

Gym Members Guidelines Under Alert Level 2

The safety of our customers, their families and our staff are our top priority at Gym Tonic. As such, for those eager to exercise in our facilities we would like to ask that you observe the following guidelines and recommendations:

Sickness Policy:

1. If you are sick (this also includes regular coughing or sneezing), please stay at home. We will be screening all customers and staff as they come into the facility.
 - a. In the event that you are being tested for Covid-19 please stay home and do not come into the facility.

Hygiene Practices

1. Hand sanitation stations will be available upon entry, please use this as you enter and exit the facility
2. Please ensure that you cough or sneeze into your elbow.
3. Wash your hands frequently, use soap and wash for 20seconds, then dry.
4. Wipe down every equipment with the spray bottles and cloths provided. This will need to be done before and after use, that includes, but is not limited to, free weights, cardio & strength machines and mats.

Contact Tracing

5. All members will need to ensure we have the correct contact details for your family.
6. All members will be required to provide their contact details before accessing the facility to assist with contact tracing should this be needed.

Physical Distancing

7. Observe physical distancing at every time. We ask that you consider showering and changing at home. If this is not possible please limit your time in the changing rooms to 5 minutes. This disabled changing room will only be available at this time.

Payments

8. Our preference is for fees to be paid on Internet Banking. Other payments can be done using EFTPOS or credit card, please avoid using cash when possible.
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Personal belongings

9. Bring just what you need to do your workout, a **gym towel**, your phone, a wallet. Avoid any bulky item as backpacks.

Programs

10. Member's workout programs are going to be sent by email. If yours is missing, please send an email to info@gymtonic.co.nz, subject "missing routine – name and surname" and Ivan will send it to you as soon as possible.

High Risk Individuals

11. People over the age of 70, or anyone with a pre-existing medical condition are at higher risk of infection and severe illness, so we encourage you to stay at home.

Services

12. Food & Beverages will available to be purchased at this stage.
13. Unfortunately the pool and Sauna will remain closed until further notice. We have experienced a major maintenance issue with the pool over the COVID-19 shutdown, and the true extent of the problem is worse than we initially anticipated. We apologise for the inconvenience, and we will continue to keep you updated with our progress over the coming weeks.

Feedback

14. If you have any feedback or concerns please speak to a team member and complete a Customer Feedback form, this will be followed up by the Manager within 24hours.

Standard Facility Guidelines

15. All standard facilities guidelines still apply.

We pride ourselves in our health and safety standards. Our main focus is to keep our staff and members healthy and safe, so please we encourage you to stick to these guidelines.
