



GRIFFITH UNIVERSITY NATHAN FITNESS CENTRE USER GUIDELINES

EFFECTIVE JULY 2020

ALL USERS MUST AGREE TO THE FOLLOWING GUIDELINES BEFORE USE OF THE NATHAN FITNESS CENTRE

- All users must maintain social distancing at all times – 1.5m from others;
- All users must maintain good hygiene at all times – wash your hands, use sanitiser, cough into your elbow or a tissue, throw tissues away immediately and wash your hands;
- Anyone who is feeling sick with symptoms such as fever, sore throat, cough or shortness of breath will not be permitted in the venue. Please ensure that you stay home until you are feeling better;
- If you identify as a someone in a high-risk vulnerability category for COVID-19, we advise that you consider the advice from government health authorities before coming to the Centre;
- This will be an “Arrive, Train, Go” set-up. Please be mindful about gathering before or after your session – staff will ask you to move on should you not abide by social distancing requirements;
- All chairs, tables, benches and couches will not be in use within the Centre;
- Abide by Entry and Exit signage to control flow of foot traffic;
- There will be no access to water fountains, please provide your own water bottle for personal use only.

PAYMENTS

- We will only be offering CONTACTLESS PAYMENTS – this means no cash at all. Please note the minimum \$5.00 EFTPOS transaction limit remains in place.

RECEPTION

- The Nathan Fitness Centre reception will be open as normal for financial transactions and the purchase of beverages, however we will be operating slightly differently;
- A maximum of three (3) customers will be permitted in the reception foyer at any one time;
- All customers must wash their hands or use the hand sanitiser provided upon entering the area;
- 1.5m social distancing is required at all times. Markings on the floor will indicate where customers need to stand;
- Equipment hire is unavailable;
- All users to check-in at reception and will also be required to sign a user agreement registry prior to entering the facility. Your details will be provided to Queensland Health for COVID-19 contact tracing purposes only on request up to 56 days post use.

GYM FLOOR

- All users must maintain social distancing at all times – 1.5m from others;
- Customers must clean their hands prior to entering and when leaving the facility;
- Appropriately sized towels must be used at all times, or purchased from reception;
- Customers must wipe down equipment after use with disinfectant wipes;
- Training must occur individually, at all times.

GROUP FITNESS

- Customers must clean their hands on entering and after finishing in the group fitness area;
- Towels must be used at all times. If possible, customers are encouraged to bring their own exercise mats;
- Customers must wipe down any equipment used in a class with the appropriate disinfectant wipes;
- There will be no sharing of equipment within classes;
- Customers must stay within the marked areas on the group fitness room floor;