



## Gym – Covid Usage Guidelines

Thanks for everyone's patience during lockdown while our clubhouse & gym were shut.

The good news is that, with the easing of restrictions from 11 Oct, our gym can re-open.

Warriewood SLSC has prepared a COVID-19 Safety Plan specific to the NSW Health rules for gyms and other indoor recreation centres. We have quite a few requirements to follow, so thanks in advance to everyone and to all gym users for ensuring we uphold the requirements.

Of course restrictions will continue to change (and we'll update you) but from 11 Oct the following rules apply for anyone using the gym:

- Only club members who are double vaccinated and have their vaccination certificate are allowed to use the gym. If you haven't done so already, please upload your vaccination certificate by clicking on the following link <https://warriewoodsurflifesavingclub.snapforms.com.au/form/warriewood-slsc-vaccination-certificate-upload>
- Everyone must sign in using the Services NSW QR code. Hold your phone up and show other gym users the 'green tick' when you have checked in
- If you don't have your phone or can't sign in using the QR code, ask other gym users if they can sign you in or use the folder in the gym to record your time of entry and contact details
- A maximum of 10 people can use the gym at any one time
- Remain 1.5m physically distant from other gym members
- Use the hand sanitiser upon entry and don't shake hands or exchange physical greetings with other gym users
- Once you've finished on gym equipment, use antiseptic wipes to clean that equipment
- Wear face masks if you're doing an indoor gym "class" (other people engaging in physical exercise are exempt from wearing a face mask)
- Don't use the gym if you are unwell or have any COVID-19 symptoms ([COVID-19 symptoms and how it spreads | NSW Government](#))
- If you start feeling sick while using the gym please leave immediately and get tested for COVID-19. Please advise the Club President [clubpresident@warriewoodslsc.com.au](mailto:clubpresident@warriewoodslsc.com.au).
- Don't use the club showers / change rooms. Instead please change and shower at home
- Use the outdoor area outside the gym for exercise where possible
- Always open the roller doors when using the gym to increase the ventilation
- No singing or dancing in the gym (yes, this is a strange one to tell you, but it's all part of the requirements!)

Please let us know if there are any problems or if you need extra supplies of hand sanitiser / antiseptic wipes.

Kind Regards

Sascha Rundle  
WSLSC – WH&S Officer