



Horse & Jockey LEISURE CENTRE

COVID-19 Re-Opening Procedure

29 June 2020

We are delighted to welcome you back to the Horse and Jockey Leisure Centre.

While we are excited to get up and running again we need to make changes to our policies and procedures to ensure the safety of our staff and members.

Our main priority is your health and safety and because of this we have made some significant changes to ensure the best practice in the areas of social distancing, hygiene and sanitation.

Not all our activities and services will restart immediately following the reopening of our centre.

We are following all guidelines provided to us by the HSE and Ireland Active.

Membership reactivation

All memberships were frozen on the 9th of March. All memberships will recommence on the 29th of June. The time you had remaining on our membership will recommence from the 29th of June. Please check at leisure reception for your updated renewal date.

- **Facilities may only be used by our members and hotel guests by pre booking a time slot at 0504-33020 or at leisure reception**
- **Gym sessions will be booked in 45 min time slots.** Please come dressed to work out and where possible leave immediately after session without using the changing room. Please leave the centre promptly after your workout to give staff adequate time to clean the gym after each session.
- **Pool sessions will also be booked in 45 min slots.** Please leave the pool promptly after your swim and limit your time in the changing rooms to a maximum of 30 mins to again give staff member's adequate time to clean the facilities between sessions.
- During this time, following Active Ireland guidance, our swimsuit dryers and hair dryers will not be available to use.
- **Members can book a maximum of 3 slots a week (pool or gym)** and slots are booked on a weekly basis.(additional slots can be booked on a day to day basis where there is availability ie. If you already have 3 slots booked in and you wish to come an additional day it is ok to ring us that day from 7am to enquire if there are any free slots)
- **Our Sauna, Steam room and Jacuzzi will remain closed** due to government guidelines.
- Changing rooms, lockers and showers will be for pool users initially with a plan of future phased access in accordance with the government guidelines.

- Fitness classes are now on summer break, going forward following Active Ireland guidelines, we will reintroduce classes.
- Swim lessons are not available at this time and again will be reintroduced when possible.
- Water fountains are no longer available please bring your own water bottle with you.
- No spectators are permitted into the leisure centre or on the pool deck. For this reason all deck furniture will be removed.

Over 60's exclusive time slots

We are committed to the health and safety of all our members and we want to give everyone the confidence to workout in a safe environment. Because of this we are exclusively reserving some times in our pool and gym for our Golden Years category –

Monday - Friday: Pool time 11.30am and Gym Time 11.15am. Booking is essential.

Of course, members in this category can book any regular slots during the week and are not restricted to these times.

Guidelines for attending the Centre

Please do not arrive prior to your booking time slot as earlier admission cannot be granted

- On arrival please sanitise your hands and follow all social distance guidelines at all times
- At the leisure desk, you must scan in your swipe card to gain access to the centre.
- Reception will inform you when it is safe to proceed into the gym.
- To maintain social distancing we ask you to keep moving and keep social interaction to a minimum.
- If you feel unwell we ask you to please not attend the centre.
- No equipment will be available to borrow in the centre i.e., floats, hats and goggles. Please bring your own at all times

Guidelines for using the Pool

- Pool shoes/flip flops must be worn in the pool area and changing rooms at all times.
- In the changing rooms please follow all social distancing guidelines. Use the lockers only that are clearly marked for usage which will help achieve this.
- It is important to maintain social distancing at all times in the water and on the pool deck.
- Changing rooms and showers are available for anyone attending the pool, please minimise time spent in the changing rooms and limit social interaction
- Please practice good respiratory hygiene in the pool, ie do not spit or cough in the water
- We understand that with a wide variety of swim abilities and levels that the co-ordinated use of the pool will sometimes be challenging so we ask everyone to please be considerate to all pool users and work together at this time.

Guidelines for using the Gym

- The gym area will be cleaned and sanitised regularly by our staff. In addition, anti-bacterial spray will be available through the gym. It is your responsibility to sanitise the equipment you use before and after use. Please do not spray directly onto the TV screens as this will damage them.
- During your workout please stay at your workout station until the next machine you intend to use is free.