

A black and white photograph of a woman in profile, facing right, in a gym. She has her hair in a bun and is wearing a dark, sequined tank top. A barbell is resting on her shoulders, held by a person whose hands are visible on the left. The background is dark with some gym equipment visible.

**Radisson** BLU  
HOTEL & SPA, SLIGO

# CARING FOR YOU

*How we are ensuring a safe and comfortable environment for our customers.*



ON YOUR MARKS,  
GET SET,  
SANITISE.

#CaringForYou

# HYGIENE

Hygiene measures throughout the Fitness Club have been increased and regular cleaning is carried out throughout the day. Your Fitness Club team regularly clean all touchpoints and are on hand to ensure everyone is exercising safely.

All members are requested to wipe down equipment before and after use. Sanitising spray and paper towels are available for you to use at our Cleaning Stations. Let's work together to keep the Fitness Club really shiny and safe for each other.

Hand sanitiser dispensers can be found at the entrance, exit and all around the Fitness Club. Please clean your hands before entering, while you workout with us, and again before you leave. Just like exercise, the more frequent, the better!

Showers and changing rooms are currently closed if using the Gym. If you are solely using the Swimming Pool, then you can use Changing Rooms for a maximum of 15 minutes after your swim. We understand this is not convenient, but it is necessary so as to protect you and other members.

Our toilet facilities are fully operational and sinks available for hand washing only.

Water coolers will be available to fill your bottle as normal. If you forget to bring your own bottle, we do have bottled water for sale as always at reception.





THAT'S  
CLOSE  
ENOUGH

#CaringForYou

# SOCIAL DISTANCING

Some equipment has been taken out of action to adhere to social distancing guidelines. Free weights, exercise mats and other useful individual equipment are available at reception for personal use and to be returned to the designated area for sanitisation.

Our Sauna, Steamroom & Jacuzzis remain closed for now, in line with Government guidelines.

Please be mindful that you yourself are keeping your distance from others as you walk around and while you work-out or swim

No high fives or fist pumping allowed. We're still a friendly bunch here at the Fitness Club but for now, a simple "Hi! How are you?" is much better!



# DOES YOUR MASK MATCH YOUR ACTIVEWEAR

#CaringForYou

## PPE

Face Coverings are to be worn on arrival and departure from The Fitness Club. PPE is of course not required while working out or in the pool!

All our teams are wearing Face Masks or Visors at all times, for your safety and theirs. You will also see some of our team wearing additional PPE for example when cleaning.



# WORK HARD MAKE SPACE.

#CaringForYou

## BOOKING & TIMES

Pre-booking is now essential for both the swimming pool and gym, by calling 071 91 92429. We cannot guarantee you will be able to use the Fitness Club if you show up without an appointment.

Opening hours have been extended, to allow as much time as possible for everyone to exercise safely. We are now open 7am to 10pm Monday to Friday, and 8am to 8pm on Saturday, Sunday and bank holidays. (Children's hours are up to 7pm Monday to Friday and 8pm Saturday, Sunday and bank holidays).

Gym bookings are for 1 hour and do not include access to our changing room or showers.

Swimming bookings are for 45 minutes, plus an additional 15 minutes maximum in our changing rooms after your swim.

Queuing may result from social distancing at the Fitness Club, just like you are experiencing in shops. We would ask that everyone remains patient with other members, as these measures are for your safety.

We would also like to ask you to remember that this new world is tough for everyone. If you are not satisfied with our measures at the Fitness Club, or feel we could do more, please raise your suggestions to our teams so that we can continue to adapt to the new fitness world.





# KEEP ON MOVING

#CaringForYou

## MEMBERSHIP

Memberships were automatically frozen when we closed in March and will not restart until each member is ready to return.

If government guidelines force us to close our doors again, we will again freeze your fees and honour your membership when we reopen.