Smithills Sports Centre would like to welcome you back and will be re-opening on Saturday 25th July.

We have been working hard to provide a safe environment for you to visit and we have made some changes guided by the experts at UK Active and UK government.

Please ensure you read the following as it is important that we all work together to keep our Sports Centre safe.

* We will be cleaning and disinfecting the centre more than ever, using detergent and disinfectant to sanitise all gym equipment and the entire centre daily during our closed times.
* We have plastic shields at our reception desks and we’ll be providing PPE for our staff where necessary.
* There will be a cleaning down of equipment stations.
* There will be multiple hand sanitising stations available throughout the centre for users to use.
* The centre will be 2m marked on all corridors and outside reception for queuing.

Exercise Classes

* There will be no sessions until September and then there will be a booking system as numbers will be limited.
* The dance studio will have foot markings to help maintain a 2m distance rule. It is very important that you keep 2m apart.
* We ask that you bring your own mat where possible.
* There will be a one way system in which you arrive at reception but leave by the back door of the pavilion.
* Must leave as soon as the class finishes. No hanging about.
* 15 minute gaps between classes.
* Try and limit belongings, come ready for the class and only use the changing facilities if completely necessary, shower at home.
* No sweat towels allowed.

Swimming Pool

* Public swimming sessions will start back in September.
* Adult lane swimming only, no under 16 at present.
* Please come changed, towel dry and shower at home where possible.
* Please limit use of lockers.
* Swimming lessons will follow government guidelines with regard numbers, please contact your swimming teacher.

Gym

* Gym booking system- book by telephone your 45 minute session on the hour 5-9 weekdays,9-4 weekends, there will be a 15 minute changeover time for cleaning and members to leave. You will enter via reception and leave via the fire door at the bottom of the steps.
* You must clean equipment after every use, with the cleaning products provided.
* Please limit belongings, none to be brought into the gym, come ready to exercise and shower at home unless it is impossible to do so. No sweat towels allowed.
* Equipment will be limited to ensure 2m apart.

Sports Hall

* Only to be used for non- contact sports, those that can keep a 2m distance.
* No hiring of equipment.
* Sports to follow their governing body guidelines with regard to training e.g. numbers, equipment etc.
* Coaches maintain 2m distance.
* Must wait and keep socially distant before your coach and session starts.
* Must not enter the sports hall until it is safe to do so by your coach.

**Together we can do this, we need your help**

* If you feel sick or experience Covid-19 symptoms, please do not come to the centre.
* If you are 70 or over with underlying issues please do not come to the centre.
* Arrive dressed and ready to workout.
* You will need to book your visit at reception via telephone 01204 467200 or by email @enquiries on the sports centre website. You will not be able to just show up. If you can’t make the slot, please cancel so that someone else can have it.
* Please bring your own equipment e.g. mat, racquets, balls.
* Use hand sanitising stations when you enter a new area and when you leave.
* Wipe down equipment you use with disposable paper towels.
* Don’t share equipment, don’t move benches or weights to other areas.
* Shower at home if you can.
* No sweat towels (UK Active guidelines).
* Bring a full water bottle as our water fountains won’t be available.
* Exercise for 45 minutes only, allowing a 15 minute clean and people changeover. Giving everyone a chance to exercise.
* Stand at the markers outside the building until it is safe to come in.
* Unfortunately we do not have contactless payment, however you can pay by bank transfer when booking. The receptionist will give you the details.
* Please come with exact money or cheque where possible.

Many Thanks for your patience and understanding at this time.

Smithills Sports Centre Team