

Premier COVIDsafe Plan

Updated 30th July 2020

In accordance with Fitness Australia, Safework Australia and the NSW department of Health guidelines, Premier has formulated a COVIDsafe plan to ensure the safety of all of our staff and members.

The measures we have implemented all support the following fundamental principles:

- Ensure **physical distancing** by keeping a distance of at least 1.5 metres between people
- Promote **good hygiene** through regular hand washing and use of hand sanitiser
- Advising anyone who **feels unwell to stay at home, get tested** and isolate if necessary

We have implemented the following measures to ensure Premier remains a COVIDsafe facility:

- Placed a **touch free sanitiser dispenser at entry** and are encouraging all members to use the sanitiser
- **Fitted more anti-bacterial wipe dispensers** throughout the club
- We have **increased the frequency of equipment cleaning**. In addition to our night cleaning and daytime cleaning, our staff will also be sanitising equipment every hour
- We continue to remind all staff and members to implement the **“social distancing” practise** (Avoid handshakes, high fives, hugging, kissing and any contact)
- Enforced a strict **No Towel, No work out Policy** –If you do not have a towel, you will not be permitted to use the facility
- We have a designated **“Hygiene Marshall”** at all times who will be responsible for **walking through the club regularly** to ensure towels are being placed on the equipment as well the antibacterial wipes used to clean the equipment.
- All **GX classes are currently restricted to a maximum of 20 people**. The cycle studio has been reconfigured accordingly
- Have **allowed at least 5 mins changeover time between every class** to allow time for equipment to be cleaned
- Switched **off every other piece of cardio equipment**
- Formulated and communicated **clear COVIDsafe protocols** for all members to follow

Thank you for your cooperation and understanding