

Canford Sports Centre – Reopening Guidelines for Customers During Covid19

Gym Use – From 12th April 2021

- All sessions must be booked in advance via phone, email or online. Max of 15 spaces per 60-minute booking.
- Members only. Guests are not permitted.
- Weekday sessions available are;
- Due to the members effectively wiping down their equipment we are extending the gym to back to back sessions as below;

06.30-07.30	07.30-08.30	08.30-09.30	10.00-11.00	11.00-12.00	12.00-13.00	18.15-19.30	20.00-21.00
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- Saturday Gym sessions available will be;

08.00-09.00	09.00-10.00	10.00-11.00	11.30-12.30	12.30-13.30
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- Sunday Gym sessions available will be;

09.00-10.00	10.00-11.00	11.00-12.00	12.30-13.30	13.30-14.30
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- Members can now book back to back sessions if they would like to train for more than 60 minutes.
- Please arrive a maximum of 5 minutes before your booked session and sign in at reception.
- Please arrive dressed in gym gear. No changing rooms are available. Toilets will be available in disabled toilet only.
- One-way system in sports centre and around gym. Please follow the signs.
- There will be 10 pieces of cardio equipment available and all suitably distanced from others.
- All resistance machines available, spaced and facing different directions. Free weights available as long as distanced from other users.
- The Back gym will no longer be available for members.
- Members to wipe down each piece of equipment after use with blue roll and spray provided.
- No personal gym towels.
- Please do not bring any unnecessary bags, clothing or belongings.
- Please leave promptly at the end of your session.
- Windows open for fresh air ventilation.

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Swimming Pool from April 2021

- All sessions must be booked in advance via phone, email or online. Max of 12 spaces per 60-minute booking.
- Members only. With the exception of the family swims.
- Weekday sessions available are;

New Mon-Friday swim session timings of;

07.30-08.30	08.45-09.45	10.00-11.00	11.15-12.15	12.30-13.30	18.30-19.30	20.00-21.00
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- Saturday sessions available are;

08.15-09.15	09.45-10.45	11.15-12.15	12.45-13.30
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- Sunday sessions available are;

09.00-10.00	10.30-11.30	12.00-13.00	13.30-14.30
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- Family Swims are available on the last two weekend slots.
- Disabled swim available via email booking.
- Please arrive a maximum of 5 minutes before your booked session.
- Please come swim ready. Shower at home so that changing room use is kept short prior to swim.
- Max of 5 mins in changing room post swim. If you require longer to change and shower please exit the pool earlier.
- Swimmers to swim in double lanes only and follow specific direction of that lane ie Clockwise/Anticlockwise. If it is quiet you will still be required to swim in the direction of the lane.
- Maximum of 6 in any double swim lane.
- Slower swimmers to give way to faster swimmers at the end of the lane.
- Overtake only when clear water in front of you. Please choose the correct lane when possible. Steadier swimmers in the closest lane to the changing rooms.
- Listen and adhere to any directions that the lifeguard gives you. They intervene to keep swimmers safe.
- No spectators permitted.