



GREENHILLS

Hotel | Conference | Leisure LIMERICK



We are delighted to announce that we will be re-opening **The Greenhills Leisure Centre** on July 3rd at 9am. We want to thank all our members for supporting us over the last few months and to all of our staff who have been working hard to get the leisure Centre to reopen safely. We are pleased to confirm customers will have access to the gym and swimming pool but it is important to note that the capacity and social distancing restrictions means we will have some new protocols that must be adhered to.

Hopefully we can continue to provide all the information you need to return safely to The Greenhills Leisure Centre and to again start your health and fitness goals. We will be providing information on as many platforms as possible; like Facebook, Instagram, Email and SMS as well as the Greenhills Web Page so please do check in regularly.

Things will be different for when we all return. But rest assured these new operations are put in place to ensure the highest standards of health and safety so you can enjoy your workout with piece of mind.

Please read the below carefully. We need to ensure we operate strictly in adherence to public health guidance and we will implement that guidance with your co-operation.

Book Your Time Slot

You will need to book in advance of attending the gym and swimming pool using our online booking system or over the phone. This may change in the coming weeks in line with Government Regulations. A link will be sent to all customers by SMS and email to make a booking. We will also post this link and information on our social media accounts.

- Time slots will be 1 hour and 15min for the Gym and 1 hour and 30 min for the Pool. We ask all customers to practice Safe Guidelines when vacating the premises and to comply with the times allocated to them.
- If it has been shown that a customer has not been availing of their time slot when booked, on a number of occasions, then any subsequent booking will not be taken for that customer.
- If you wish to book both gym and pool you must do so separately at separate times. Due to number restrictions in both areas you must notify staff members of your time slot before you enter either gym or pool.

Arriving at the leisure Centre

- Don't enter if you are experiencing any symptoms of Covid-19 – please isolate at home until it is safe to return
- Ensure you sanitise your hands at the sanitiser station provided
- Social distancing will be outlined in changing rooms with floor markings and signage
- Check-in at reception to confirm your booking
- Our staff may be wearing PPE to protect both members and staff where social distancing measures cannot be adhered to
- Prepare to make on-site payments using contactless where possible
- Please observe and follow directional signage
- Some of our services will be running at a reduced capacity and some may be temporarily unavailable.

Our Staff

- Have received extensive training in relation to managing Covid-19 in the workplace and enhanced cleaning and hygiene protocols
- Will not be allowed to present for work if they are experiencing symptoms of Covid-19
- Will be practicing social distancing while working
- Please be patient with our staff, while they too are adjusting to these new measures

Enhanced Cleaning Procedures

Enhanced and extensive cleaning schedules and practices have been introduced at The Leisure Centre using cleaning product proven to kill Coronavirus.

Please Note: Our closing times will be reduced by one hour Monday-Sunday going forward to facilitate our cleaning procedures and to keep in line with current health and safety guidelines.

Opening and Closing times are as follows:

Mon- Fri: 06.30am- 09.00pm

Sat, Sun and Bank Holidays- 08.00am- 08.00pm

Using the Gym

Things may look and feel different, but it is all in the interest of your safety and having a great workout

- Please come gym-ready and leave immediately after your workout
- Changing facilities will be available but members are encouraged not to use them if possible.
- If you do need to use the changing room you must inform staff on entering the premises.
- The number of lockers available will be restricted. You will need to sanitise your locker before and after use.
- No gym towels please. Paper towel will be provided.
- Bring your own water bottles please.
- Play your part and wipe down equipment before & after personal use. This includes free weights, machines (and mats). Our disinfectant sanitiser will be available for members to use which kills the virus and is safe to use.
- Please bring your own mat where possible
- Social distancing will be implemented in the gym
- Avoid going to or touching areas or equipment you do not need to
- Use hand sanitiser dispensers regularly and wash hands regularly where possible

Using the Pool

Research has proven chlorine kills Covid-19

- Maximum capacities will be in place during each time slot for social distancing
- If possible, come pool-ready and only use changing facilities after your swim
- Adhere to your allocated time slot
- Showers will be available but it is preferred if swimmers just rinse, change and go
- Our health suites will remain closed for now
- Hairdryers and hand dryers will not be operational in changing facilities.

Leaving our Centres

- Observe any signs and social distancing procedures- We would ask that all customers be out of the centre as quickly as possible after their time slot has expired.
- Follow directional signage to exit by designated routes
- Ensure you sanitise your hands at the sanitiser station provided

It is natural to feel a bit overwhelmed with so many changes and restrictions, but we are here to get you back safely, in assisting you with your health and fitness goals.

We cannot wait to see you soon.