



## **What we are doing to keep you safe.**

### **Country Club Opening Hours**

Monday to Sunday : 8am-8pm (Closed 12 -1pm For Cleaning)

Keeping you safe and healthy is our priority. We have introduced new cleaning procedures and social distancing measures. La Mon Country Club has reviewed and changed the layout of our gyms and equipment to ensure members can enjoy a great workout whilst socially distancing. Taking these actions has allowed us to reopen and keep the disruption for users to a minimum.

However, we do ask our users to consider and practice the following:

All members and day users must swipe-in or sign-in on arrival at the Country Club reception so we can “track and trace” each user. Parents and guardians can sign on behalf of a family group. This is a formal requirement and must be adhered to.

Please ensure your contact details are up-to date as we want to keep in touch with our members and users!

Users of the country club facilities will be encouraged to sanitise or/and wash their hands regularly.

We will be cleaning and sanitising throughout the day and cleaning the entire club before the start of each day. All staff have been trained and they will be using a two-stage cleaning process which includes using a detergent, followed by a disinfectant.

All machines and gym equipment must be wiped down before and after use by each user. The sanitizing spray and cleaning roll will be provided.

We will be closing the Country Club daily for one hour between 12 noon and 1pm for cleaning. Please observe this closed period without exception..

The Poolside area will be accessible for swimmers only. Swim caps must be worn without exception. We are unable to rent swim caps, however they can be purchased at Country Club Reception. Feel free to bring your own swim cap.



Members must bring their own towel. Please ensure you take your towel with you as any left behind will be disposed of. Day users will be provided with a towel which must be placed in the bin provided by reception. Please observe social distancing while using the changing room and shower facilities.

Social distancing is in place within the Country Club. Please observe social distancing in all spaces and at all times. You will observe social distancing signs around the gym.

We must also limit the number of members/users in each area, such as the gyms, jacuzzi, swimming pool and changing rooms. Signage is in place to advise. If you have any doubt concerning these necessary conditions, please contact a member of staff to discuss your concern.

We are currently reviewing our classes to ensure social distancing can be managed. We will be announcing new outdoor bootcamps, cycle rides and walks soon. Watch this space!

Our tennis court is open but at this time our Sauna and Steam Room remain closed until we have discussed usage with our members.