

PG&SC GYM MEMBERS – LEVEL 2 INFO

Contact Tracing

Everyone must register or scan in on arrival, ideally using the NZ COVID Tracer app. If you don't have a mobile phone, a paper register will be available inside the gym.

Face Coverings

A mask is not required when exercising, however you are welcome to do so.

Distancing

As per govt. and exercise NZ guidelines we recommend:

- 2m distancing if face-to-face
- 1.5m distancing if on an angle
- 1m distancing when back-to-back or facing the same way
- If you are within 1m for less than 4 minutes, this is ok.
- We may limit the number of people in the gym.

Hygiene & Health

- Please bring your own towel – no towel; no workout.
- All machines and equipment must be wiped down before and after use – this includes kettle bells, cable handles, mats etc.
- Hand sanitiser is available in the gym and bathrooms.
- If you are feeling unwell, displaying symptoms of COVID-19, awaiting a test or need to self-isolate, please stay home.
- Please note deep cleans may cause interruptions at times.

Subs

As our membership year has already changed twice this year, we won't be extending it out further (this excludes those with a gym pass – separate information will be sent to affected parties). However, at your next renewal there will be a discount, equating to 3-weeks' subs.

Member Access

The gym will be open 24-hour/7 days.

Use your own proximity card. It is imperative that every person entering the gym uses their own access card. Under no circumstances may you let any other person – member or not – to go into the gym with you as they must hold their own card against the panel to register and gain entry.

What you need to know

We ask that every member takes responsibility for personal hygiene and also respect the personal space of others. That means washing/sanitising hands, covering coughs and sneezes, maintaining a physical distance, and not sharing or touching anything that you don't have to.

Drinking Fountain

The drinking fountains will be out of action so please bring your own water bottle.