



GYMNASIUM GUIDELINES HOTEL RESIDENTS

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 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

Hotel Residents are permitted to book one session per day to ensure a fair booking opportunity for all residents

Pre-booking is available by calling our Reservations Team on 0131 333 1845, option 1 or emailing reservations@dalmahoyhotelandcountryclub.co.uk. Alternatively, you can contact our Leisure Club Reception on 0131 333 1845, option 4, from Mon 7th Sept



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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 of 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 by calling our Reservations Team on 0131 333 1845, option 1 or emailing reservations@dalmahoyhotelandcountryclub.co.uk
- Alternatively, you can contact our Leisure Club Reception on 0131 333 1845, option 4, from Monday 7th September
- Hotel residents must arrive "gym ready" and should come equipped with their own towel as access to the changing rooms will only be granted to swimmers

TRACK & TRACE

- As you will have made a booking as a resident 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>
https://play.google.com/store/apps/details?id=com.eveio.pass&hl=en_US

LOCKERS

- We will not have lockers or changing rooms provided for gym users, 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 the 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
- 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



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DECOMMISSIONED UNITS

- Following the latest Government guidelines, we have now decommissioned the water fountain

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
- Ample 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 different to your previous gym experiences we have done all we can to ensure you have as 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



SWIMMING POOL GUIDELINES

HOTEL RESIDENTS

BOOKINGS

- Our swimming pool will now be open from 7am until 8pm and must be pre-booked to ensure we can adhere to our maximum capacity number of 24 swimmers at any given time
- Bookings can be made by calling our Reservations Team on 0131 333 1845, option 1 or by emailing reservations@dalmahoyhotelandcountryclub.co.uk
- Alternatively, you can contact our Leisure Club Reception on 0131 333 1845, option 4, from Monday 7th September
- General swimming sessions will be bookable in 45-minute slots, allowing residents 10 minutes exit time before the next swimmers enter the poolside
- All swimmers must check-in at the leisure reception and we ask you to check-in no more than 5 minutes prior to swim time. Any residents arriving earlier will be asked to wait
- Please note that your swim time starts and ends during your allocated swim slot and carry over time will not be permitted

TRACK & TRACE

- As you will have made a booking as a hotel resident 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>
https://play.google.com/store/apps/details?id=com.eveio.pass&hl=en_US

LOCKERS

- We have lockers available for swimmers and sufficient social distancing markers have been placed in the changing rooms
- Please respect social distancing at all times
- You will be given your locker key with allocated number and we ask you to return this once you have completed your swim
- The leisure team will then sanitise the key and locker for the next swimmer

DECOMMISSIONED UNITS

- Following the latest Government guidelines, we have now decommissioned the wet clothes dryer, the water fountains, changing room showers, sauna and steam room until further notice

TOWELS

- All swimmers are asked to supply their own towel. The leisure desk will not offer towels at this time



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POOLSIDE FURNITURE & SWIMMING ITEMS

- We have removed all the poolside furniture
- Swimming items other than flotation devices will not be available at this time

SWIMMING POOL LANE

- We will have the swimming lane available with a 3 swimmer capacity at any given time

CHANGING ROOMS

- Please feel free to use the changing rooms post swim
- We ask you to do so as quickly as you can to ensure the safe entry for the next session of swimmers