



9 Goldworth Park District Centre, Denton Way,
Woking Surrey, GU21 3LG

www.lapalestra.co.uk

Covid – 19 Requirements

We follow the #SafeWithUs Commitment and that means:

- ✓ Clean your hands with the hand sanitizer provide on entering the Gym and regularly throughout your visit to La Palestra Health and Fitness.
- ✓ Please use the La Palestra Health and Fitness booking system to avoid overcrowding in the Gym.
- ✓ Queue enter and train alone so as not to breach the social distancing guidelines unless you are with a member of Staff who will socially distance with you.
- ✓ Follow Staff member's instructions and directions, especially in relation to social distancing measures and adhering to any one-way system rules in place.
- ✓ Do not train with any other members in a way that fails to allow you to remain socially distant.
- ✓ Follow the gyms social distancing guidelines to keep apart from other members and staff whilst waiting to enter the Gym and throughout your visit.
- ✓ Please avoid using the changing room if possible. As per Covid-19 national guidelines, please where possible change before attending the gym.
- ✓ Carry and use a sweat towel for personal use only, not for wiping down equipment.
- ✓ Clean the equipment with the sanitizer spray and paper towels provided when you have finished using it.
- ✓ Replace all equipment back into the racks after you have cleaned it.
- ✓ If you are unwell, symptomatic or have a tested positive for coronavirus, do not attend the Gym. You must follow government regulations on isolating for a minimum period and only return after this minimum period if you are feeling well again.