

# SAFE PLACES TO WORK - SAFE PLACES TO WORKOUT



The gym industry is making dramatic changes to reduce the risk of transmission of the SARS CoV-2 virus (aka CV-19) within facilities - and PureGym is in the vanguard of the effort. Gym facilities face specific risks which require targeted objectives and subsequent actions in order to reduce the potential incidence of contamination, transmission and infection.

**Working with an expert panel (Professor Greg Whyte and Dr David Lawrence) we have set eight targeted objectives:**

- 1

Strive to prevent infected people visiting the gym


- 2

Prevent people 'carrying' the infection into or around the gym (e.g. on hands)


- 3

Limit the number of people within a facility to reduce 'density risk' of transmission


- 4

Reduce the risk of viral transmission through the air


- 5

Reduce the risk of viral transmission from surfaces


- 6

Reduce the risk of transmission to vulnerable or high-risk staff and members


- 7

Be ready and able to react to any "incidents" even before they occur


- 8

Eliminate the information gap: explain, train and engrain understanding of CV-19 and new protocols



Safety of staff and members is the primary objective of PureGym. There is no 'silver bullet' but a combined and consistently executed range of measures can dramatically reduce the risks faced from CV-19 to an acceptable level. See page 2 for more detailed information.

## PureGym actions to reduce risks and achieve the 8 objectives.

At all times, PureGym and other operators must follow the national/local authorities' instructions and guidelines. The exact steps that operators take will vary by market and by situation (England vs Scotland for example). However, all operators have an obligation to consider a wide range of actions to reduce risks and make their facilities a safe place to work and a safe place to workout. The list below outlines some of the options we are currently considering at PureGym.

### 1. Reduce the number of infected people visiting the gym

- Temperature checks routinely targeted, on staff entry and potentially members
- Not admitting members and staff who show possible symptoms or live with someone who has
- Require self-certification of well-being for staff and potentially members
- Use apps to pre-screen people before gym entry is granted

### 2. Prevent people 'carrying' the infection into or around the gym (e.g. on hands)

- Require use of hand washing and/or hand sanitisation at point of entry
- Provide hand washing and/or hand sanitisation all around the gym facility

### 3. Limit the number of people within a facility to reduce 'density risk' of transmission

- Limit total attendees, and those within a given space (e.g. classes/studios), to a minimum number per sq metres
- Pre-book people at allotted times, with app booking rather than walk-in
- Distribute visits across the week and within the day to avoid peaks and queues

### 4. Reduce the risk of viral transmission through the air

- Enforce physical separation of equipment and change to layouts to keep people apart
- Prohibit 'pair-training' or 'spotting' and encourage 'lighter load' exercise to prevent heavy breathing
- Follow government guidance on wearing of masks for staff and members.
- Manage pinch-points carefully e.g. internal doors, stairways
- Close down any 'tight' areas e.g. changing rooms, showers or toilets if necessary
- Enhance air-extraction and/or air purification to appropriate levels
- Use UVC overnight disinfection to cleanse the facility

### 5. Reduce the risk of viral transmission from surfaces

- Reduce contact points – e.g. use automatic doors, contactless entry
- Ensure regular cleaning and disinfection regimes
- Provide plentiful access to anti-viral wipes and sprays
- Enforce kit wipe down pre and post workout
- Undertake overnight deep cleans
- Ensure disposable gloves are worn for cleaning activities
- Minimise use of non-essential facilities, e.g. lockers, vending machines

### 6. Reduce the risk of transmission to 'vulnerable' staff or members

- Define 'vulnerable' people clearly and communicate directly where possible, and with anyone in contact with them
- Guide vulnerable groups on their options such as freezing membership or using digital options
- Restrict access of known vulnerable members/groups
- Change roles for vulnerable staff out of the frontline

### 7. Be ready and able to react to any "incidents" even before they occur

- Set risk indicators and establish data and reporting processes in detailed protocols
- Be aware of and incorporate (hyper-local) data on infection rates and risks and communicate to members and staff
- Be ready to increase or reduce risk management measures in line with local risk level
- Encourage members and staff to use trace and test apps and share data, for early warning
- Consider closing facility if local risk levels are in the 'red zone'
- Be ready to close and deep clean when member or staff tests positive

### 8. Eliminate the information gap: explain, train and engrain understanding of CV-19 and new protocols to both staff and members

- Prepare and publish risk assessments
- Provide appropriate training on understanding and identifying the COVID-19 disease to staff
- Train staff to required standard for all risk management activities including colleague/member screening, disinfection regimes and new behaviours
- Communicate clearly with members before attendance, on arrival and at all relevant points around the facilities to guide actions and activities
- Update information to staff and members on a regular - even daily - basis via app/email etc. covering local risk levels and other relevant items
- Communicate with members in gym, via app or in gym broadcast as required