please pre-book/schedule your workout times via our website at www.jscompanyltd.com/book-online. Bookings can be made up to 7 days in advance.
2. Workout periods will be a maximum of 1 hour 15 minutes per visit.
3. Members can schedule more than 1 visit per day; however the visits cannot be scheduled for consecutive time periods.
4. Persons will be allowed to use the facility without pre-booking/scheduling their workout time. However admittance to the facility without a pre-booking will be based on the capacity availability for the time slot in question.
5. Each room has been updated with a maximum occupancy and a sign placed on the entrance to the room. The maximum occupancy allowed for each room must be strictly adhered to.

UPON ENTERING THE FACILITY

1. Temperature checks will be conducted on all persons entering the facility. Persons with a temperature above 37.4°C will not be granted access to the facility.
2. You must wash or sanitize your hands upon entering the facility.
3. The use of masks will be mandatory within the facility. **It is advised to utilize general or sports masks which have exhalation valves to allow for a safer workout experience (sports masks are available for purchase at the front desk).**
4. Sign in is required and all manual sign ins for members or guests will be done by J&S Fitness Staff.
5. All payments will be done via a touch-less cash/cheque/debit card system.

BAGS & LOCKERS AREA

1. Bags and personal belongings will be permitted in the Locker and Storage Area only.
2. Members must spray and sanitize their storage locker before storing and after removing their personal belongings.

BATHROOM & SHOWER AREA

1. All bathroom and shower areas are open for use. Sanitizing spray will be available in the bathroom and shower areas. Members are encouraged to sanitize the shower areas before and after use. However, shower areas will also be sanitized by J&S Fitness Staff after use by a member.

FACILITY FLOOR AREA

1. To adhere to social distancing guidelines specific gym equipment has been deemed 'Out of Order'. In no instances are these signs to be removed and the gym equipment utilized.
2. You are required to sanitize/clean all gym equipment before and after use.
3. A full sized towel must be used whilst exercising.
4. Please discard all sanitizing cloths after use in the appropriately labeled bins.

UPON LEAVING THE FACILITY

1. Sign out is required and all manual sign outs for members or guests will be done by J&S Fitness Staff.

GENERAL

1. Members are encouraged to utilize the hand sanitizing stations throughout the facility.
2. If you are experiencing any flu like symptoms, coughing, fever, sneezing, headaches, shortness of breath please refrain from coming to the facility.

FACILITY CLEANING

While all members are expected to sanitize/clean the gym equipment used before and after use, and staff will carry out periodical sanitization/cleaning throughout each day; please see below the adjustments to J&S Fitness' opening hours to facilitate a full facility sanitization/cleaning by staff throughout each day of operation:

On Monday through Friday the Facility will be closed between the hours of 10:00 am – 10:30 am, and 3:30 pm – 4:00 pm to facilitate a full facility sanitization/cleaning by staff.