



Dalmahoey Gymnasium Guidelines

Updated: 1st September 2020

Gym Set-Up

- To ensure social distancing is maintained we have created 2 separate gyms
- We have relocated a selection of equipment and machines from our main gym to the dance studio
- When booking online or by telephone please take into consideration the following items and their location

GYM 1 - MAIN GYM	GYM 2 - DANCE STUDIO
OPENING TIMES: 06.30 TO 19.15	OPENING TIMES: 06.45 TO 19.30
CARDIO MACHINES	
Treadmills x 6	Cross Trainer x 3
Power Step Mill x 1	Power Step Mill x 1
Standard Bike x 3	Rowing Machines x 2
Cross Trainers x 3	Spin Bike x 1
	Sit Down Bike x 1
	Standard Bike x 1
	Treadmills x 3
RESISTANCE & WEIGHTS EQUIPMENT	
Synergy 360 Station x 1	Row Resistance x 1
Dumbbell and Free Weights Station x 1	Seated Leg Curl x 1
Hammer Stretch Zone x 1	Leg Extension x 1
Assist Dip x 1	
Shoulder Press x 1	
Chest Press x 1	
Pulldown x 1	
Seated Leg Press x 1	

IMPORTANT

Please note that you will only be permitted access to the gym you have pre-booked and not be able to move between Gym 1 and Gym 2

Gym users are only permitted to book one session per day to ensure a fair booking opportunity for all members



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Bookings

- Gym 1 will be open from **6.30am**
- Gym 2 will be open from **6.45am**
- Both gyms must be pre-booked
- We have limited the capacity in both gyms to ensure your safety at all times
- Each session will be **45 minutes**
- Please note that your gym session time starts and ends when you have booked and carry over time will not be permitted
- Pre-booking is available via two options:
 1. Via the Dalmahoy Intelligent Golf website at <https://dalmahoy.intelligentgolf.co.uk/>
 2. By calling the leisure team on 0131 333 1845 (select option 4 for leisure).
- Should you require your membership login details to book online, please contact the membership team
- All gym users must arrive “gym ready” and should provide their own towel as access to the changing rooms will only be granted to swimmers at this time

Track & Trace

- As you will have made a booking as a member there will be no need to complete our track and trace procedure as we have all your details stored in the system
- Should you still like to complete our QR code track and trace, please download the app on the link below and complete the registration form - <https://apps.apple.com/gb/app/evepass/id1516609361>

Lockers

- Please note that lockers and changing rooms will not be available for gym users at this time, so please ensure you arrive “gym ready” with minimum baggage

Arrival

- Please arrive at the leisure desk no more than 5 minutes prior to your session time, and once checked in please make your way up the leisure stairs to access your pre-booked gym
- Gym users who arrive more than 5 minutes before session time will be asked to wait at leisure reception

Gym Access

- Gym 1: You can access Gym 1 through the first door which is clearly marked
- Gym 2: Please continue walking past Gym 1 and the door is on the left (dance studio)
- Once you have checked in at the leisure desk you will be given a unique PIN code which allows you to access the gym entrance door



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- Please be sure to use the hand sanitiser provided prior to entering the access code
- Please note that both PIN access codes will be different and also changed on an hourly basis

Decommissioned Units

- Following the latest Government guidelines, we have now decommissioned the water fountain until further notice so please remember to bring your own bottles of water

Social Distancing in the Gyms

- All our gym machines have been organised to allow ample social distancing whilst in use
- Please ensure when moving around the gym area that you respect other gym users' personal space
- Appropriate distance markers have been set out around each machine

Wipe Down

- Please ensure you wipe down your selected machine prior to and as post use
- Ample sanitising products are available in both gyms as well as hand sanitiser machines

Exiting the Gyms

- Gym 1: please exit Gym 1 via the door adjacent to the studio corridor
- Gym 2: for Gym 2 we are only operating one door, so please ensure you, "stop, wait and check" before proceeding to exit
- Please use the one-way system through the back stairs (not the stairs used to enter the gym) and exit through the leisure main reception
- If you are unsure please follow the one-way system arrows

Your Experience

- Although slightly different to your previous gym experiences, we have taken all necessary steps to ensure you have an enjoyable experience whilst maintaining regulations and safety guidance at all times
- Your safety and wellbeing is our main priority and we hope you enjoy using the gyms once again