

Back to contact sports hygiene & contact tracing adjustments.

- While we are back to our normal schedule, spots for classes will have to be booked in advance, there are a mix of morning and evening classes, open mats and yoga sessions. Please register on the booking and technique portal <https://roningrappling.instruct.today/>
- Changing rooms are open again, as we will all be rolling with each other changing room can be used as normal, we will clean these after each session.
- As always leave your shoes outside the mats, **no shoes on the mats** and **no bare feet off the mats**. Covid is not the only infection in the world and tracking stuff from the ground is still a risk.
- Please wash your hands or use the hand sanitising gel provided before before stepping onto the mats. This ensures anything contaminated any of us may have touched outside of the gym is washed off (for instance at work, in the supermarket etc). We will endeavor to continue cleaning all surfaces after each class.
- The shower is back in use, we will leave a shower cleaner in the bathroom, please spray it and rinse the shower before/after each use.
- The double toilet near the fire exit will be back in use along with the toilet in the shower room. As always please ensure to wash your hands and leave the toilets the way you found them. There will also be a hand sanitising gel dispenser outside the bathroom to double down on hand hygiene.
- **As numbers are fairly high in Scotland we ask that everyone is careful and please do regular lateral flow tests to ensure that the club isn't wiped out. Whilst most of us have been fully vaccinated, there is still a risk to folk who've not been dosed yet. Lateral flow tests can be ordered for free [*here*](#) or accessed for free at most pharmacies. If you develop symptoms or feel unwell please stay home until a negative test. Most of us can't work from home so please act responsibly.**

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