

Brooks Fitness Covid Class Protocols – Station 22

Pre & Post Natal Bootcamps

Venue: Studio @ Station 22

Address: 5 Lench Rd, Waterfoot, Rossendale, BB4 7JH – heading to the gym from Rawtenstall way, turn right after Raj Upholstery and just before the Texaco garage. The gym is set back off the main road. There's plenty of free parking and the main entrance is at the back of the building.

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. Here's a link to view and complete the form: <https://bit.ly/BrooksFitnessOnlinePARQ>**
- **Come to classes gym ready** – changing rooms / lockers / shower facilities are not available at the present time, in-line with guidelines. Come to class ready (and raring) to go! Wearing suitable/comfy clothing and footwear to exercise in. Please also note that no sweat towels are allowed to be used/brought into the venue.
- **Mum & Baby Bootcamp** – it's OK to bring your car seats in with baby to sit in, and a small bag with essentials (just try to keep these to a minimal where possible).
- **Bring a pre-filled bottle of water with you** – water machines are out of use at the present time, in-line with guidelines. Bring plenty... you will work up a sweat and I will go on about drinking lots, a lot! #HellYesH2O
- **Bring an exercise mat with you** – unfortunately, we cannot use/share studio exercise mats in current times. Please bring your own if you have one for any floor/core work we do. Unless you are happy to do exercises on wood/studio floor.
- **Wait in your car / outside until the class time** – I will come to usher you in just before the class starts.
- **One way in, one way out** – entry to the building will be via the downstairs main entrance at the back of the building. The studio is situated up the stairs, first turn/door on your right. At the end of class, you'll exit via the fire exit at the back of the studio, in-line with guidelines.
- **Hygiene and cleaning** – there are sanitisation stations throughout the building, at the main entrance and studio, use as you enter and as needed throughout. Feel free to bring your own if preferred too. All kit will be cleaned before class and set out ready. You'll be expected to clean it down after the sessions and tidy away.
- **Social distancing** – please maintain 2m distance before class starts and throughout. The studio has been marked out with 2m² boxes, in-line with guidance. We will have more distance too, as numbers in these classes have been further reduced.
- **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 testing times... we will have a good laugh in class, get strong and get a sweat on 😊 now more than ever it's important to bring people together, to exercise for physical and mental health. To help you stay strong through your pregnancy and beyond. Exercise modifications will always be given, so whatever your experience level, you'll get a good workout. I promise you'll leave each session with a smile and MEGA endorphin high 😄 any questions or queries about classes and protocols, ask away... looking forward to meeting and training you.

Kate x

