



CrossFit Tonbridge

Site: The Hayesbrook School, Brook Street, Tonbridge, Kent, TN9
2PH

**Covid Safe Policy
Open Gym Format**

**Period For:
April 12th – May 17th 2021**

CrossFit Tonbridge Limited – Venue CrossFit Tonbridge

NB: All of the references to the company in this statement refer to the company named above

A summary of operations for CrossFit Tonbridge from April 12th until May 17th 2021.

- A. Under the guidance for 12th April until 17th May, it is explicit that Exercises Classes are not permitted.
- B. It is also explicit that Indoor Gyms CAN reopen.

Under the current Government legislation and UK Active guidance, we will continue our service without breaching A, meanwhile remaining safer than B.

Consultation with UK Active and the head of CrossFit UK, operational lines will be as follows:

We provide individual training, not Classes.

Further investigation has concluded the definition of “*group activities and classes*” refers to exercise where equipment may be shared, or social distancing cannot be easily maintained, such as indoor 5-a-side football, boxercise or circuit classes. **By this definition, we do not fall into this category.**

In this scenario, what we do at CFT is essentially individual training as we have clearly marked, socially distanced training zones where you remain in place at all times.

Individuals can train separately in their own personal training zones, Following their own personal programmes, under the guidance of a coach who is supervising health and safety, social distancing and sanitation.

We have introduced 50-minute booking slots to mitigate build up between changeover periods, and to provide 10 minutes to clean equipment.

Individuals follow a training program that is specific to their own personal goal using an App and Mobile Device will do so.

A Staff Member is present to guide and supervise individuals following their own programme rather than lead a “class”.

There is no ‘close contact’ or mixing of households at any point as all in the room are to remain in the demarked pods, supervised by a coach.

Our pod layouts are more than ample for required government guidance for social distancing.

Each piece of equipment is thoroughly cleaned between individuals using sanitisation stations provided by CFT and placed throughout the rooms.

Hand sanitisation is provided by CFT and its use is a prerequisite for anyone entering our Gym.

Our stringent booking system allows us to easily manage building capacity and implement track-and-trace, if needed.

We hold a QR check in code for NHS Track and Trace upon entry.

We have numerous sanitisation stations and a one-way system that makes entering and leaving the gym space a safe process.

Therefore, we are legally delivering our service A) within the current guidelines and B) in an extremely COVID secure manner.

We've also been advised by sporting bodies that our Gym environment is in many ways much safer than that of typical commercial gyms where social distancing, cleaning, equipment sharing, and track-and-trace cannot be controlled and implemented to the level it can be here at CFT.



End of section