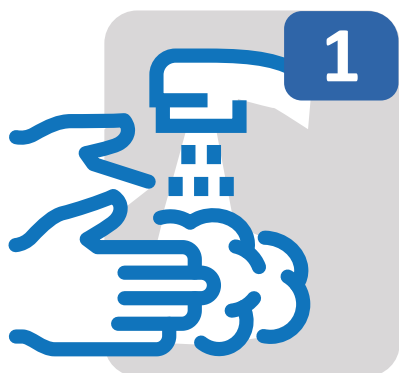


# Our top 10 tips to provide a safe workout environment (COVID-19)



**1** Compulsory handwashing pre and post-workout and eating for members/clients and staff. Washing should be with soap and water for 20 seconds and hands dried thoroughly. Repeat often.



**2** Avoid touching your face while working out / working with clients



**3** Encourage use of non-shared equipment where feasible (eg yoga mats, boxing gloves)



**4** Compulsory use of non-shared towels on all shared equipment



**5** Provide cleaning products and wipes so that staff and members can regularly clean shared equipment such as weights, mats and machines. Wipes should be disposable.



**6** Encourage social distancing (2 metres). Where needed mandate rules to enforce this – eg: every second treadmill used, space out benches, limit numbers in classes during peak times



**7** Keep accurate logs of members & staff visits. Should there be further COVID-19 cases the Ministry of Health or other authorities may request this. For those without swipe card access, consider a physical written log/guest book for all visitors including both date and times.



**8** Let everyone (staff and clients) know if they are experiencing any flu-like symptoms to stay home and follow MOH guidance.



**9** Sneeze or cough into elbows, provide disposable tissues (use once and throw away).



**10** Stay informed and up to date. Check out the latest information from the Ministry of Health regularly, as the situation rapidly changes.