

By way of update, we would like to confirm we are actively monitoring the COVID-19 outbreak and taking additional precautionary measures to ensure the health and safety of our members, guests and team members.

Our cleaning and fitness teams operate throughout the day, and night, cleaning and disinfecting all areas placing further attention on areas that come into contact with the skin.

All cleaning disinfectant products used kill 99.99% bacteria and work alongside our antibacterial wipes and hand sanitising stations, which have now been added throughout the club. Additional signage has also been placed by these stations in order to encourage all users to make use of when entering and exiting the club.

As an additional precaution, to minimise physical contact between the team and members/guests, Fitness Instructors have also now been taken off fitness plan duties and focusing solely on safe use of the facilities and increasing cleaning throughout. This will be in place until further notice.

Furthermore, due to the respiratory nature of the novel corona virus, the steam room will remain closed until further notice. The Sauna, however, will remain open.

All team members have been fully briefed on the recommended guidelines from the NHS, World Health Organisation (WHO) and Public Health England (PHE) – guidelines of which can be found on the following links.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Swim England have also issued the following advice regarding novel COVID-19. The pool water treatment and Advisory Group (PWTAG) said Public health opinion is that generally safe to go swimming at this time and that chlorinated water within swimming pools will help to kill the virus.

However, visitors to swimming pools are reminded to shower before using the pool, when leaving the pool and follow the necessary hygiene precautions when visiting a public place.

<https://www.swimming.org/swimengland/coronavirus-advice/>

As per the guidelines, we urge all members & guests to please adhere to the following when using the facilities;

- Wash your hands frequently with soap and water, for 20 seconds.
- Wipe down equipment before and after use, with the antibacterial wipes provided in the club.
- Cover your mouth and nose when coughing or sneezing with a tissue. Dispose of said tissue and wash your hands straight after.

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- Adhere to government advice relating to social distancing as much as possible.
- **More Importantly - If you are suffering from any of the symptoms, no matter how mild, we strongly urge you to stay home to recover and contact NHS 111 should you have any further concerns.**

We currently do not have any confirmed cases relating to any member, guest or team members. If you have tested positive for COVID-19 and have recently used our facilities, please contact us on membership@dolphinsquare.co.uk

Healthy Regards,

DSQ Gym Team