



General

- This method statement details the measures that will be taken to minimise risk to participants and instructors at VMA Fitness Centre
- This method statement should be read in conjunction with the detailed VMA Fitness Centre Post Covid–19 risk assessment.
- All classes must be booked online in advance
- The maximum capacity for fitness is 10 participants
- There will be no spectators at VMA Fitness Centre.
- There will be a minimum 15-minute gap between classes to allow for participant change over and cleaning.
- There will be no air-con used at the current time. Windows and doors will be opened as much as possible to provide ventilation.
- Everyone that comes into VMA Fitness Centre is asked to wear a face covering and observe social distancing. Face coverings can be removed once you are in your training area.

Arrival for class

- Please arrive for your class 10 mins early, the door will be unlocked 10 mins before the class starts. Please wait observing 2m social distance at all times using the floor markings outside VMA Fitness Centre
- Once the door is opened make your way into VMA maintaining social distance and respecting other people's space.
- Please sanitise your hands using the hand sanitiser provided on entry.
- Please avoid bringing unnecessary large items into VMA, essentials only. You will need to leave your shoes/socks in the cubby holes provided and place your personal belongings in the small container above. You can bring this container into the studio with your water bottle if you wish.
- If you are attending a kettlebells class, your kettlebell will be sanitised and ready for you inside the studio on the left with your name on.
- Boxing gloves are no longer provided, please bring your own for Fitness Kickboxing classes.
- Head into the studio. Zones are numbered 1-10, please fill the zones starting from 1. Please stay in your zone for the duration of the class.

During the class

- Freestanding punch bags will be used during Fitness Kickboxing classes. Bags will be allocated one per person and sanitised before the start of the class.
- Please bring your own full water bottle to stay hydrated, we will no longer provide tap water and re-usable cups at reception
- Personal sweat towels are permitted. This towel is for your use only, please do not share. If you don't have a personal towel please use the paper towel provided inside the studio.
- Please stay in your zone during the class.
- Music will be played during the class, volume will be lower to help avoid shouting.
- ENJOY Your class

Leaving the class

- Please put on your face covering when leaving the studio, whilst in reception and making your way to the exit.
- 2m social distancing should be adhered to at all times when leaving the studio, please be patient.
- Participants to sanitise their hands on exit from VMA Fitness Centre.
- Remember to book your next class online.