

WELLNESS CENTRE UPDATE

We look forward to welcoming you back to the Wellness Centre.

To minimise the risk of infection and help us create a safe environment, we ask that you kindly adhere to the below guidelines when visiting the centre.



Please complete a self-assessment on arrival via the digital sign in. This screening tool will allow us to check you're in good health to attend. You may be asked to go home based on this screening result. You are also required to sign out.



Maintain a **2.5 metre** distance whilst exercising. Every second piece of equipment will not be in use.



Maintain social distancing of **1.5 metres** with staff and fellow clients.



Wipe down each piece of equipment with alcohol wipes when you have finished using it. The wipes will be located next to each machine.



Use the provided hand sanitiser when you arrive and regularly throughout your session. Also practice good hygiene and regular hand washing.



Please do not attend the centre if you are feeling unwell or experiencing any symptoms of COVID-19.



Download the COVIDSafe app if you haven't already done so.

Other changes you will notice throughout the centre include:

- The centre capacity will be halved to manage social distancing. This will be regularly reviewed and your centre will communicate changes as they happen.
- There will be a maximum of **6 clients** only in each gym class.
- Virtual classes will continue to be offered as an alternative to visiting the centre.
- Yoga classes will have a maximum of **4 clients** per class.
- The 'Let's Have a Conversation' morning teas will be capped at **10 people**.
- The massage service will not be offered initially but will be reviewed regularly as restrictions continue to ease.
- We encourage our clients to get a flu vaccination for extra precautionary measures in ensuring overall health is maintained.



Wellness Centre
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