

Non- contact hygiene & distancing rules.

- A limited schedule will be in place as we will be cleaning the whole gym after each class.
- Individual slots – or when permitted, classes - will have to be booked in advance, there will be a mix of morning and evening classes, movement/conditioning and dummies classes. Please register on the booking and technique portal <https://roningrappling.instruct.today/>
- Only 10 people plus Giles will be allowed on the mats at the one time.
- Please stagger coming into the gym if you see other members in the car park or outside. Keep 2 meters of distance between each other on the stairs up and in the corridor. We will check everyone's temperature on arrival.
- All classes will be NoGi. To minimise use of changing rooms please come to the gym in your NoGi gear or with it already on under your clothes.
- Avoid using the changing rooms unless absolutely necessary.
- Bring only what is necessary to the gym: water, wallet, keys. Place everything in your bag and keep that in the corner of your mat section to avoid going into the changing rooms and to keep all your things together in one place.
- As always leave your shoes outside the mats. When stepping on the mats pick a square and stick to it. Keep your bag in your square.
- Please use the hand sanitising gel provided after touching anything, before stepping onto the mats, and before leaving the mats. This is provided at the entrance, at the bathroom entrance and at the entrance to the mats.
- The shower can only be used in exceptional circumstances and only on prior agreement with Giles, please do not plan to use the shower in phase 3.
- The double toilet will **NOT** be used during phase 3 to keep daily cleaning manageable. Please use the toilet in the shower room and ensure to wash your hands. There will also be a hand sanitising gel dispenser outside the bathroom to double down on hand hygiene.
- When class finishes please stagger leaving the gym one by one.

We will continue to review these in accordance with Scottish Government and Sport Scotland guidance.

Plan of how the mats will be divided.

*Please note the red lines are not to scale, each individual section will be 2.75m in width by 2m in height for a total area of 5.5m² per person.

