



Risk Management Policy

Coronavirus (COVID-19 VIRUS)



Dear Members,

Due to the current threat of COVID-19 Duke's Over 50 is implementing a risk management policy immediately to keep both you and our staff well.

What we will do:

1. Gym staff will spray all equipment with disinfectant morning, noon and night. Please realise that there may be a slight smell of disinfectant at times.
2. The Gym will extend our cleaning hours to increase cleaning routines at this time.
3. The Gym will provide additional disinfectant spray bottles containing stronger than usual concentrations and paper towels. You are expected to use these before and after touching equipment, and on all exercise mats before and after use.
4. We have ordered bulk hand sanitiser and will increase the number of sanitiser stations.

What you can do:

1. You should not attend the gym if you have a cough, cold, sneeze, sore throat, chest infection or other flu like symptoms.
2. You should not attend the gym if you have recently returned from overseas or have been in contact with someone with the virus. A self-exclusion period of at least 14 days applies.
3. Wash your hands with soap and water for at least 20 seconds before and after your gym visit.
4. Gym equipment must be wiped down immediately after use using the disinfectant spray bottles and paper towel provided.
5. You should notify staff/management if you or anyone in your household has tested positive to the virus and has visited the gym recently.
6. If you own an exercise mat you may prefer to use this rather than the communal ones.
7. If you have your own hand sanitiser please bring it with you and use it frequently.
8. You must always use a workout towel and you should wash this after each visit.

COVID-19 is spread through the air by an infected person coughing or sneezing near you. The virus can also survive for some time on the surfaces that you touch. For your safety the most important thing you can do when visiting the gym is to follow the above policy. Staff maintain the right to ask members to leave if they are showing symptoms such as coughing or sneezing or if they refuse to comply with the above protocols.

Keep training and stay well everyone!