



DALMAHOY
HOTEL & COUNTRY CLUB
EDINBURGH

GYMNASIUM GUIDELINES

HOTEL RESIDENTS

GYM SET-UP

- We have isolated a selection of equipment and machines in the gym to ensure appropriate social distancing is followed.
- There is no need to pre-book your gym session

BOOKINGS

- The gym is open from 6.30am until 10pm and can be booked in hour sessions.
- We have a capacity of 20 in the gym to ensure your safety at all times

TRACK & TRACE

- To use the gym you must 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

- Lockers are available but we advise all gym users to arrive "gym ready"

ARRIVAL

- Please ensure you check in with the leisure club reception team prior to using the facilities

GYM ACCESS

- You can access the gym through the first door which is clearly marked
- 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 code will be changed regularly

DECOMMISSIONED UNITS

- The water fountains will remain decommissioned until further notice



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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

- Please exit the gym via the door adjacent to the studio corridor
- 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



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SWIMMING POOL GUIDELINES

HOTEL RESIDENTS

BOOKINGS

- Our swimming pool will now be open from 7am until 10pm and must be pre-booked to ensure we can adhere to our maximum capacity number of 24 (Not including under 5 year olds) 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
- Should you be booking your family in please include any children you have aged 5 years and above

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

TOWELS

- Towels are available and can be collected from the main leisure desk



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SHOWERS

- The changing room showers will be in operation as they are segregated
- The poolside showers are also open and we ask to kindly respect the social distancing guidelines when using this area

WET CLOTHES DRYER

- We have now recommissioned the wet clothes dryer which can be found in the gents and ladies changing rooms

SAUNA AND STEAM ROOM

- The sauna and steam room are open in line with Scottish Government guidance and are available when you book your swimming pool session
- There is a maximum capacity of 2 in both the sauna and steam room and we ask that you socially distance yourself at all times

DECOMMISSIONED UNITS

- The water fountains will remain decommissioned until further notice

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