



Members & Residents Re-Opening Information

We are delighted to re-open Monday 7th June to our members & Residents from June 2nd for individual use.

We will be taking bookings by phone from **Wednesday 2nd June up until Sunday 6th June** between **11.00am-5.00pm** each day. Please ring 045 431460 to book your place.

There is a one way system in place, please follow the arrows. Enter through the hotel main door, exit through leisure door.

Gym and pool are separate bookings. Times are staggered to allow for cleaning after each session and no crossover/queues of people coming or going. Your session will be 1 hour long and includes changing and drying off from the pool. We have 30 mins designated cleaning time allocated after each 1 hour session. These times will be monitored and are open to change in the future.

Reception

All members must pre book by calling 045 431460. If you arrive without booking, a place may not be available. Please ring 431460 and a staff member will book you in. You will be able to book 1 week in advance.

We ask that you wait in your car until your time slot is available. If you arrive too early, you may have to queue outside.

Hand sanitisers are available at the entrance, reception area and in the gym, please sanitise your hands regularly.

Members will be required to fill in a self-declaration questionnaire regarding COVID-19 on your first visit. You will need to sign in at reception on every visit thereafter to facilitate contact tracing.

The use of pre-paid and contactless payment is preferable, but cash is accepted.

Gym

Gym users will be asked to come ready for the gym and shower at home, due to social distancing restrictions, our pool users will have priority in our changing/shower area initially.

We would ask members to leave valuables and personal belongings at home. There is no space to store bags or jackets in the gym area, please come gym ready. We hope we can lift some of these restrictions as time goes by.

Social distancing of 2m should always be maintained –every 2nd machine is blocked off where this distance is less. One way system in place-please follow arrows on floor.

Exercisers should not congregate before or after activities.

Water fountain will not be available. Members must bring their own bottle of water and not share with anyone.

We ask members to disinfect the equipment before and after use, concentrating on touch points like handles, seats and screens. Please do not be offended if staff reminds you of this during your session.

A member of staff will be cleaning and sanitising all areas regularly throughout the day. We also have designated cleaning time allocated after each 1 hour session.

Where spotting of weights is being undertaken, face coverings should be worn by both members.

Reduced number of equipment may mean there may be a time limit on machines at busy times.

Studio will remain closed to classes initially, but act as an overflow to the gym. Please do not move any equipment from its designated zone.

Swimming Pool

Adherence to the appropriate chlorine guidelines (see PWTAG) will control risk from waterborne COVID-19 virus in pools. Our water is tested regularly throughout the day and maintained within the recommended parameters. Bacteriological tests are carried out every 3 months.

Follow the directions for entry and exit to the pool. Maintain any guidance on social distancing in the pool hall and in the pool. Social distancing (2m) in pool areas should be maintained in addition to reduced capacity.

People of different standards and abilities will use the pool. Please respect their right to enjoy their swim. Do not make physical contact with other participants. Swim hats must be worn in the pool. There won't be any available to borrow, they can be purchased at reception for €2. No hat = no swim.

Speed & Overtaking

Choose your lane by watching those already swimming. There will be slow and fast lanes. Before pushing off at each turn, check to see if anyone faster is approaching. People, who need to walk or exercise, please choose the slow lane and be mindful of social distancing.

Direction

Please follow the directional signs and move across to the appropriate side of the lane for each length. It may be the layout of the pool has been changed to facilitate social distancing.

Resting

Whether stopping for a rest or catching your breath after completing your swim, please be mindful that others using the lane will want to keep on swimming without stopping. As such, keep yourself to the edge of the lane allowing others to turn at the wall, turning your head away and allow others to maintain social distancing measures.

Equipment

Equipment (woggles, discs, floats etc) will not be available to borrow in the initial opening. Aqua aerobics classes will not take place initially.

Showers, Lockers, Changing Rooms and Toilets

Ireland Active recommends the wearing of face coverings while in changing areas.

Limited Lockers will be available initially for pool users only. We would ask members to leave valuables and personal belongings at home.

Shower at home, pre and post swimming (showers are available, but by arriving wearing your swimwear under your clothing and showering at home pre and post swimming you will help minimise time spent in the changing rooms and help maintain the water quality). Shared amenities- spin dryer and hairdryers will not be available.

Towels will not be available to rent during the initial opening.

Toilets should be used with limited capacity, ensuring social distancing. I.e.: 1 person at a time.

Sauna, Steam Room & Jacuzzi

Saunas, steam rooms and Jacuzzis are recommended to follow government guidance which requires remaining closed initially.

They should not be used in any initial opening. If on further government guidance/protocols it is deemed safe to operate, then social distancing will be in place with adequate time given in between for cleaning and ventilation.

Family Swimming

There will be allocated family swim times. Monday, Thursday & Friday 3.30pm-6.15pm. Sunday 10.30am-2.15pm.

Tuesdays 3.15pm-6.15pm, Wednesdays 3.15pm-6.15pm, Saturdays 10.15am-2.15pm are for swim lessons only (Swim lesson Covid Protocols will apply). When swim lessons are under Covid restrictions, these sessions are open for Family swims.

These will be 45 min sessions which include drying off after the pool. We ask that families towel dry and shower at home. This will enable us 15mins between sessions to sanitise the area and prepare for the next session.

The pool may be divided differently to allow social distancing.

Only 1 family permitted in the children's pool at any one time.

No Equipment will be available to borrow. Please make sure you have essential arm bands, floating devices etc for your child if needed.

Space

Please ensure you and your children observe the 2m distancing guidelines from other customers whilst in the changing area and the pool. Do not make physical contact with other participants.

Safety

With regards to children swimming unaccompanied, please refer to our original terms and conditions. Children less than 17 years must be accompanied by a responsible adult at all times and are not permitted to use the spa or gym facilities under any circumstances. There are signs stating, no running, no jumping, and no diving. Please adhere to these and respect your fellow swimmers.

COVID-19/Coronavirus

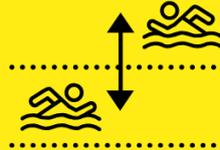
If we follow these precautions together, everyone can exercise safely and responsibly ensuring your safety and the safety of others



Wash your hands before you enter and when you leave



Bring your own towel & use during exercise



Social distancing in all pool areas should be maintained



Avoid personal contact with staff and others



Visits are restricted to allocated time slots, please book in advance



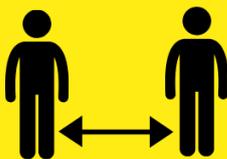
Use disinfectant spray provided on equipment before and after use



Access to toilets is restricted ensuring social distancing



Fill in the self-declaration questionnaire regarding COVID-19 prior to attendance/exercise



Maintain social distancing in all areas



Bring your own water bottle/ sports drink, avoid sharing



Payments to be made via contactless or online



Adhere to staff and lead worker representative and outlined COVID-19 measures



Showers, changing rooms and lockers to be used in limited circumstances ensuring social distancing



Adhere to all Government guidance & protocols



Coronavirus
COVID-19
Public Health
Advice