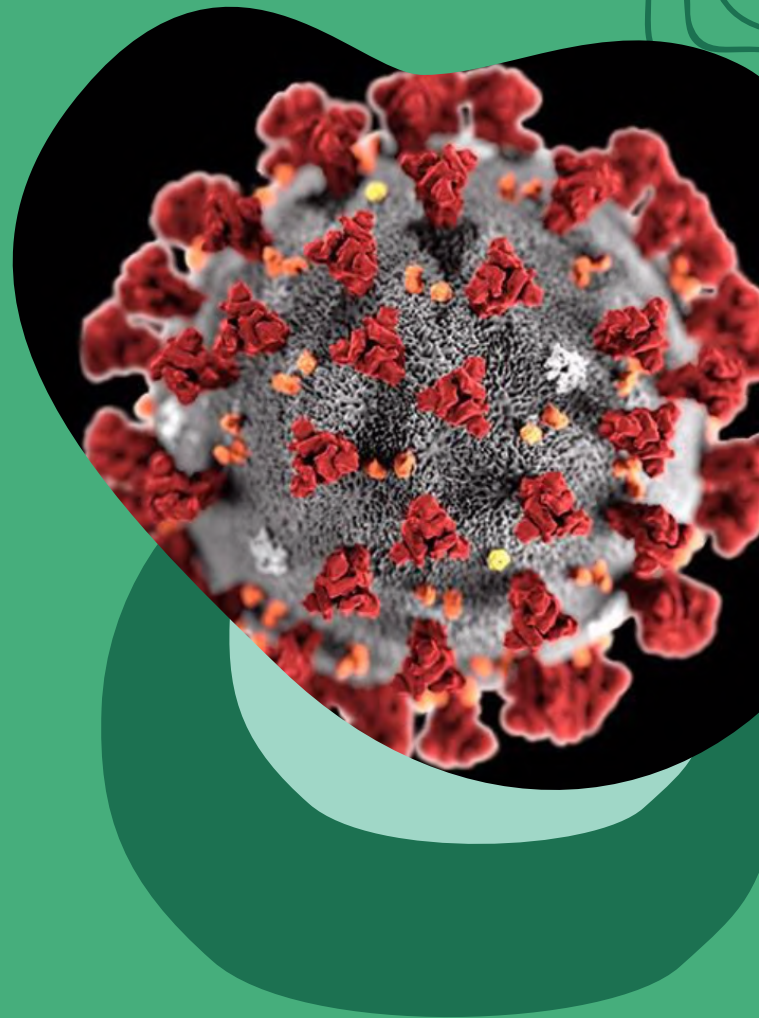


# Keeping You Safe

Our COVID-19  
Hygiene Plans



# AT MHPT Your Safety Is Our Utmost Priority

The first rule of personal training is:- **do no harm**

Leave your clients in a better place physically, emotionally and mentally, than when you first met.

The current COVID outbreak is no exception.

Our utmost priority is ensuring that:

- 1 - Our members feel safe and comfortable
- 2 - We are doing everything we can to mitigate risk

We're all in this challenge together, and at MHPT we're here to support your health and wellbeing during this challenging time

The next pages in this e-book state all of the measures we are taking for your safety

I hope to see you in the facility soon!

- Matt



# **HYGIENE STEPS TAKEN WITHIN MHPT & CENTRAL STRENGTH SINCE CLOSURE IN MARCH**

- Sanitisation station immediately on entry
- Equipment layout changed to increase space between training areas
- Fully contactless payment put in place
- Antibacterial stations by each door
- Antibacterial spray and blue roll placed at various locations around the gym
- Deep clean of the entire facility while the facility was closed
- Signs placed around gym to remind members of rules and equipment zoned off for distancing



## Ongoing Procedures To Mitigate Risk

- All Personal training is carried out on a 1-2-1 basis to avoid any risk from group spread.
- Sessions now last around 50 minutes to give time to tidy up and clean between sessions.
- All equipment is cleaned and sanitized after each session.
- Central Strength Gym has decreased it's opening hours to the public. Meaning private personal training sessions can be taken in an extremely quiet and controlled environment
- Everyone who enters and exists the gym will sanitise their hands with the antibacterial gel provided



## Ongoing Procedures To Mitigate Risk

- Everyone who enters is asked to adhere to the social distancing guidelines in place at the time
- If any members or staff are experiencing COVID-19 symptoms, they will be asked to stay at home and self-isolate
- We are using contact tracing in adherence with government guidelines
- Any concerns from members may be voiced (anonymously if required) to ensure that we keep the environment 100% safe and comfortable for you





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