



## CHARLBURY Community Centre

# Covid-19 safety Rules and Guidelines

In order to make sure everyone using the Community Centre does so safely, here are some guidelines. **Under no circumstances should you come to the Community Centre if you are unwell or have been asked to isolate for any reason.** For sporting activities, please consult and follow the guidelines which the relevant national sporting body issues, especially if you are a group leader.

### Café area and toilets

- Please wear a face covering unless you are exempt.
- Sanitise your hands when you enter the building.
- All crockery is sterilised in the dishwasher, but you can ask for a disposable cup if you prefer.
- We prefer contactless payments.
- Please fill out a Test and Trace form if you sit at a café table or on the patio and hand to staff. Your details will only be kept for 21 days. Or you can scan the QR code with the NHS AP – no need to do both.
- Please stay two metres away from others.

### Sports Hall – racket sports

- Racket sports and table tennis cannot be played in groups of more than six people.
- Those who are not playing must sit in their designated seating area for their court and use the same seat each time they sit down. These seats are spaced correctly and should not be moved. No spectators are allowed.
- You must bring your own equipment (bats, balls and shuttlecocks), these cannot be lent out by the centre.
- Each person or household should use their own ball/shuttlecock and not share them.
- If you put up or take down your nets, please sanitise your hands immediately before and after doing so.

### Sports Hall – Classes & Training

- For classes, like circuits and Pilates, people will have their own designated space; which staff will have measured out beforehand. All your equipment and belongings must remain in your own space.
- You must sanitise all the equipment you have used afterwards. You will be instructed how to do this.
- No classes will allow you to move from one station to another, exercises will be adapted so you can remain in your own space.
- Please stagger your entry and exit. People waiting for the next class or session must wait outside the centre until the hall is completely empty of people. Wait under the bike shelter if it's raining.

### The Gym

- Use hand sanitiser on entry and exit.
- Only one household on each station at a time - book in advance.
- You must thoroughly sanitise any equipment you have used, including mats, weights, machines and floor space around them once you have finished. You need to stop early in order to do this. Appointments are for an hour to allow time for this.
- Take your programme home with you and bring it back when you use the gym to minimise handling.