



COVID-19 POLICY

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We take our responsibility to you as our client very seriously. Your health and wellbeing are the very reason we are in business. The safety of both our team members and our Truckers is our number one priority, and we will never knowingly do anything that would risk that in any way.

We've incorporated extensive cleaning procedures and social distancing practices, and we continue to monitor and work in line with all local and national guidance.

Self Check:

Your trainer will assess themselves against the known symptoms of COVID-19 on a daily basis before attending any sessions. If they are unsure, they will err on the side of safety and declare themselves as unavailable until they can be tested or until the recommended period of self-isolation has passed. In the event that they feel unwell during a working day, they will immediately cancel any remaining sessions that day and follow the protocol outlined above.



Equipment Check & Clean:

Our cleaning procedures allow us to maintain a very high level of hygiene and cleanliness to keep our clients and trainers safe. Our trainers will use an appropriate sanitiser (this may be bleach or another sterilising fluid proven to kill 99% of germs) to spray and wipe down all equipment that will be used in client sessions. This will be done prior to every session starting, and at the end of each session. We've allowed additional time in our schedules for proper cleaning between sessions, which means you may not see it take place. Our trainers will keep a log of this activity and it will be available for you to view at any time.

Client Check:

In the same way you would expect your trainer to assess themselves against the known symptoms of COVID-19 on a daily basis we ask you to do the same thing. If you are unsure in any way about your health, then please do not put your trainer and our other clients at risk: please cancel your session ASAP. If you are attending a session, please **wash your hands thoroughly**. In circumstances where this isn't a possibility, we require you to use antibacterial hand gel (available from your trainer) immediately before attending. If we see someone who appears unwell, we will not let them join a session and we will ask them to leave as soon as it becomes apparent.

Personal Contact:

Personal Training is...well...exactly that... "Personal". Traditionally, when a trainer is working with a client, they are in close proximity to each other. We pride ourselves on how closely we monitor the way our clients perform the exercises we give them. Sometimes we have to use the equipment to demonstrate it or help their posture while they perform it. Your trainer will wash their hands thoroughly whenever facilities are available to them and in the times in between, use hand sanitiser which is guaranteed to kill at least 99% of germs. The contact between client and trainer will be limited to as little as safely possible and our trainers will maintain the recommended social distancing rules throughout the sessions.