

CONDITIONS OF ENTRY



IN THE HEALTH INTERESTS OF OUR CLIENTS, RESIDENTS AND COMMUNITY YOU MUST:

- **NOT BRING EXCESS ITEMS INSIDE.** Leave jackets, jumpers and personal items in your car or in the crate provided and leave valuable items at home
- **BRING** alcohol-based hand sanitiser and apply it immediately prior to entering and immediately after you have a drink, touch your mouth or nose
- **DON CLEAN INDOOR SNEAKERS.** If your sneakers are dirty on arrival, you will be asked to hose and dry them outside
- **NOT ENTER** if you have cold and flu symptoms, even if you have returned a negative PCR as you may have a virus the PCR did not test or detect
- **NOT ENTER** if you are diagnosed or suspected of having a virus including COVID-19, Influenza, Respiratory Syncytial Virus (RSV) in the last 14 days
- **DON** a face mask if you have been in close contact with someone with cold and flu symptoms or you are returning to the studio after having a virus
- **DON** a face mask you have been travelling on aeroplanes, cruise ships or attending large indoor events
- **DON** a face mask if you are training closely (less than 2 metres) with an immunocompromised person (e.g. spotting weights or holding focus mitts)
- **DON** a face mask during cold and flu season
- **Do not remove your face mask at any time while indoors.** Please go outside to drink, use an inhaler, get fresh air, cough or blow your nose