



# **COVID-19- A framework for the re-opening of Atrium Health gym**

**This framework is aligned with Government and Public Health Advice, UHCW NHS Trust recommendations and guidance from UK active who have developed a framework in partnership with major fitness and leisure operators. This framework has been reviewed by leading medical experts at UHCW NHS Trust. This framework may be subject to further revision as updated information and guidance becomes available.**

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## **Overview**

From the 17<sup>th</sup> August, Atrium Health will be welcoming back our members to the gym. Below are some considerations and practical steps on how we are planning on re-opening to ensure safety for all members and staff. Atrium Health will continue to follow all current government advice and guidance on the management of COVID-19.

## **General**

- Atrium Health will commit to the wellbeing of staff and members by ensuring that all individuals who have signs and symptoms of COVID-19 are advised to stay away and to follow the government on staying at home and self-isolating.
- It is down to the member to take personal responsibility and weigh up the risk in returning to take part in exercise.
- Signage provided by UHCW NHS Trust will be on display around the facility informing members of social distancing and cleanliness protocols.
- Face masks will not be compulsory for members whilst attending the facility and during exercise. However, it is at the members' discretion as to whether they chose to wear one or not.
- Face masks will not be compulsory for staff unless if it is deemed necessary from a clinical perspective. In these circumstances, UHCW NHS Trust guidelines on Personal Protective Equipment (PPE) will be adhered to.
- As per World Health Organisation advice, gloves are not advised. Members will instead be advised to wash their hands and/or sanitise regularly.
- Atrium Health is employing a one-way system within the facility to ensure social distancing. Furthermore, a booking system and staggered start times will be employed to further decrease the risk of group congregation.

- Members are encouraged to attend alone. However, where this is not possible, procedures will be put in place for that relative/friend to ensure safety of everyone. For example, a socially-distanced seated area.
- To adhere to the NHS Test and Trace service, through the online booking system and our in-house membership software, a temporary record of members will be kept for 21 days as per government guidance.

## **Gym Floor**

- Atrium Health has re-organised the gym floor into 10 separate work-out stations. Each station includes cardiovascular equipment (rower, bike, treadmill etc.).
- Stations will be allocated on an individual basis via the booking system.
- Members who are part of a household bubble will be able to book and attend together and exercise in the same work-out station.
- Within the gym area, markings have been placed to ensure social distancing.
- Whilst the strength/resistance machines have been re-organised to adhere to the 2m social distancing rule, it will still be for shared use. It is up to the member to decide if they want to use this equipment and if so, take responsibility for the cleaning after use (please see the cleaning section).
- To reduce aerosol and droplet transmission, whilst music will be played, it will be kept at a level not to induce raised voices or singing.
- ‘Sweat Towels’ should not be used and members should bring their own water to remain hydrated. Disposable hand towels will be readily available for single-use.

## **Cleaning**

- Cleaning, hand washing and hand sanitizing stations will be widely available in the facility.
- Atrium Health will provide each work-out station with appropriate cleaning equipment for members to use after use. Work-out stations will be subsequently cleaned thoroughly, where appropriate, by a member of staff.
- Given communal use of strength/resistance machines, cleaning equipment will be provided at each individual machine.
- Staff will conduct regular cleaning of frequent touch points during opening hours.
- On a daily basis, a deep clean using UHCW NHS Trust approved cleaning equipment will be conducted.

## **Reception and café areas**

- Hand sanitising gel will be provided at reception and screens will be in place to ensure distancing between staff and member.
- Where possible, contactless/card payment will be encouraged but cash will still be accepted for payment of sessions.
- Signage and markings on the floor both in the reception area and outside is in place to ensure members adhere to the 2m social distancing rule.
- The café area will be closed until further notice with refreshments not being available.

## **Changing rooms, showers and toilets**

- Regular changing and shower facilities will not be made available and we recommend members to attend the gym in appropriate clothing for exercise.

- Atrium Health will provide a socially-distanced seating area within the café to allow members to change from outdoor footwear to indoor footwear.
- Lockers will be made available for members to store valuables and outdoor clothing and footwear. These will be located within the café area. Locker touch points will be cleaned regularly during opening hours.
- Normal toilet facilities will be made available but at reduced capacity to allow for social distancing.

## **Ventilation**

- Where possible, natural ventilation will be provided through the opening of windows at the front of the facility and the fire door at the rear.
- In periods of hot weather and as per UHCW NHS Trust Heat wave guidelines, fans can be used to reduce the risk of heat associated events of members. Fans will be positioned to ensure air is directed towards windows and mechanical extract. Fans will not be directed towards members exercising in other work-out stations.
- By controlling numbers of members and staff in the facility at any one time, re-circulation of air within the facility will be kept to a minimum.

## **First Aid and Life Support**

- The majority of staff at Atrium Health are ‘Intermediate Life Support’ trained through UHCW NHS Trust. Staff will continue to follow the guidance for providing life support as per the ‘Resuscitation Council UK’ guidelines during this period.
- Further in-house training has been delivered to support and reinforce these procedures and guidelines.
- First aid will continue to be provided by certified first aiders.
- Life support and first aid equipment will continue to be checked regularly.

## Miscellaneous

- Functional mobility classes and circuit classes previously delivered at Atrium Health are still on hold until further notice. We aim to re-introduce these classes as soon as possible when it is deemed safe to do so.
- We will continue to provide any updates, changes in guidance, re-commencement of classes through newsletters and our online platforms (website, facebook, twitter, instagram, youtube). Through these platforms, Atrium Health will provide a Q&A session to help inform members of their responsibilities whilst also re-assuring returning members.
- Volunteers volunteering within the facility will follow the guidance provided by UHCW NHS Trust. A thorough risk assessment for each volunteer will be carried out to ensure their wellbeing and safety remains a priority.
- All contractors working within the facility will follow guidance outlined in this framework.
- Health and Safety (e.g legionella, fire safety) will be completed prior to re-opening.

## Reference documents

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

<https://www.hse.gov.uk/coronavirus/equipment-and-machinery/air-conditioning-and-ventilation.htm#:~:text=The%20risk%20of%20air%20conditioning,air%20conditioning%20system%20as%20normal.>

<https://www.ukactive.com/wp-content/uploads/2020/05/COVID-19-A-framework-for-the-re-opening-of-the-gym-and-fitness-industry-ukactive-2.pdf>

<https://www.resus.org.uk/covid-19-resources/statements-covid-19-hospital-settings/resuscitation-council-uk-statement-covid-0>