



# RONDEBOSCH SPORTS CLUB

Rondebosch Oval, 54 Park Road, Rondebosch 7700

(e) ross@rondeboschsportsclub.co.za • (c) 082 442 3680 • (o) 021 612 0285

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## LOCKDOWN LEVEL 2 UPDATE FOR GYM FACILITY

As with all other fitness facilities, all gym users will need to adhere to specific protocols. Below is a list of what to expect when returning to training on the gym floor. A reminder that the gym is open to all RSC club members and residents only.

- Open Monday – Friday 06h00-20h00, Saturday/Public Holiday 07h00-13h00.
- All members to report to security or Mike (Bar Manager) to have FINGER PRINT ACCESS done
- No entry to gym via the restaurant only the entrance at swimming pool side will be operational
- No changing in the gym, persons must arrive in gym clothing
- Maximum of 3 people on the floor at a time
- All members must have their membership card present when attending
- All members and residents to follow check-in and screening process done at security
- Face masks or “buff” to be worn while training
- Each person will be allocated 1 hour with 15 mins in the hour for you to sanitise the equipment that you used.
- Immovable equipment to be sprayed down after use. No 2 persons to use the same equipment during that training period
- Area has been marked out for cleaning of equipment (weights) before returning to racks
- Bring your own bottled water and towel (water fountain not available)
- Sanitise before and after using equipment
- No shower facilities available at the gym
- Swimming pool out of bounds until further notice
- No person will be allowed in the restaurant after gym sessions but will be accommodated in the outside seating area
- Only Online bookings will be accepted. See [www.rondeboschsportsclub.co.za](http://www.rondeboschsportsclub.co.za)

For any further information or queries, please contact Mike on 084 034 4550 or 021 612 0285