

Brooks Fitness Covid Class Protocols – Stubblee Park

Venue: Stubblee Park

Address: Stubblee Park, Bacup, OL13 0DE – heading to the park from Rawtenstall way, turn right onto New Line road, then a couple of hundred yards up turn right onto Stubblee Lane (you'll see signs for the park and citizens advice). There's plenty of free parking at the park.

These class protocols are to ensure we operate within Government / Governing Body guidelines in Covid times. Although we cannot guarantee complete protection against the virus, we can all do our best to help minimise risks and look out for one another.

- **Everyone MUST complete my online Physical Activity Readiness Questionnaire (PAR-Q) & Informed Consent form prior to participation.**
- **Come to classes ready (and raring) to go** – wearing suitable/comfy clothing and footwear to exercise outdoors in. Light layers that you can add/remove and a waterproof (as we get all weathers in a day in Rossendale!).
- **Pram / carrier for your wee-one** – you don't need a running buggy or special pram for sessions. You're more than welcome to have your wee-one in a carrier too – whatever works best for you. Just make sure you come prepared with all you need; rain covers, toys, drinks, food for baby... the 'kitchen sink' can always be kept in your car.
- **What to bring** – an exercise mat for any floor work (a travel picnic blanket is best for this and can be used for a picnic/stop-on social after the session too, as and when you do), a bottle of water... you will work up a sweat and I will go on about drinking lots, a lot! #HellYesH2O
- **Meeting point and session format** – we'll meet/start the session outside the front of the citizens advice building (picture to the right). Sessions will vary, utilising the amazing spaces, fixtures and fittings around the park. For the time being sessions will use minimum kit, in-line with guidelines. There'll be no sharing of kit (as done in traditional style circuit sessions). We'll mostly use exercise bands, bodyweight and the parks fixtures. If you have exercise bands, feel free to bring yours along with you.
- **Hygiene and cleaning** – I will have wipes and hand gel with me and encourage the regular use of it throughout, when touching any fixtures etc. Feel free to bring your own too (it's a part of what we all carry on us now). All kit used in sessions will be cleaned before and after. As it's handed out, I won't pass it over to you in person, so that there is no direct contact, in-line with guidelines.
- **Social distancing** – please maintain 2m distance before class starts and throughout, in-line with guidance.
- **Please do not attend classes if you have shown any signs of Covid-19 or been around anyone showing signs in the last 14 days. Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should not attend classes, in-line with current government advice.**



Despite these new norms/guidelines and tough/testing times... we will have a good laugh in class, whilst we get strong and get a serious sweat on 😊 everyone will get a good workout, whatever your ability, experience level and pre/post-natal stage. Exercise demonstrations and modifications will always be given. I promise you'll leave each session with a smile and MEGA endorphin high 🥰 any questions or queries about classes and protocols, ask away...

Can't wait to meet and train you

Kate x