



**Zest Health & Fitness Club** is open for both members and hotel guests.

We are currently operating with changes as we adhere to comprehensive government guidelines as we all play our part in fighting Covid-19.

Our team has made many alterations to ensure a safe experience for all users including members, hotel guests and our own team. To ensure this safe experience we will need your ongoing help and support as we transition to the many new changes whilst adhering to this legislation and social distancing requirements. Thank you for all your ongoing support.

### **Key Changes**

All gym users should come dressed for exercise and are requested to shower at home. Shower facilities will not be available for gym users.

All pool users should come pool ready for swimming. Shower facilities are available for pool users.

All members & hotel residents will be asked to fill in a compulsory self-declaration questionnaire in advance of use.

The steam room will not be available for use at present.

To ensure your health and safety and in line with social distancing requirements, we have limited pool and gym slots daily. All members and hotel guests must pre-book slots in advance to avoid disappointment. It is essential that we manage the numbers using the leisure centre at any one time.

All hotel guests must pre-book all sessions with Zest Health & Fitness Club once they arrive in the hotel. To book please call extension 685 with your room number, we cannot accept bookings prior to check-in.

**Gym sessions duration: 50 minutes**

**Swimming pool duration: 30 minutes**

### **General Guidelines**

- Please observe floor markings and exercise zones
- Avoid personal contact with staff and other users
- Use the hand sanitizer before entering Zest Health & Fitness Club
- We ask that you adhere to social distancing guidelines at all times, keeping 2 meters from all staff and other users
- We ask all gym users to clean all equipment both before and after use. Use the cleaner & disinfectant spray and blue paper towel to clean it, then place the used towel in the bins provided

## New General Guidelines for Zest Health & Fitness Club members

- **Pre-book your session online.** We will need you to book your slot online so we can manage numbers and adhere to government guidelines. Sessions can be booked **72 hours** in advance. If you have booked a session and are unable to attend we ask that you cancel it so that someone else can avail of the slot. No member will be admitted if the online booking has not been done in advance, there will be no exceptions made.
- To get you joined to our online booking system we ask all members to email us ([leisure@cavancrystalhotel.com](mailto:leisure@cavancrystalhotel.com)) so that we can send you back all the information to access the online system. Please let us know if you need any help getting started we will be able to assist.
- Members are only allowed to book a maximum of one session per day. In an effort to ensure fair usage members are allowed a max of one gym session and one pool session to ensure everyone gets a chance to book.
- All members will be asked to fill in a compulsory self- declaration questionnaire regarding covid -19 online.

Please click on the link below and complete the form.

If you reply YES to any of the questions below, STAY HOME and seek medical advice

<https://forms.gle/LbLTX5SMdNggaxmH8>

This declaration will include the below information.

- That you have read the new protocols for using the facility
- That you understand the risks involved and your role in minimising that risk
- That you understand and acknowledge the risks involved
- That you are not showing symptoms of Covid-19
- That you have not come into contact with anyone who has been diagnosed with Covid-19
- That if you have had Covid-19 in the past and recovered you should seek medical advice before undertaking high-intensity exercise

Any information is treated in the strictest of confidence and protected under the Data Protection Acts and GDPR- legislation

If you have any questions on any of the above please email the club at [leisure@cavancrystalhotel.com](mailto:leisure@cavancrystalhotel.com) and the Zest Team will contact you as soon as possible.

Thank you

Zest Team