

Guidelines for gym and pool usage

NOVEMBER 2020

In response to the recent easing of COVID-19 restrictions, we are pleased to re-open our gym and hydrotherapy pool under the following conditions:

- Patrons will need to book in advance, either via our online booking system (members only), or by calling Hospital Reception on 5368 1100.
- Please note the following:
 - Bookings via phone are available during business hours only.
 - Online bookings can be made up to 1 hour prior to an available session.
 - Bookings can be made up to 2 weeks in advance.
- In the **pool**, we can accommodate a maximum of **4 patrons** per session.
- In the **gym**, we can accommodate a maximum of **2 patrons** per session.
- All patrons will be screened prior to entry. This includes the following:
 1. Having your temperature taken (required <37.5 degrees); and
 2. Being asked a series of questions related to travel and respiratory symptoms.
- Masks must be worn, but can be removed temporarily when:
 1. You are in the hydrotherapy pool; or
 2. Your activity in the gym causes heavy breathing or puffing.
- Social distancing requirements are still in effect – please remain 1.5 meters apart at all times.
- Change rooms are open, but we recommend members only use them for changing **after** a session – this will assist our staff to monitor the whereabouts and social distancing of patrons during opening hours.
- Please remember to **bring your own towel** to use in the gym. Patrons are unable to use our gym without a towel. Each patron will be required to wipe down their equipment after use.
- Pool equipment may be used during your visit. However, we do encourage people to bring their own equipment.
- The hoist will be unavailable for use during public hours. If you need to use the hoist, or if you require a carer to be present in the water with you, please contact our Gym and Pool Coordinator at the below email address.

These guidelines are intended to keep our community and our facility as COVIDSafe as possible.

If you have any feedback or questions, please feel free to contact Hospital Reception on 5368 1100, or you can email the Gym and Pool Coordinator at ryanw@bdhc.com.au

Thank you for your understanding and support.