

# 12 HEALTH AND HYGIENE TACTICS

Help members coming back to your club feel safe and secure by increasing the frequency and visibility of your health and hygiene practices. We've highlighted 12 tactics from our network of 20,000 clubs around the world.



## **COMMUNICATE YOUR RULES**

At Will's Gym (170 clubs in China), the in-club radio explains social distancing and hygiene rules every 30 minutes, as do the trainers.

## **BOOKING SYSTEMS**

Many gyms offering group exercise classes already have online booking systems. Timetables can be tweaked to regulate access, using either manual or automated access.

## **BE SEEN TO BE CLEAN**

Pure Fitness is making sure cleaners are always in sight when members are moving around the club. The Pure Fitness team communicate the new hygiene measures to members, through social media and notices in the club. Gym chain Equinox has communicated to members that it will disinfect clubs with "hospital-grade" cleaning solutions multiple times a day.

**Getting Ready to re-launch your club? Check out our Club Re-set Hub, packed with tools, insights and resources to help your club re-open.**

## **ON YOUR MARKS**

Crunch Fitness is using tape to create 'grids' on its studio floors to ensure members maintain a safe distance during group fitness classes.

## **MAKE SPACE**

Use any available space to increase your social distancing. Some clubs are running group exercise classes on basketball courts, training fields and even carparks.

## **HIDE THE MATS**

The advice from Dansk Fitness og Helse Organisation (the Danish fitness and health organisation) is to put away all equipment that absorbs sweat, such as yoga mats. Consider removing equipment that is hard to clean, such as bands, and foam rollers.

## **SMOOTH DEMAND**

Gold's Gym is planning to run group exercise classes at 50% capacity as soon as possible after opening. Using Virtual Fitness supports this approach, allowing you to schedule more classes throughout the day and more distance between each member.

## **BYO**

Les Mills New Zealand is asking members to bring their equipment such as full drink bottles, yoga mats or boxing gloves to classes to reduce the chance of transmission on equipment or fountains.

## **TRAFFIC MANAGEMENT**

Clubs around the world are ensuring safe distances by running their gyms at reduced capacity. Members are encouraged to check the app or website to see if they can access the club. Creating a one-way system around your gym makes it easier for people to move around and keep their distance.

## **MIND THE GAP**

Ensure there are gaps in your group fitness schedule to allow members to enter and exit classes in an orderly and safe fashion. It also avoids queues and allows time for cleaning.

## **TWO BY TWO**

Some clubs are switching off half their machines, or restricting access to every second cardio machine, by placing signs on them or unplugging them.

## **GET IN THE ZONE**

Gyms are using a rotating number of equipment 'zones'. This allows classes and members to use equipment from a zone that has been freshly cleaned while other zones are being sanitized.