

Strength Shack COVID-19 Policy

This policy includes the measures we are actively taking to mitigate the spread of coronavirus. You are kindly requested to follow all these rules diligently, to maintain a healthy and safe fitness environment.

This coronavirus (COVID-19) policy is susceptible to changes with the introduction of additional governmental guidelines and applies to all employees, clients and visitors.

Listed below are the actions that we are taking and the guidelines that we ask all employees, clients and visitors to adhere to:

- Trainer and Client will not attend if showing Covid symptoms
- Perspex "sneeze guard" screen on reception counter
- Hand gel to be used on entry and exit
- Hand washing facilities and anti-bacterial soap available
- Only one household allowed at a time excluding instructor
- Cleaning of equipment, toilet facilities and high touch points between each client
- Fresh Hand towel provided for every client
- Mask worn by instructor when on studio floor
- Ventilation - doors and windows open as appropriate
- Minimum of 1 metre distancing maintained between instructor and client, unless for safety purposes.
- All sessions to be pre-booked to allow adequate time for studio cleaning between sessions
- Contactless/online payments preferred, cash to be quarantined for 48 hours if cash used, no change given.
- Track and trace information stored for minimum of 21 days.