

What are we doing?

- We are bringing the **#energy #positivity #inspiration and #confidence** like never before.
- All classes, personal training and gym sessions need to be pre-booked in advance via our website. This will allow us to limit numbers where necessary and follow guidance surrounding track and trace.
- We have created independent entrances and exits with a one-way system at each venue. This will allow us to avoid any over-crowding or unnecessary contact when entering or leaving the venue in between sessions.
- When you arrive for your session you will be greeted at the door by one of our EPiC team to confirm our new procedures and check you're fit to exercise. We have head thermometers in place to take your temperature.
- We have marked our entrances, exits and all areas within the venues with social distancing markings and notices. We have also created one-way systems where possible to enable our members to maintain social distance at all times.
- We are providing sanitising stations at regular points throughout each venue.
- We will still be selling drinks, supplements and training apparel however you will not be able to handle items before purchase and we can only accept card payments. Any revisions to your membership will be done over the telephone with one of our sales team rather than in house at the venue.
- Changing rooms and lockers will be out of use. We will use independent toilets to allow us to ensure we are able to clean thoroughly in between each use.
- We have installed Perspex screens at both centres to create extra protection whilst at reception.
- Hydration points (including taps) will not be in use so please bring your own water bottle.
- The use of air conditioning will be heavily restricted to avoid unnecessary air circulation.
- Windows, shutters and doors will be left open where possible to increase air flow.
- All cleaning procedures have been dramatically enhanced. All studios will be thoroughly cleaned in between every sessions and all equipment wiped down. We have slightly reduced opening hours to increase the capacity to deep clean each day.
- All studios have been marked to provide independent training space for each member during every class to ensure members maintain social distancing. Members will not share equipment during sessions.
- There will be no pad work or consecutive use bag work during martial arts sessions. There will be no sparring or contact work of any kind during sessions. Individual members during open gym and clients during personal training can use a bag proving it is wiped down after and there will not be any gloves to borrow at present.
- Even though we are maintaining social distancing during classes coaches will also structure sessions to ensure members do not face one another during high intensity activity.
- Although face masks are not compulsory for both coaches or members, as our procedures ensure social distancing at all times, coaches will have instant access to all the PPE they need to attend to a member needs if they require first aid.

What do we expect from our members?

- Keep smiling, moving and strong.
- Please DO NOT ATTEND if you are showing any symptoms of COVID 19.
- Parents are not permitted to stay and watch their children during sessions. This will allow us to control capacity and limit overcrowding.
- Please do not bring kit bags to the venue. We expect you to arrive in training gear with only necessary personal belongings.
- Please try and avoid arriving at sessions too early to minimise gatherings and hanging around.
- When you arrive please queue at the door, whilst maintaining social distancing, before you are checked and registered by one of our team.
- Please respect social distancing at all times and adults are to use sanitiser to clean each station and equipment after each use.
- Members are welcome to wear face masks during sessions but they are not compulsory.
- Members are not to wear gloves.
- Parents are encouraged to ensure that their children use the toilet at home prior to an EPiC class, as there is only one toilet per facility that will be in use and it has to be cleaned after every use.
- If you have not pre-booked your place in the class then please do not turn up to the facility because we can only permit those who have booked-in. This also is applied to family members (such as children) of those who are booked-in for a class.