

# PREMIER

## HEALTH & FITNESS CENTRE

As part of the Premier's COVID Safe plan, we request that all members adhere to the following protocols to ensure the safety of everyone.

- **Sanitise your hands upon entering** the facility using the **touch free sanitiser** at reception
- **Keep a distance** of 2 arms lengths (1.5m) from others
- Utilise the **antibacterial wipes** we have throughout the club to ensure you wipe down the equipment before and after use
- Always use your **towel!** This means placing it on the equipment while you are using it
- If you are sick, please stay at home to avoid spread of germs
- If you have symptoms, get tested and isolate if necessary
- Ensure you sneeze into a tissue or into your elbow. Avoid touching your nose and mouth
- Adhere to Premier's GX Class booking process
- Download the COVIDsafe app
- If someone in your household is diagnosed with COVID-19, please get tested and monitor your health for the next 14 days in isolation

**Thank you for your cooperation**