

STAY COVID SAFE AT THE GYM



Don't go if you're sick



Change/shower at home if you can



BYO water bottle



Use COVID Safe Check-In



Minimise touching your face



Cover coughs and sneezes in your elbow



Stay 1.5 metres away from others



Use hand sanitiser



Wipe down all equipment after use with disinfectant provided



Wash your hands at the end of your workout



Wipe equipment before and after use



Use a towel

