



COVID-19 REOPENING ANNOUNCEMENT

The VUKA Fitness team is working hard to get everything ready, but in the meantime online sessions will still operate as part of the 'new normal'. Thank you for all your support during the 'crisis' period so far. Your continued engagement with our optimal family of Group Exercise Instructors and Personal Trainers has been humbling.

So, what's changed?

1. We have amended our operating hours to Monday to Saturday 5am-730pm and No new entry will be permitted for 1 hour prior to closing time to comply with new sanitisation protocols.
2. PT clients will be limited to 2 in the gym at all times. Please pre-book your training session with your trainer.
3. Bootcamp will be limited to 12 members/class, classes will be strictly outdoors, members will be able to book into bootcamp 12hrs prior to session. Bootcamp members must bring their own mats. This is to enable cleaning and ensure occupancy capacity requirements. Please be respectful of these timings and numbers.
4. Fitness Classes will be limited to 6 members/class, members will be able to book into class 12hrs prior to session. This is to enable cleaning and ensure occupancy capacity requirements. Please be respectful of these timings and numbers.
5. We have removed all non-essential items from the gym floor. Please bring your own towel, rollers and trigger point tools if required.
6. We ask that you observe social distancing protocols of 1,5m at all times.
7. Showers will not be in use; plan for this when arriving at the Gym for your session. Hand wash is available in the building washrooms and toilets will function as normal.
8. Water dispensers have been removed from the gym area due to regulations. Please bring your own water bottle, or if you forget, single use water bottles will be available for purchase.
9. If you feel unwell, display any flu like symptoms or your temperature is above 37.5 we ask you not to come. If we identify you as a risk, we regret that we will not allow you to enter.
10. While at the gym please only use the areas that you need for your exercise as directed by your Personal Trainer. We will disinfect after everyone but you can help us to help you to stay safe and clean as you go!
11. Those under 12 years old or over 60 years old are not permitted during this time in the gym.



What must you do when entering the Club?

1. A face mask must be worn upon entering the club. We will not provide masks.
2. You will have your temperature checked on arrival so please make yourself known to the trainer before entering the gym.
3. After successfully checking in and having your temperature taken, we ask that you wash your hands.

What to be aware of while you train?

1. Use hand sanitizer (provided) regularly while training.
2. You may only remove your mask when conducting exercise. You must wear your mask when leaving the Gym. We will not provide masks.
3. Help to keep things tidy. Disposable tissue paper and cleaning sprays are provided. Please spray and wipe all surfaces you have been in contact with and dispose of the tissue in the bins provided.
4. Maintain social distancing protocols at all times.
5. Some equipment may not be able to be used in order to observe the social distancing rules.

What else?

1. The Gym has been disinfected thoroughly.
2. We will continue to clean and disinfect in accordance with official guidance.
3. And of course, we will continue to keep you informed if anything changes.