



### **Fit Lab Gymnasium Guidelines**

- Entry to any part of the club must be via the main clubhouse entrance only. All visitors will have their temperature checked and be issued with a ticket. Those with temperature readings on or above 38 degrees Celsius will not be admitted.
- Following the above, visitors should show ticket to Fit Lab reception team in order to gain entry to facility.
- Masks should be brought and worn by all visitors to the club at all times. Masks are required for the duration of your workout. The government stipulates that entry must be denied if masks are not worn.
- Hand sanitizer stations will be located throughout the facility. Users of the facility are also encouraged to bring their own.
- Showers and lockers will remain closed. Locker rooms will be open for restroom access only.
- Children under the age of 12, and adults over the age of 60 will not be permitted to the facility.
- If you have a temperature, please stay safe and stay home. Do not come to the facility
- Fit Lab Gymnasium will be open from 7am-8pm, with no more than 12 people allowed in the gym at any one time. Booking policy is in place, please contact Fit Lab reception to book your time.
- Members should note that water stations, towels and exercise mats will not be available. Please bring your own.
- Additional housekeepers solely designated to recreation building to ensure best practice and guidelines adhered to, with regular spray disinfection of all high touch surfaces and equipment using registered disinfectant.
- Selected equipment switched off, removed or not in use to maintain distancing and hygiene guidelines.
- Members are required to wipe down all equipment after use and return to original place
- Gymnasium will be closed between 1pm – 2pm daily to carry out full disinfection of area

Please note that additional regulations may be in place and will be relayed to you at the booking stage.

**To book: 04 417 9850 [erecreation@dubaigolf.com](mailto:erecreation@dubaigolf.com)**

We thank you again for your understanding during this period and are looking forward to welcoming all back into your fitness regimes!