

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 **although this will only be available at limited times.**
- 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: subject to availability
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 Monday, 26 April.

BOOKINGS

- Gym 1 will be open from 6.30am / **Gym 2 will be subject to availability**
- 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, 26 April
- 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 regularly

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
- Please ensure you wear a mask when moving between equipment

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 9pm 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, 26 April
- 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

DECOMMISSIONED UNITS

- Following the latest Government guidelines, we have now decommissioned the wet clothes dryer, the water fountains, the sauna and steam room until further notice. The changing room showers will be in operation as they are segregated, but the poolside showers will remain decommissioned.

TOWELS

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

POOLSIDE FURNITURE & SWIMMING ITEMS

- Swimming items other than flotation devices will not be available at this time

SWIMMING POOL LANE

- We will have the swimming lane available. Please respect socially distanced swimming with fellow members.

CHANGING ROOMS

- Please feel free to use the changing rooms post swim
- Although the showers will be operational, we ask that you exit the changing room prior to the end of your swim session to ensure the safe entry for the next session of swimmers