



Outdoor Group Exercise Code of Conduct

COVID-19 IS A HIGHLY INFECTIOUS AND DANGEROUS DISEASE. EVERY PARTICIPANT MUST FOLLOW ALL GOVERNMENT ADVICE. THIS IS CRUCIAL TO ENSURE THE SAFETY OF EVERYONE ATTENDING CLASSES.

A resumption of classes is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection. Risk in group exercise cannot be completely eradicated but with caution and care these risks can be reduced. Each individual will need to decide when to participate based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for individuals with underlying health conditions.

- All those returning to group exercise must adopt the following code of behaviour:
- Be aware of your own personal health. If you have any of the main symptoms of coronavirus (COVID-19), you must stay at home (self-isolate) and get a test:
- a **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- All outdoor classes must be pre-booked using the Volair Booking System. Only members pre-booked can attend
- Arrive "class ready" as changing rooms and showers will not be available and no earlier than 5 minutes prior to class start time
- On arrival go to outdoor area and wait by socially distanced floor markers for your instructor
- Please observe signage / markings throughout
- Personal belongings should be kept to a minimum and stored at the side of the class area away from exercise area, including water bottles
- Class instructors will invite you in and check your name from the class register
- Sanitise your hands before entering the area. Cleaning Stations are also available
- As per any group exercise class, please inform your instructor of any illness, injuries, pregnancy beforehand. Options and alternatives will be given throughout the class
- When collecting and returning kit please remain patient and socially distanced from other members
- You cannot share equipment, please ensure you clean after use and return to storage area
- In the case of bad weather, the club will decide 1 hour before the start time if the class is suitable to continue. All members will receive a cancellation email 45mins beforehand if necessary
- Participants should adhere to social distancing throughout, including when not actively participating (e.g. during breaks or when entering/leaving). Social interaction before and after the session can only happen outdoors, and in separate and distinct groups consisting of up to 6 people or two households.