



## **Slindon Parish Council**

### **Guidance for using the adult gym equipment**

**The Council will be opening this facility on Saturday 4th July 2020.**

**Please read these instructions.**

1. You must read this guidance and follow it carefully for the safety of yourselves and others.
2. This is shared equipment, used at your own risk.
3. Do NOT eat and drink whilst using this equipment.
4. Do not use this equipment if you or any member of your household has coronavirus symptoms, or are self-isolating.
5. You should not use this equipment if you are clinically or extremely clinically vulnerable.
6. Make sure you have hand sanitiser with you before using the equipment.
7. Wash your hands with hand sanitiser regularly and as a minimum before and after using the equipment.
8. You MUST maintain social distancing from others unless they are from the same household - current advice is to maintain at least 1m and consider wearing a face mask.
9. If you are wearing disposable PPE, please take it home with you .
10. Wash your hands when you get home.

**We hope you enjoy using the gym equipment and thank you for helping to keep everyone safe by always following these simple instructions.**