



THE KING'S CLUB

KING'S COLLEGE SCHOOL WIMBLEDON

Update April 2021



KEEPING OUR CLUB SAFE AND COVID SECURE

We have been busy preparing our club to ensure all of our facilities are safe and covid secure for our members and staff. We have implemented measures as directed by the government, Swim England and UKActive.

Some of our key measures include:

ENHANCED CLEANING: We use state of the art hospital grade chemicals that are proven to be effective to safely remove viruses from surfaces, but are not harmful to people. Our products give 21 days protection, preventing the virus from attaching, breeding, existing or surviving on a surface. This is reapplied periodically.

TESTING KITS: We routinely and randomly use testing kits to test surfaces to ensure they are fully disinfected and sanitised.

SANITISING STATIONS on entrance and throughout the club

INCREASED SHIFT CLEANING: King's Club operative staff routinely cleaning all areas of the club periodically throughout our opening hours.

TRACK & TRACE: We operate a track and trace system via your club membership cards and via the NHS Track & Trace App

WHAT FACILITIES WILL BE AVAILABLE TO USE UPON REOPENING ON 12TH APRIL

We are pleased to announce that we are able to open the majority of our facilities:

- THE FITNESS SUITE / STRENGTH & CONDITIONING ROOM
- SWIMMING POOL
- TENNIS
- SQUASH WILL RESUME FROM 17TH MAY (SUBJECT TO GOVERNEMENT UPDATES)
- INDOOR STUDIO GROUP EXERCISE CLASSES WILL COMMENCE FROM 1ST JUNE



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THE FITNESS SUITE



We are in the fortunate position of having a spacious facility and have only had to remove one piece of cardio equipment. All of our machines have been adjusted to comply with social distancing and in addition we have created workout pods using divider screens as can be seen above.

- 30 operational cardio and resistance machines.
- Maximum gym capacity of 22 members at any one time. We are not operating a booking system, however members can call in advance and one of the team will advise on current occupancy.
- Cleaning station for members and staff to wipe down equipment before and after use.
- Self-contained ventilation system.
- Members are NOT permitted to bring in sweat towels, use paper roll provided only.

THE STRENGTH & CONDITIONING ROOM



- **Maximum capacity of 6 users**
- **6 socially distanced training stations**
- **6 lifting platforms with 4 racks**
- **Free weights & benches**
- **Cleaning station for before and after use**
- **Self-contained ventilation system**
- **Spotting is not permitted unless from within your own bubble**



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SWIMMING POOL



- **45 minute timed booking slots only**
- **Maximum 30 bathers per booking slot**
- **3 lanes, 10 swimmers per lane**
- **No butterfly stroke**
- **Maintain social distancing in the water**
- **Arrive pool ready, no changing room access**
- **Only one parent / guardian to supervise child during lessons**
- **Poolside cleaning between booking slots**

The King's Club is very fortunate to have a state of the art pool with a self-contained ventilation system. Government and Swim England rules state that we can have 30 bathers in the pool at any one time with the following rules.

- **LANES**

We are following Swim England and Government guidelines and operating THREE DOUBLE lanes to allow for safe and secure distanced swimming. Each lane is permitted to have up to 10 swimmers.

- **Changing Rooms**

All members are required to come to the pool "swim ready". This means showering at home prior to swimming. Members will not have access to the changing rooms to enter the pool. Members are required to have their bathing suits on under the clothes and can leave their bags on the poolside seating area.

Swim England has stated that members should dry themselves off at poolside and head directly home to avoid using changing rooms, however we have socially distanced off a maximum of 8 stations in each changing room if required.

- **Booking Slots**

Members will only be able to access the pool with a confirmed booking for a time slot. We have created 45 minute time slots to ensure each member enjoys a relaxing swim. We allow 15 minutes between each booking slot so our team can clean benches and poolside areas.

Booking System – We operate a phone booking system to ensure adult and family capacities are managed efficiently. To make a booking please call the club reception on **0208 255 5404**.



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INDOOR EXERCISE CLASSES

COMMENCING 1st June 2021



Additional –

- Each piece of equipment is placed with a minimum of TWO metres apart
- Instructors will be separated with a protected divider to enhance teaching in a safe and secure way
- All classes will take place in either the dance studio or sports hall
- All exercise venues have self-contained ventilation systems
- Equipment is cleaned prior to and after use by our King's Club Team
- Members are NOT permitted to bring in towels, use paper roll provided only.
- MEMBERS ARE REQUESTED TO BRING THEIR OWN MATS TO EACH CLASS, HOWEVER WE DO HAVE MATS AVAILABLE TO USE WHICH ARE CLEANED BEFORE AND AFTER USE.



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CHANGING ROOMS



Members are required to come “sport ready” for all dry activities. Changing rooms are not available for Gym, Tennis, Classes or other non-swim activities.

All members are required to come to the pool “beach ready”. This means showering at home prior to swimming. Members will not be able to use the changing rooms before swimming. Members are required to have their bathing suits on under the clothes and can leave their bags on the poolside seating area.

Swim England has stated that members should dry themselves at poolside and head directly home to avoid using changing rooms, however we have socially distanced off a maximum of 8 stations in each changing room if required (after swimming only)

Toilet cubicles are available in the entrance to the changing rooms.