



## **OutFit Personal Fitness Ltd – COVID 19 Guidance for participants and conditions of participation.**

The Welsh Assembly Government has deemed officially 'led' outdoor exercise with groups of up to 30 persons acceptable, with appropriate measures in place. It is essential that all participants are aware of, and adhere to the guidance below, and if further clarification is needed, visit [wales.gov.uk/coronavirus](http://wales.gov.uk/coronavirus) for further information.

As a Fitness Club gathering in a group, we must all remember that, along with those across the country, we must be vigilant and proceed with suitable caution in order to protect ourselves and ultimately the rest of the population.

The situation continues to be a fluid one, and I shall follow the advice of the Welsh and UK Governments with regards further relaxations, or reintroduction of restrictions when making changes to the arrangements for the resumption of sessions.

### **BEFORE ATTENDING**

In addition to this guidance, an updated risk assessment has been completed, by Joe Cooper with guidance from the UK Government website. In addition, records of attendance at every session shall be kept, in the event this information needs to be used to assist NHS Test & Trace. It is crucial, therefore, that if the personal details you entered as part of your membership sign up are now incorrect, that you let Joe know before taking part.

Self Assessment for COVID 19 Symptoms. You MUST undergo this before setting off for every session. You should not leave home to participate if you, or someone you live with has symptoms of COVID 19 – currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

If an individual has demonstrated any such symptoms, you must follow NHS guidance on self isolation.

If you are in any doubt as to the risks involved with taking part in the resumption of these outdoor sessions, please consult the Government guidance on recreational group activities in the outdoors.

Please follow the public health advice and avoid high risk behaviour in other situations, so as to not put your fellow members at risk.

## **TRAVELLING TO AND ARRIVAL AT SESSIONS**

Please arrive at the session with your hands sanitised, and feel free, if necessary, to use sanitiser provided before, and after the session. Please follow the guidance on travel and do not take risks by car sharing where it is advised against doing so. Please cycle or run/walk wherever possible. Upon arrival at the session, we need to minimise congregation time before the session. So, please emerge ready to go, shortly before the start of the session and minimise engagement whilst standing around. When gathering before a session – please social distance, at 2 metres.

## **DURING THE SESSION**

Social distancing at 2 metres is always applicable. Respect people's space and please be aware that SHOUTING and talking loudly has been found to increase chances of transmission. Try and avoid face to face engagement where possible, standing side by side is preferable. There shall be no sharing of equipment/clothing or drinks. Please avoid where possible, contact with hard surfaces that are likely to have been contacted by others – for instance, stiles, gates etc. It is very important to remember the need for social distancing at all times – including when we are working hard as part of a drill and are only focusing on getting some air in the lungs, or when we are having a little regrouping and are relaxing with a chat!

Finally, if you are unsure of your suitability for participation at the moment or have concerns for your safety or the safety of someone you live with, as a result of taking part, then please do not. I advise that you consult your physician, before attending, if you have such concerns.

**Joe Cooper**

**12/07/2020**