



**Member Safeguarding Rules**  
**Post Covid19**

**Please ensure you have a personal sweat towel for your face/body at all times  
(not to be used on kit)**

**Ensure you use the hand sanitizer in reception before entering the gym.**

**Ensure you observe the marked social distancing areas on the floor throughout  
reception and the gym.**

**Please use the white roll and sanitizing spray provided to clean each piece of kit  
after use.**

**Ensure you train efficiently and be mindful of the length of time taken on each  
piece of kit and within the gym.**

**Ensure you use the hand sanitizing station provided before leaving the gym.**

**WE THANK YOU FOR OBSERVING AND RESPECTING THE SAFEGAURDING RULES  
IN PLACE TO ENSURE WE RUN SAFELY AND EFFICIENTLY, Team Physique x**

