

# COVID-19: Gym and Leisure Webinar

## Question and Answer Session

### **Do I need an NHS QR code displayed if we operate an automated booking/check in system?**

Yes, you are required by law to have a unique QR code for your premises. If you obtain visitors details via an automated booking system, customers are not required to scan the QR code in addition to checking in.

If there is not a booking system in place, customers must scan the QR code before entering. Customers who refuse to scan the QR code should be refused entry to the site.

### **How often do I need to clean equipment?**

Regular cleaning plays a vital role in limiting the transmission of COVID-19. Your cleaning frequency should be increased, with special attention being paid to touchpoints i.e. door handles, handles of equipment, medicine balls etc. Reducing clutter, and removing items that are difficult to clean, may make your cleaning regime easier. Your cleaning frequency will be determined through your risk assessment.

As a minimum, frequently touched surfaces should be wiped down twice a day. It is advised that this occurs at the beginning or the end of the working day. For equipment that is touched regularly, cleaning frequency will need to be enhanced, especially during busier periods. This may be as much as every hour for busier areas. It is worth having cleaning stations in place and encouraging customers to wipe the equipment down after use, however you must still have effective cleaning controls in place. It is recommended that all cleaning is documented so this can be easily monitored and reviewed.

### **Can I have spectators?**

Under the current stage of the roadmap, spectators are not currently permitted for indoor and outdoor sports.

### **Do I need to take showers and changing rooms out of action?**

No, but these areas will need to be managed. This includes having a set capacity of how many people can safely use the area at any one time, and frequent cleaning. Signage should be used to state capacity, as well as handwashing technique and social distancing requirements. As a recommendation, it would be worth considering asking customers to arrive in their gym clothing to remove the need for using these facilities. Toilets and hand washing facilities should be kept open and accessible for staff and customers.

### **For outdoor classes, do I need to keep a register of those attending?**

No, but it is strongly advised for you to do so where possible.

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### **Do I need to self-isolate if I test negative after receiving a close contact notification?**

Yes, you must still self-isolate if you test negative after being identified as a contact.

### **Do I need to use a specific cleaning chemical for routine cleaning? Can I use supermarket own brand chemicals?**

You will need to use a cleaning product that is effective against viruses, as stated on the product label. There is a British standard Product, BS EN14476 that is recommend but this is not compulsory. When considering a cleaning product, always pay attention to the contact time stated. A low contact time is always advised as it will mean it can be removed from the surface quicker and improves the efficiency of cleaning.

### **On the 12<sup>th</sup> April, can a PT run a training session with 3 clients from 3 different households?**

Yes, as long as the session has been organised by a qualified instructor, club, national governing body, company or charity and follows sport-specific guidance. This can currently only happen in an outdoor setting and the relevant trainer must have undertaken a risk assessment and have taken all reasonable measures to limit the risk of transmission of coronavirus.

### **Will capacity increase indoors as the restrictions are eased?**

At this stage, this is not known. The government have not set capacity limits for indoor gyms or leisure facilities. Capacity should be determined through your risk assessment, and the responsibility to determine a safe capacity is that of the duty holder.

The grassroots guidance states that each person should be given a minimum of 100 square feet of space. You should therefore use this as a starting point, consider your useable space (not that which cannot be used i.e. where there is equipment and obstacles) and consider how people will move around the space. Always start small, monitor and review.

### **What action do I take if someone refuses to wear a face covering as they enter the gymnasium?**

The law does not require face coverings to be worn when using a gym/leisure facility whilst taking part in physical activity. However, it is strongly recommended that in non-exercise areas i.e. corridors, communal areas, that face-coverings are worn. If there are facilities on site such as shops, then by law, customers will be required by law to wear a face covering.

Medical exemptions apply and a full list of exemptions can be found here. Exemption cards or badges are not required to be shown.

You may consider having a supply of face-coverings for visitors who have forgotten to bring one with them. If a customer refuses to wear a face-covering,