

# CROSSFIT

## — SWINDON —

### COVID-19 PROCEDURES



IF YOU HAVE BEEN EXPOSED TO COVID-19 PLEASE REFRAIN FROM VISITING FOR 15 DAYS

## US

### Limited Contact

Coaches will keep a distance of 2m (about 2 arms length) from members while coaching. There will also be a limited number of people in the box at any given time.

### Extra Cleaning

All equipment used will be wiped down between sessions.

Coaches will mop the floor, and clean equipment between sessions.

### Spray Sanitiser

We'll be using EPA certified Coronavirus disinfectants to keep our members safe.

All equipment used will be wiped down between sessions.

## YOU

### Social Distancing

To practice social or physical distancing:

- Stay at least 2m (about 2 arms' length) from other people.
- Areas have been taped off.

### Clean Your Area

For the safety of our team and others we ask that you please spray and wipe off any equipment you use in your training area.

### Hand Sanitiser

Please use hand sanitiser provided upon entering and leaving the facility.

# Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of the virus.

Source:  
World Health  
Organization

**01**

Wet your hands before applying soap.



**02**

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



**03**

Wash your hands for at least 20 seconds.



**04**

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.



## WHEN TO USE A MASK

**Wear a mask,  
if you are coughing  
or sneezing.**



SOURCE: WORLD HEALTH ORGANIZATION

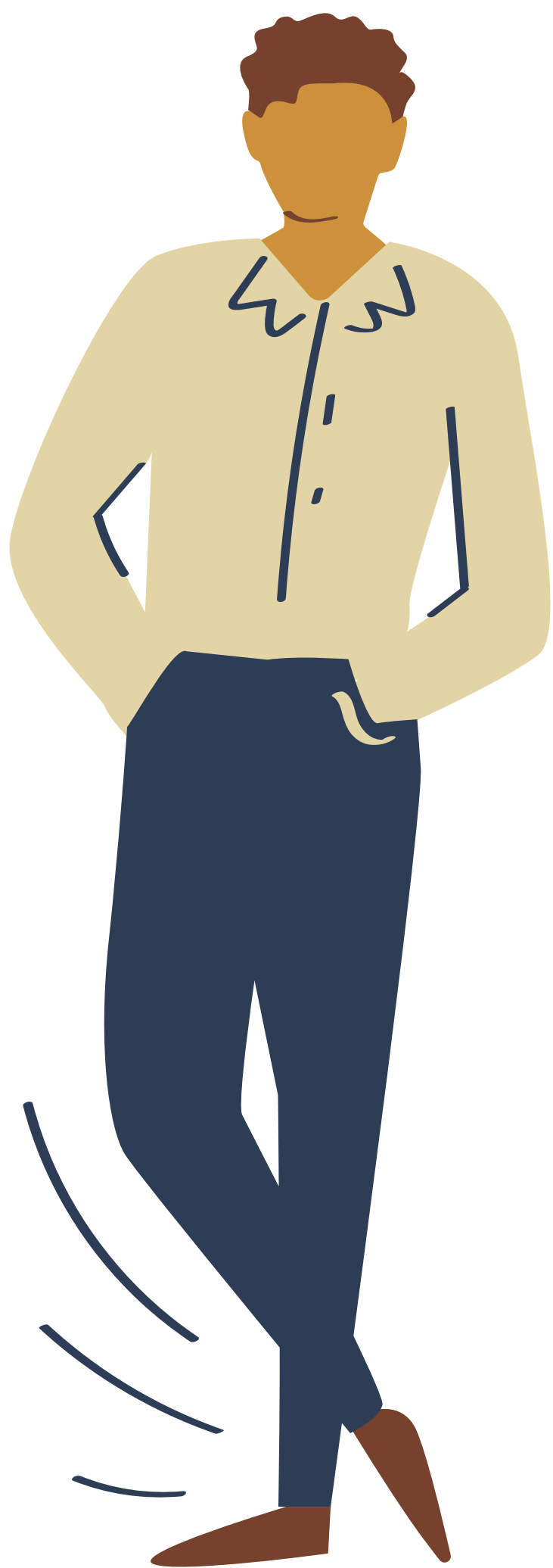
**If you wear a mask  
then you must know  
how to use it and  
dispose of it  
properly.**



SOURCE: WORLD HEALTH ORGANIZATION



# PREVENTION



**Maintain  
physical  
distancing**



# Coronavirus symptoms

THE FOLLOWING SYMPTOMS MAY APPEAR  
2-14 DAYS AFTER EXPOSURE.

- Fever
- Cough
- Shortness of breath and fatigue
- These symptoms are usually mild and begin gradually.
- Seek medical advice if you develop symptoms, have been in close contact with a person known to have Covid-19 or live in an area with an on-going spread.





# ATTENTION



If you have a fever  
and/or new onset of  
cough or difficulty breathing



**OR** you have been outside the country,

**OR** you have been in close contact with a confirmed or probable case of COVID-19,

**OR** you have been in close contact with a person with acute respiratory illness who has been to a COVID-19 Impacted area,

**DO NOT ENTER! PHONE US AT:**



**07896 228 232**

Please help us control the spread  
of viruses by not coming into  
**CROSSFIT SWINDON**



**KEEP YOUR  
DISTANCE**



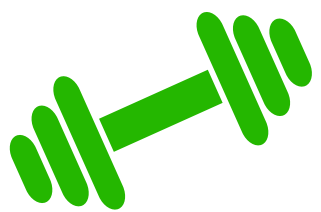
**SAVE LIVES**



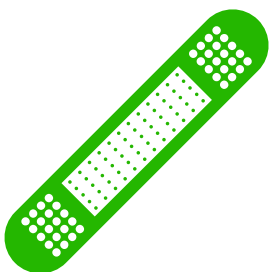
# STOP THE SPREAD OF GERMS



**PROTECT THE HEALTH OF OUR COMMUNITY**



**WIPE DOWN EQUIPMENT BEFORE AND AFTER USE**



**COVER CUTS, BLISTERS OR OPEN WOUNDS**



**DISINFECT PERSONAL ITEMS: WATER BOTTLE, GYM BAG, PHONE, EARPHONES, ETC...**



**COUGH OR SNEEZE INTO YOUR BENT ELBOW**



**AVOID TOUCHING YOUR EYES, EARS, & MOUTH**

# THANK YOU