

NEW GAA GYM GUIDELINES 2022

It is vitally important that each member using the GYM sign the attendance book for contact tracing purposes.

If you are displaying Covid symptoms or have been a close contact of a positive case, please do not use the Gym for at least 10 days or until you have received a negative PCR test.

Social distancing of 2 metres must be maintained at all times.

Please clean down any Exercise Machines **before** and **after** use, using the sanitising Spray/Paper Towels provided and dispose of all towels in the Bins.

Exercise Machines/Equipment marked "**Out of Use**" should **NOT** be Used.

Loose equipment such as dumbbells, kettlebells, free weights etc. should be used by one exerciser at a time and cleaned before and after each use.

Please stagger your use of the Gym and try to avoid Peak times. Couples are urged to use the GYM at the same time.

Where spotting of weights is being undertaken, face coverings should be worn by the spotter.

Please adhere to all signage at entrances and in strategic places within the gym providing instruction on social distancing, hand hygiene, use of cloth face coverings or masks, and cough and sneeze etiquette.

Gym Committee