


ROAR

WELCOME BACK EVERYONE

Here's how we're making our gyms as safe as possible for you, along with some important new regulations we need you to follow to help keep yourself and others safe.

WHAT WE'RE DOING

	CLEANING AND DISINFECTING We're doing this thoroughly throughout the day and deep cleaning every night. Our Team will ensure that equipment is cleaned after every use.		HELPING YOU WITH SOCIAL DISTANCING You'll see signs around the gym, including a one way system in some areas. Some equipment/changing room facilities may be limited.
	MANAGING NUMBERS We will be limiting the number of clients on the gym floor to allow social distancing.		TEMPERATURE CHECKS All Staff and Clients will have temperature checks on entering our gyms.

WHAT YOU NEED TO DO

	STAY AT HOME IF YOU'RE UNWELL Please do not enter the gyms if you have a cough, fever or do not feel well. If you arrive for a session unwell you will be sent home.		USE OUR HAND SANITISING STATIONS As you enter our gyms please use the hand sanitising stations provided. Please wash your hands before and after your training session.
	FOLLOW SOCIAL DISTANCING Please following the social distancing signage, avoid contact with fellow clients and do not gather in waiting areas/ changing rooms.		DON'T FORGET YOUR WATER Water fountains will be out of use so please bring your own water bottle which can be filled on site. You can also purchase water.
	USE LOCKERS FOR BELONGINGS Please do not leave any belongings in the changing rooms or on the gym floor. All belongings must be kept in lockers at all times.		ONLY SHOWER IF NECESSARY In line with government guidelines changing rooms will remain open but please only use the showers if absolutely necessary.
	DO NOT TAKE TOWELS INTO THE GYM Sweat towels are not permitted on the gym floor but sanitising wipes and disposable paper towels will be provided.		BRING A DEBIT/CREDIT CARD We cannot accept cash, please bring your payment card which can be stored on your account for future purchases.

Keeping our Roar community Safe

Thank you for helping us make our new regulations work. Please email the reception team on clients@roar-fitness.com if you have any queries.