

**In the interest of safety and respect for each other, please observe the following Lyt Gym protocols.**

1. If you have any flu like symptoms such as a persistent cough, sore throat, fever, loss of taste or smell etc, or if you have been in contact within the past week with someone who has or who has travelled from abroad, please do not come to the campus.
2. No student, staff or member id card = no entry.
3. A short self-declaration form regarding your health is required in advance of use. Available to be sent to you via email.
4. All facilities must be booked, and confirmed, in advance. Numbers are limited.
5. An induction is necessary before using the gym. Please book in advance.
6. Please practice good hygiene and respiratory etiquette at all times.
7. Please practice physical distancing. Every second machine only is in use. Please respect each other by staying apart.
8. Please do not congregate in the weights areas – 2 users maximum in these sections.
9. Spotting (when lifting weights) is not permitted due to proximity.
10. Changing rooms availability is limited: up to 10am only and 12-2pm (subject to change as restrictions allow).
11. Please bring a small clean personal hand-towel to the gym on every visit to drape on the machines for hygiene purposes, i.e. to absorb your perspiration.
12. You are kindly asked to clean the machines and equipment you use, immediately after use, with disinfectant spray and wipes provided. Please ensure a thorough cleaning.
13. Sessions are restricted to 50 minutes per person, once daily.

Thank you.