

Class Protocols - Outdoor Classes at Station 22

Venue: Car Park at 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, where there's plenty of free parking.

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. [Click this link to view and complete the questionnaire.](#)
- Come to classes 'gym ready' with minimal belongings – 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. Whilst doing classes outdoors it's advised you wear light layers that you can add/remove (be sure to pack a waterproof, fill your car boot!). Dress according to the weather.
- 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!
- 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.
- Wait in your car until the class time – whilst mixing on mass is still restricted.
- Hygiene and cleaning – there will be sanitisation stations throughout the building and outdoors for all sessions. Feel free to bring your own hand sanitiser 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, in-line with guidance. Be respectful of others space.
- Music will be played at a medium level, to avoid shouting and singing (sorry), in-line with guidance. No shouting being the toughest part of all of this for Kate...
- Please do not attend classes if you have shown any signs of Covid 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 testing times... we will have a good laugh in class; whilst we lift, get strong and get a serious sweat on. Everyone will get a good workout, whatever your ability and experience level. 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, get in touch and ask away...



Email: hello@brooks-fitness.co.uk



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